Stress

Learning Objectives
- I can identify the body’s physical and psychological responses to stress (7.1o)

Teacher Notes
- This lesson will include pauses for student thinking and discussion. Pause the video as instructed for student input.
- Students will engage in moderate physical activity where they should be provided with proper space (arms distance) for safety.

Lesson Steps: Video Outline: 7.1o Stress Video

Step 1 Introduction
- Pre-Assessment
  - What stresses you out?
- The video will define stress, how your body reacts to stress and stress management techniques

Step 2 Activity
- This or That: Students will participate in a show what you know activity where they will be provided with a stress response. The student will complete the exercise to show whether it is a physical or psychological response to stress.

Step 3 Closure
- Exit Ticket: List two positive ways that you can manage your stress

Assessments
- Pre: Lesson will introduce topic, engage learners, and access prior knowledge
- Post: This or that will allow students to apply content knowledge to determine the type of stress response. Teacher will observe student responses to determine level of understanding.

Extensions/Connections/Applications
- Physical activities can be modified to meet individual students' needs.
Extended learning opportunity, have students write a few sentences about a time they felt stress. How did they manage these feelings? How could they manage them in a more positive way after this lesson?

Resources/References

- Health Smart VA
- Darebee
- McGrawHill Education: Glencoe Teen Health
- 7.1o Stress Slides