



Grade 7 Sample Lesson Plan: Stress

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

The next page includes a handout for the lesson.

Stress

7.1.I Analyze the benefits of stress management and stress-reduction techniques.

 <p>What causes stress for teens?</p> <p>What are strategies teens can use to manage stress?</p>	<h2 style="text-align: center; background-color: #92d050;">Link</h2> <ul style="list-style-type: none">● School, quiz, test, project, soccer practice, play practice, dance recital, band practice – does thinking about your daily schedule cause you stress? How do you feel when you are stressed? <input type="text"/>● Is all stress bad? Give an example of a situation when stress could be helpful. <input type="text"/> <p>Stress is a part of life. Different things cause people stress and each person has their own way of dealing with stress. In this lesson, you will explore more about stress and think about your stressors and ways to manage stress in your life.</p>
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	<h2 style="text-align: center; background-color: #6495ed;">Explore</h2> <p>Access teen health article <i>All About Stress</i> stress from the Teens Health Stress and Coping Center:</p> <p>http://teenshealth.org/en/teens/center/stress-center.html</p> <p>Explore the different sections of the Teens Health Stress and Coping Center.</p>
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	<h2 style="text-align: center; background-color: #cd5c5c;">Explain</h2> <p>After exploring the different sections of the Teens Health Stress and Coping Center, respond to the questions that follow.</p> <p>Stress - The Basics Explain what stress is and how it affects people:</p> <input type="text"/>
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Stress - Stressful Situations (Read about Dealing with Difficult Emotions)
What strategies for dealing with difficult emotions might work for you?

Stress - Getting (and giving) Help (Read About Getting and Giving Help)

Name ways to get help that may work for you:

Name ways to give help that you do now or could start trying:

Explore an area that you are interested in knowing more about. List the section/topic and something you learned:

Section/Topic:

I learned:



Apply

You are a peer counselor. The counselor at your school has asked you to help run the new anonymous message board for stressed out students. Below are some of the messages you have received. Choose two of the student messages to provide a response. Identify the cause of stress for the student, provide at least two ways of reducing this stress, and offer ways the student might be able to avoid the stress in the future.

Student A

I am so stressed out! I don't even remember what it feels like to just RELAX. I am going all day long. I have tennis lessons before school and newspaper club after and then swim practice after that. I wake up early every Saturday to volunteer at the local food bank or hospital. On Sundays my family goes to Sunday school and church. The rest of my weekend is spent catching up on all the homework that I didn't have time for during the week. I never see my friends and I don't even get to sit down and eat my meals. I always eat on the go. I'm starting to get headaches and stomachaches. What should I do?

Student B

I'm so lost... I just moved to a new neighborhood and started in this school. All my old friends go to a different school. I don't know anyone – who will I sit with at lunch? I don't know anyone in my classes and when it is time to get into groups, the teacher selects my groups because no one knows me? I was in drama club in my old school, I don't even know if this school has a drama club. I want to move back to my old house. It is too stressful to come to school here.

Student C

I haven't had a good night's sleep all school year. I'm in a higher level math class this year and I constantly wake up because I'm so stressed about that class. I toss all night thinking about all the questions I already got wrong and how many more embarrassing "Wrong!" responses I'll get the next day. When my alarm does go off, I'm exhausted, and of course by the time math class rolls around there's no way I can fully function.

Student D

Ugh! Nothing ever goes right for me. I have a science project due in two weeks and I'm terrible at science. It's my worst class and I have no idea what **acetabuliform** chytridiomycota is. To make things worse, we're playing basketball in P.E. next week. Last time we played basketball I broke my ankle. I don't want to get injured again. I hate thinking about all of this. Why can't I just stay in bed?

Response to Students:



Reflect

Now that you've helped others to manage their stress, think about your own stress. Create a plan for stress management that applies to your everyday life. In your plan include:

One thing that causes me stress:

When I feel stressed about it, I will:

To avoid stress, I will:

Next time you noticed a stressed out friend what will you do to help them feel better?