

# Stress

## Summary

Stress is a basic part of life. The way in which we deal with stress will make our lives pleasant and comfortable or leave us stressed and incapable of performing our obligations to the best of our abilities.

## Main Core Tie

Adult Roles And Responsibilities

[Strand 1](#)

## Additional Core Ties

Child Development

[Strand 6 Standard 2](#)

## Time Frame

1 class periods of 90 minutes each

## Materials

Biodots, relaxation tape/CD/video, modeling clay, student handouts,

## Intended Learning Outcomes

1. Students will identify causes of stress. 2. Define symptoms of stress. 3. Examine positive forms of stress management.

## Instructional Procedures

Follow instructions found in the teacher information attachment.

## Bibliography

Utah Curriculum Guide

## Authors

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