



Don't Stress

OVERVIEW

This program will teach students in grades 3-5 about stress management. This will be done through discussion and several activities teaching students what stress is and how to control it. Students will discover that being happy and relaxed can help them in all aspects of their life. They will also learn relaxation techniques that will aid in their personal stress management.

OBJECTIVES

1. To teach students about the importance of stress management.
2. To teach students what stress really is and where it comes from.
3. To provide students with a different types of relaxation techniques that they can do anytime.

ESTIMATED TIME: 45 minutes to 1 hour

EVALUATION

1. Students should be able to explain what stress is and why it is important to deal with our stress appropriately.
2. Students should be able to explain relaxation techniques that can help them to calm down and concentrate.

MATERIALS NEEDED:

- 1) labeled cans and clear plastic containers*
 - 2) relaxing music with CD player
 - 3) paper, crayons (some students may have their own crayons)
 - 4) small backpack or cotton bag
- *Collect a stack of plastic containers and cans. Cover the cans with primary colors and label them with words such as sad, scared, uncomfortable, angry. Take some bright colored paper, crumple and fill in clear plastic containers. Label the containers happy, delighted, excited, cheerful.

LESSON OUTLINE:

I. Welcome and Introduction

- 1) Today we will learn about stress: good stress and bad stress.

II. Lecture/discussion of material

- 1) Begin a discussion about stress. Stress can be good and bad. Stress is the "wear and tear" our bodies experience as we adjust to our surroundings; it has physical and emotional effects on us and can result in good and bad feelings.
- 2) As a positive influence, stress can get us moving. Maybe you are going to be in a soccer game or a parade and you might be a little nervous. This is good stress because it makes you alert, ready and makes you practice hard for the real thing.
- 3) But sometimes, stress is a bad thing. It can make you feel, sad, angry, and upset. Stress can cause headaches, upset stomach, rashes, insomnia (can't sleep), ulcers (sores inside your tummy), heart disease, and stroke (when blood stops moving to the brain)
- 4) Everybody feels stress and it all depends how we react to it. You can relieve stress in many different ways, what works best is different for everyone. Some ideas for ways to relieve stress are:
 - o talking to people: friends, teachers, siblings, parents
 - o exercise: going for a run, playing a sport, even walking the dog
 - o writing: keep a journal of how you feel
 - o Good nutrition and exercise is essential to maintaining a stress free and relaxed lifestyle. It helps you to think clearly and make good use of your time so you don't fall behind in school or other activities.

IV. Activity**1) Feeling The Effects of Stress**

- o Display the cans and plastic containers on a table and place the canvas bag close by. Begin a discussion about what it is like to carry around bad feelings. This is called Stress. Explain that stress is kind of like luggage or baggage that we carry with us all the time. We can't see if of course, but we can feel it. Ask students to think about some feelings they may have today or that they remember having. Invite students one at a time pick up one can from each group (plastic, light weight "good" feelings and the heavy cans with "bad" feelings). Ask the student to share with the class why they chose that feeling. (excited because they got an ice cream cone? Sad because their brother or sister was mean to them?)
- o Have students participate in a stress-relieving activity and they can then remove a can from their bag.

2) Create a Journal

- o Fold 10 pieces of paper in half and staple three times along the crease. Students will decorate front page and write their names. Ask students to write one journal entry about anything they would like for five minutes.

- Explain that writing in a journal can be a very good way to gather your thoughts and relieve stress. Encourage them to try to write once a day in their new journal until there is no more room.

V. Evaluation, Reflection

- 1) Evaluation Discussion (optional handout included)
 - What is stress and what effects does it have on your body?
 - Name 3 ways you can help your stress go away.
 - Do you feel less stressed now that you know more about what it is?
 - Do you think you can use some of the things you learned today to help you manage stress in the future?
 - What worked best for you in relieving your stress?

DOE Standards

FINE ARTS

Standard 2: MUSIC: Understand and apply elements of music and understand how music communicates ideas, feelings, and experiences across cultures

HEALTH

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Standard 3: SELF: MANAGEMENT: Practice health: enhancing behaviors and reduce health risks

Standard 4: ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health

Standard 5: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health

PHYSICAL EDUCATION

Standard 3: ACTIVE LIFESTYLE: Participate regularly in physical activity

DOE Benchmarks

3-5.1.1- Describe the relationship between physical and emotional health

3-5.1.2- Describe the importance of physical activity and exercise as part of a healthy lifestyle

3-5.3.1- Use appropriate strategies for dealing with emotional and stressful situations

3-5.4.1- Identify internal and external factors that influence health behaviors and health-related decisions

3-5.5.1- Use appropriate strategies for effective verbal and non-verbal communication in formal and informal settings

3-5.6.1- Identify the elements of a decision-making model related to health issues and problems