

# 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

[DOREEN ROBINSON](#)