

# Stress Management

## Summary

The students will Learn ways to improve mental health and manage stress. They will identify behaviors or situations that may cause conflict or stress and create a personal stress management plan.

## Main Core Tie

Health Education - 4th Grade

[Strand 2: MENTAL AND EMOTIONAL HEALTH \(MEH\) Standard 4.MEH.1:](#)

## Time Frame

1 class periods of 60 minutes each

## Group Size

Large Groups

## Life Skills

Thinking & Reasoning

## Materials

White board and markers

students will need a paper and pen for the homework assignment

## Intended Learning Outcomes

The students will be able to: Learn ways to improve mental health and manage stress, define stress, identify behaviors or situations that may cause conflict or stress and create a personal stress management plan.

## Instructional Procedures

### **Step 1.**

Have the class tell you as many items as possible that are associated with stress. Write their responses on the board.

### **Step 2.**

Group all the items that are alike in some way. You may use an item more than once. For example- you can group all the things that are a result of stress. It's good to ask why they thought that, even if the answer is obvious.

### **Step 3.**

Label the groups formed in step 2. For example- label the words that are a result of stress Results of Stress. Ask for their reasoning here too. Don't challenge it, just ask.

### **Step 4.**

Regroup. Ask the class if there are any items in one group you could put in another. For example- the category causes of stress, you can break down into activities, people and food.

### **Step 5.**

Synthesize the information by summarizing the data and forming generalizations. Make a general statement about the topic in one sentence that summarizes the information. For example- Playing sports can be a stress reliever as well as cause stress.

### Assessment Plan

Evaluate student's progress by assessing their ability to generate a wide variety of items and to group those items flexibly.

For homework, have the class take what they have learned and create a personal stress management plan. Have them decorate it if they want and pick a spot where they will see it often to put it. For example- their desk or bathroom mirror.

### Authors

[A. RUTGERS](#)