



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Kids might feel stressed when they're worried about things at home or at school. Being overscheduled can also cause stress. Signs of stress may include difficulty paying attention in class, or even physical symptoms like headaches or stomachaches. Fortunately, there are lots of things kids can do to help ease stress. These activities will help your students learn how to deal with stress.

## Related KidsHealth Links

### Articles for Kids:

#### Relax & Unwind minisite

[KidsHealth.org/en/kids/center/relax-center.html](http://KidsHealth.org/en/kids/center/relax-center.html)

#### The Story on Stress

[KidsHealth.org/en/kids/stress.html](http://KidsHealth.org/en/kids/stress.html)

#### Five Steps for Fighting Stress

[KidsHealth.org/en/kids/5-steps.html](http://KidsHealth.org/en/kids/5-steps.html)

#### Talking About Your Feelings

[KidsHealth.org/en/kids/talk-feelings.html](http://KidsHealth.org/en/kids/talk-feelings.html)

#### Yoga for Lowering Stress

[KidsHealth.org/en/kids/yoga-stress.html](http://KidsHealth.org/en/kids/yoga-stress.html)

#### Video: Study Break Yoga

[KidsHealth.org/en/kids/study-yoga.html](http://KidsHealth.org/en/kids/study-yoga.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What does "stress" mean? What kinds of things can make a person feel stressed?
2. How does your body feel when you're stressed?
3. What are some things you can do to make yourself feel better when you feel stressed? Why do you think exercise can help you feel better when you feel stressed?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### My Relaxing Reminders

#### Objectives:

Students will:

- Identify personal stressors
- Learn stress-busting techniques

#### Materials:

- Chart paper and markers, or smartboard
- “My Relaxing Reminders” handout
- Pencils, crayons, scissors

#### Class Time:

- 45 minutes

#### Activity:

[Note: Read the KidsHealth.org article, “What Kids Say About: Handling Stress,” aloud to the class.] Let’s take a class poll on what’s the main thing that makes each of us feel stressed, and list these things on chart paper. Then we’ll take a poll on main thing that makes each of us feel better when we feel stressed, and list those on a second chart. Then everyone will create a reminder sheet to help ourselves feel better the next time we feel stress.

#### Extensions:

1. With a classmate, come up with a stressful situation and a stressbuster to feel better. Then role play the stressful situation and the stressbuster in front of the class.
2. Take a poll of your family members and friends to see what stresses them out and what they do to feel better. We can add any new stressors (things that make you feel stressed) and stressbusters to our chart.



## Let's Be Yoga Bears!

### Objectives:

Students will:

- Learn how activities like yoga and exercise can help relieve stress

### Materials:

- Students' chairs, music player, soft, calming music or nature sounds
- Smartboard or computer with Internet access to watch the KidsHealth.org yoga videos
- "Let's Be Yoga Bears!" teacher script

### Class Time:

- 30 minutes

### Activity:

Kids can do yoga for the same reasons grown-ups do: It feels good to stretch your body, slow down your breathing, and relax your mind. That's how yoga can help you feel better if you're feeling stress. Doing active things like playing outside or playing sports can help you feel better, too. Today, we're going to try yoga. First, take off your shoes and sit quietly in your chair. Relax and close your eyes. Listen to the music, and for a minute or two, imagine that you're at a beach, in a quiet field, or in a beautiful rainforest, or in some other peaceful place. Now let's watch some yoga videos before we try some of the exercise ourselves [Note to teacher: Show the KidsHealth.org yoga videos, then read from the "Let's Be Yoga Bears!" teacher script.]

### Extensions:

1. Think about the place you imagined before we started the yoga exercises. Draw a picture, and/or write a paragraph, about the yoga "vacation" you took and then we'll share them with the class. Hang up your picture at home so you can look at it when you feel stressed.
2. Try the yoga exercises with a family member at home. Try doing them every other day.

## Reproducible Materials

### Handout: My Relaxing Reminders

[KidsHealth.org/classroom/prekto2/problems/emotions/stress\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/stress_handout1.pdf)

### Teacher Script: Let's Be Yoga Bears!

[KidsHealth.org/classroom/prekto2/problems/emotions/stress\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/stress_handout2.pdf)

### Quiz: Stress

[KidsHealth.org/classroom/prekto2/problems/emotions/stress\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/stress_quiz.pdf)

### Answer Key: Stress

[KidsHealth.org/classroom/prekto2/problems/emotions/stress\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/problems/emotions/stress_quiz.pdf)











Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My Relaxing Reminders

Instructions: Write or draw a picture of what makes you feel stressed in the left-hand column. Then write or draw a picture of what can make you feel better in the right-hand column.

 Makes me feel <b>stressed</b> 	 Makes me feel <b>better</b> 
 Makes me feel <b>stressed</b> 	 Makes me feel <b>better</b> 



## Let's Be Yoga Bears!

**Sometimes stress can make you feel like you want to growl like a bear. Maybe even knock over a tree or two. Now that we've watched the KidsHealth.org videos on yoga, we'll try a few exercises ourselves. When we're feeling stressed, we can do these exercises so we can be yoga bears instead of growling bears.**

First, we'll try an exercise called **belly breathing** while you're sitting in your chair. Inhale and exhale slowly. This can really help when you're feeling angry, frustrated, or upset.

Next, let's try some **neck stretches**. Remember, these might be good exercises to do right before taking a test.

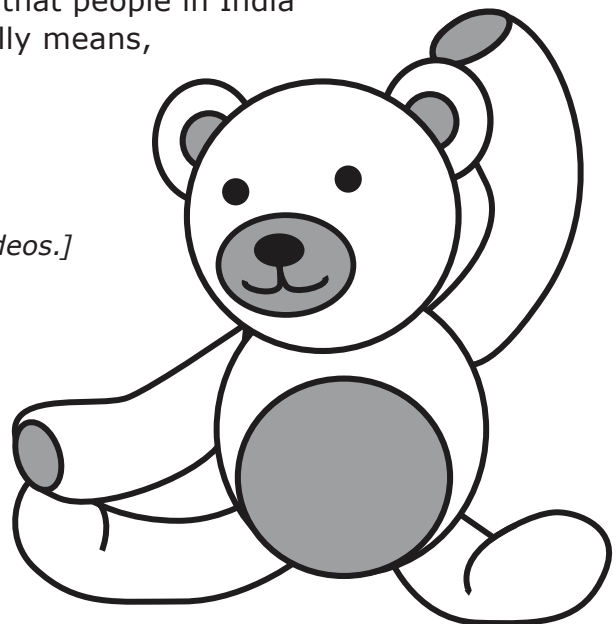
Next, let's try some **silly faces**. Open your mouth wide and make bug eyes, then scrunch up your whole face and pucker up your lips. Look at a partner and see who can make the silliest face.

Next, let's try some shoulder, wrist, and palm stretches called **reverse namaste arms**. This can really make you feel better.

Now, stand up so we can try the **horse stance with lion's breath**.

Now that we're done, everyone say, "Namaste!" (**nah**-mus-tay) to each other. Namaste is a word in the Sanskrit language that people in India and Nepal use to greet each other. The word literally means, "bowing to you."

*[Note to teacher: You can have the class do all of other exercises as shown in the KidsHealth.org yoga videos.]*





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Only adults feel stressed.
2. True or false: Being too busy can make people feel stressed.
3. True or false: Breaking toys can make you feel better if you're stressed.
4. True or false: Playing outside, playing a sport or doing yoga exercise can help you feel better when you're feeling stressed.
5. True or false: When you're feeling stressed, it can help to talk about it with a parent, teacher, counselor, or a friend.



## Quiz Answer Key

1. True or false: Only adults feel stressed.
2. True or false: Being too busy can make people feel stressed.
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