

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

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