Identifying Stress and Developing Coping Skills

Summary

Students will be able to identify and recognize the stressors in their lives. Students will be able to identify ways to deal with and cope with stress in their lives.

Main Core Tie

Health Education I (7-8)
Strand 2: MENTAL AND EMOTIONAL HEALTH (MEH) Standard HI.MEH.1:

Time Frame

1 class periods of 90 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning, Communication, Character

Materials

     Ipad for each student
     QR Codes for Activity portion
     Mats for activity

Background for Teachers

The teacher should know the difference between good and bad stress, stressors, and ways to cope with stress. How to make QR Codes. How to use the Kahoot App How to use the Touchcast App

Student Prior Knowledge

A student should be able to identify their own stressors.

Intended Learning Outcomes

Students will be able to identify their own stressors. Students will be able to recognize good stress vs. bad stress. Students will be able to find individual ways of coping with their stress.

Instructional Procedures

Students will get their individual class Ipad. (5 min.)
Students will have 7 minutes to look at their Flipboard App for articles relating to stress. Students will share with their partner the highlights of their article. (5 min.)
Students will discuss as a class the differences between good and bad stress. (15 min.)
Students will use the Touchcast App and record what causes them stress and how they cope with it. (10 min.)
Using the Kahoots App students will participate in a quiz on how stress effects the body both long and short term. (20 min.)
Using the QR Code App students will go to 6 stations around the room and physically participate in that station. For example:
     Count how many sit ups you can do in 1 minute.

Do 25 jumping jacks.
Complete the following stretches.
Draw a picture of a place where you would like to go to relax. Etc. (20 min.)

Strategies for Diverse Learners

This activity is very individual. A LD student could be paired with a friend in the class who could assist them if need be.

Assessment Plan

Students participation in the class activities will be assessed by observation.
Students will be participating on the Kahoots App so immediate feedback will be given.
Student participation on the Touchcast App will be turned in on a gmail account to be looked at later.
Students will use the Skitch App snapping a picture of what causes them stress, and a pic of them using a coping mechanism.

Bibliography

Uen.org
Flipboard App
Kahoot App
QR code App
Touchcast App

Authors

Charisse Theurer