

Emotional Skills

45-minute lesson plan for grades: 5-7

CASEL Core Competencies Practiced: self-awareness, self-management

Learning Objectives

Students understand how stress can affect them, realize the first signs of stress, and figure out how to deal with stress.

Material Needed

- PowerPoint OR
- Paper and pens

Introduction

Ask: Who has felt stressed at least once in the last year?

Explain: Stress is a very common feeling. However, we must understand how to control stress, so it does not control us.

Group work: In groups of three, students should answer these questions. You can either write them on the board or read the questions out one by one.

Ask: 1. What are some situations where we can feel stressed?

Answer: When I am studying and do not understand something, trying to finish work and not having enough time, too much training in our sports activities, too much homework, etc.

Ask: 2. What can occur if we do not deal with stress correctly?

Answer: Stress can become worse, we become less focused, lose sleep, our mood can change etc.

Ask: 3. How could we cope or deal with stress?

Answer: Exercise, going to sleeping earlier, listening to music, breathing exercises, etc.

When ready, students share some of their answers with the class.

Main

Explain: Today we will look a little more deeply into stress because if we do not acknowledge stress, it can lead to further issues. We will create PowerPoint Presentations OR posters and share what we have learned in class about the topic.

Group work: Students work in groups of 3 creating a presentation and answering these questions on each slide:

- Slide 1 Symptoms of stress.
- Slide 2 Unhealthy ways we deal with stress.
- Slide 3 Healthy ways we could deal with stress.
- Slide 4 Some methods we could use at school to reduce stress.

When ready, the groups present to the rest of the class.

Conclusion

Ask: Is it better to talk to others about stress, why?

Answer: Though it may be difficult to talk to others we need to realize that that it is beneficial. If you are stressed ask a friend or a teacher for help.

Ask: What can we do for our friends when we see that they are stressed?

Answer: We can ask them what is wrong. Tell an adult. Help them to fix their situation. Explain to them the times you get stressed, so they do not feel alone, etc.

Ask: Sometimes it is difficult to take a break to reduce stress. What could we do to remind ourselves to take a break?

Answer: Students listen to music for 10 mins at lunch or half-way through the class, drawing time, meditation coloring, etc.

