## **Stress**

### Summary

Help students recognize symptoms and causes of stress and how to manage stress.

#### Main Core Tie

Adult Roles And Responsibilities

Strand 1

#### Time Frame

1 class periods of 70 minutes each

### **Background for Teachers**

The textbook used is, "Strengthening Family and Self" published by Goodheart-Willcox.

# Intended Learning Outcomes

List sources of personal stress. Implement and evaluate stress-management strategies.

## Instructional Procedures

Journal, Text, Intro - Term paper assignment, Book-Berenstein Bears - Too Much Pressure, Stress discussion, Coping discussion, Ways to Relieve Stress, Assignment - Stress Test/Stress Reduction Plan (State #5).

#### **Authors**

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