🧠 Mental Stress Detector Checklist for Kids

📍 This checklist is designed to help parents, caregivers, or teachers identify signs of mental stress in children, especially during periods of extended screen time or unstructured routines like school breaks. Use this tool as a conversation starter and guide to emotional support.

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| --- | --- | --- |
| Signs of Mental Stress | Yes | No |
| Shows frequent irritability or anger | ☐ | ☐ |
| Has trouble falling or staying asleep | ☐ | ☐ |
| Seems sad, withdrawn, or uninterested in play | ☐ | ☐ |
| Frequently asks for screen time even when not allowed | ☐ | ☐ |
| Has trouble focusing or following instructions | ☐ | ☐ |
| Complains about headaches or stomachaches without clear cause | ☐ | ☐ |
| Avoids spending time with family or friends | ☐ | ☐ |
| Shows a lack of interest in previously enjoyed activities | ☐ | ☐ |
| Gets anxious or upset when separated from devices | ☐ | ☐ |
| Displays sudden changes in eating habits (more or less) | ☐ | ☐ |

📝 Notes or Observations:

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