

Stress Management

Grade: 3-5

Time: 30 minutes

Materials:

- Balloons
- Pieces of paper for students to use during “pop quiz”
- SELF Poster

Introduction:

- We are going to start today’s lesson by having a pop quiz. This will count for points. Make sure you do your best and don’t leave any questions blank.
 - Pass paper to students
 - Ask students to number paper it 1-5
 - put name in top right corner
 - list 5 things you know about stress
- Was that stressful? How did it make you feel?
 - Raise your hand if you felt any of the following: Sweaty, increase HR, sick stomach, difficulty breathing, muscles tense, worried, jaw tight, dry mouth

What is stress?

Stress is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared, or afraid — which can give you a stomachache or a headache. When you're stressed you may not feel like sleeping or eating, or you might sleep or eat too much. You also may feel cranky or have trouble paying attention at school and remembering things at home.

When do you feel stress?

- When you have a lot going on
- When you are trying to get things done
- When you have a list of chores to do and you have homework, but you want to make plans with friends instead.
- Testing
- If your parents are fighting
- If a family member is sick
- Arguing with friends
- If you're having problems at school



Two Kinds of Stress

1. Positive Stress
2. Negative Stress

Positive Stress- Positive Stress, also referred to as **Eustress**, is often felt when we are confronted with demanding and challenging situation which we are capable of handling. Challenges and responsibility give us a sense of thrill and excitement.

An example of eustress is when we are working on new projects (like a promotion or business venture) or when we are entering a competition (like a sports tournament). It brings us a feeling of enthusiasm to win and succeed in the new challenge.

- Examples: Your birthday or Special holidays, playing with friend or sports, going on vacation.

Negative Stress- some kinds of stress can make you feel upset or worried. When we are met with negative stress, it often blocks our happiness and success and if it is prolonged, we can become emotionally, mentally and physically sick.

- Examples: Tests, parents arguing, not getting along with friends, being left out.

Activity 1:

S.E.L.F. Activity

- Display SELF poster.
- Have students guess what each letter might stand for.
- Turn poster to the back side and talk about each word.
- The best way to stay away from stress is to have a balanced life. That means making good decisions about how to spend your time each day.
- The SELF idea is that you get enough sleep and eat healthy food, and if you exercise and leave time for fun stuff, you'll probably feel less stressed out!
- Ask students to think of a time when they felt stressed. Which part of SELF was missing? How could you change that situation to make it better?

Activity 2:

Ask students to stand at their desks. They will answer the following true/false questions with movements. True = jump up and down. False = squat.

1. True or false: Stress is what you feel when you're worried or uncomfortable about something.
2. True or false: Good stress can help push you to get things done, like study for a test or practice for a concert.
3. True or false: Bad stress can make you sick.



4. True or false: Keeping a balanced life makes you more stressed out.
5. True or false: When you're feeling stressed, you should always try to solve the problem yourself.

Activity 3:

Balloon Activity:

What happens when we just keep our stress locked up inside and it keeps building up?

- Hold a balloon in front of the class.
- Ask students to raise their hands and give examples of stressful situations.
- For each situation given, blow one breath into the balloon.
- Continue this until the balloon gets so big that it either pops or is about to pop.
- Now, ask students to raise their hands and give examples of how to relieve stress.
- For each situation given, release a bit of air.

Explain that this activity is a good representation of how we feel inside when we have multiple stressors in our life. We need to stay on top of our stress levels so that we don't feel like we're going to pop.

Conclusion:

Discuss 5 steps for fighting stress:

1. **Get support.** When you need help, reach out to the people who care about you. Talk to a trusted adult, such as a parent, other relative, a school counselor, or a coach.
2. **Don't freak out!** It's easy to let your feelings go wild when you're upset. Notice your feelings, and name them — for example, "I am so angry!" And say or think about why you feel that way. Then, find a way to calm down and get past the upset feelings and find a way to express them.
3. **Don't take it out on yourself.** Be kind to yourself and ask for the helping hand or pat on the back that you need — and deserve — to get you through the tough situation you're facing.
4. **Try to solve the problem.** After you're calm and you have support from adults and friends, figure out what the problem is. Even if you can't solve all of it, maybe you can begin by solving a piece of it.



5. **Be positive — most stress is temporary.** It may not seem like it when you're in the middle a stressful situation, but stress does go away, often when you figure out the problem and start working on solving it.

How do you feel after you handle stress?

- Happier
- More care-free
- You might have a more positive outlook
- Better prepared for school
- Your stomach and head don't hurt anymore

Oklahoma Standards for Health Education:

1.2.1, 1.2.2

3.2.1

4.2.1, 4.2.3

5.2.1, 5.2.2

6.2.1

7.2.1, 7.2.2

National Health Education Standards:

Standard 1

Standard 2

Standard 4

Standard 5

Standard 6

Standard 7

CASEL Standards:

Self-awareness

Self-management

Source:

K to Grade 2: Health Problems Series - KidsHealth in the Classroom. (n.d.).

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