

Stress Management

Learning Objectives

- I can identify positive and negative ways to manage stress in a variety of situations.(5.2I)
- I can practice strategies for managing stress.(5.3I)

Teacher Notes

- This lesson will include many pauses that will involve student response. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline

Stress Management Video

Step 1 Introduction

- Pre-Assessment:
 - How do you know when you feel stress?
 - What are some things that can cause stress?
 - How can you manage stress?

Step 2 Activity

- Students will engage in a breathing activity as an example of a positive stress management technique.

Step 3 Closure

- Post-Assessment: This or That
 - Students will identify the better option for dealing with stress.

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: This or That will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

Extensions/Connections/Applications

- Implementing teacher can extend discussion and ask students if they have something they like to do when they are stressed out.

Resources/References

- [Health Smart](#)
- [Kids Health](#)