

## Lesson 8 – Stress

### Beginning Questions

- What is stress?
- What are causes of stress for you?
- Can stress be a good thing?
- What are signs of stress?
- What would be healthy ways to deal with stress?
- What would be unhealthy ways to deal with stress?

Online meditation-GoNoodle

[https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)

Or

Can download Unplug app for free and use the following script

*Imagine the air going down into your stomach has a color. Wonder what color it is.*

*Exhale now, and feel how your stomach gets smaller and smaller, until it's flat again. The magical thing about breathing this way is that anytime you feel stressed, upset or even a little nervous. It feels so good and it signals our bodies that everything is okay, no matter what is going on around us.*

*From now on, every morning before school, I'd like you to focus on your breathing while you imagine having a really wonderful day, all day long. Take time to imagine yourself listening well in class, learning new, interesting things, having fun with friends, and remembering everything you learn.*

*You can imagine how each day you are learning more and enjoying each and every moment. Think to yourself how happy you will be when you meet up with your friends and learn from your caring teachers.*

*When we take the time each day to imagine a wonderful day, you might be surprised to know that we do end up having a great day. This is called setting our intention for the day. An intention is what we intend or desire to happen. If you intend for positive things to happen, they almost always do! That's called a positive attitude.*

*It's fun and makes life so interesting and exciting! Positive things are always happening to positive people because they always look for the good. We all want to be very positive in life.*

*There is just so much to see, do and explore. You can do all of it.*

*You've done a wonderful job listening and imagining today. You've learned how deep belly breathing can calm you at any time during the day. You've visualized yourself being successful at school and enjoying each moment. And you've learned the very important skill of setting your intention for each day.*

*Take in a deep breath now and when you're ready, open your eyes, stretch your body and know how fantastic each day at school, and at home, is going to be.*

### Reflection on the relaxation

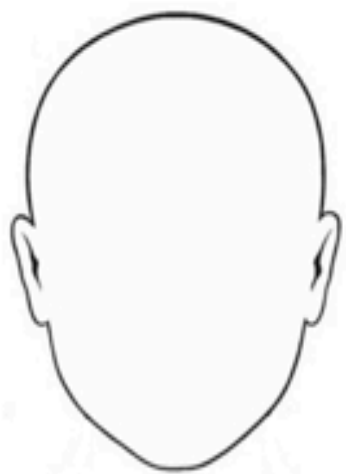
- How do you feel now?
- Do you feel it relaxed you?
- If it did not, why do you suppose that is?

Develop a plan to deal with your stress using the stress map:

- Having a plan is always a good idea because then you know what to do when it happens
- If time allows, have them share some of their strategies. You will probably hear most of these but some other suggestions
  - Make a game plan
  - Take deep breaths
  - Set realistic goals
  - Know your signs for stress
  - Eat and drink wisely
  - Get more sleep
  - Remember to laugh
  - Talk to a friend

- Listen to music that relaxes you
- Go out and get some exercise
- Take a break
- Confront your stressor

# STRESS MAP



Draw what you look like when you are stressed.

What do you think is the biggest cause of your stress?

How do you behave when you are stressed?  
What sets you off?

How do you handle your stress? Is there a better way?

Other strategies for dealing with stress?

- 1.
- 2.
- 3.

What have you learned about your stress?