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

Instructional Procedures
Follow instructions found in the teacher information attachment.

Bibliography
Utah Curriculum Guide

Authors
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