FACS: Stress Reduction (Independence)

Summary
Students will learn a stress-reduction technique.

Main Core Tie
FACS 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.

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