Abstract
This study aims to understand aspects related to children stress through the use of mediating resources. In order to achieve that goal, semi-structured interviews with pre-school children's mothers were carried out, besides applying the stressors sources scale to the child. To perform the collection of data from the children, workshops were organized and a meditational tool present in "Mediated Intervention for Sensitizing Caregivers - MISC. The results obtained through the scale with the mothers indicated a high possibility, however, the data obtained from the children, some incongruity between the data was noted, since only one of the sixteen participant children showed some symptoms of stress. The designed tool as a form of finding out what the children knew about the stress, and to enable the child to express the several indicative form of stress. New studies will also have to be carried out to understand the dissonance between the mothers'data and the children's ones.

Keywords
Stress, children.