

# 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.



Sample Lesson Plan  
Virginia 2021 SOL Edition  
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**GR7-SE-13 Stress**  
**Grade 7 - 7.1o**

- 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](#)