

# FACS: Stress Reduction (Independence)

## Summary

Students will learn a stress-reduction technique.

## Main Core Tie

FCS 6th Grade

[Strand 3 Standard 1](#)

## Time Frame

1 class periods of 30 minutes each

## Group Size

Large Groups

## Materials

A blue light bulb in a lamp.

## Background for Teachers

Prepare the classroom to be as peaceful as possible, or arrange to take the students to the student lounge or another relaxing place. A blue light bulb adds a nice effect to this activity.

## Intended Learning Outcomes

Students will learn one method of dealing with stress.

## Instructional Procedures

Complete the Color Blue activity.

## Authors

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