

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Coping with Stress

Materials:

Whiteboard, pens, paper, Stress sheet, (included at end of plan).

Today we are going to learn about STRESS. What do you think of when I say the word stress? (write on the board) Great – some very good ideas there. Did you notice that these words tend to be negative (worry, overwhelmed, etc). Stress can also be a good thing – can you think of any ways it could be seen as a good thing? (making us act on something, teaching us that we must slow down etc). Stress is our body's way of telling us to sloooowwww doooowwn. So – we have to listen to it.

Can you think of any ways that stress might affect you and others?

I want you to fill in this sheet, thinking about your own life and trying to think of the last time you felt stressed – and what caused it.

ACTIVITY 1:

What Stresses Me

Fill in the worksheet, writing in the first column what has stressed you recently. Try to think of a few examples. In the next column, write down how it made you feel and what you did.

Fill in the sheet – as per the instructions. You don't need to put your name on it. Then we will do the next activity.

Discussion:

How did you do? Did you think of many?

HOW we deal with stress is very important. Stress is a normal part of everyday life for everyone. But if you allow it to build up and don't deal with it, it can lead to a lot of problems. Can anyone think of any? (sadness, depression, not eating, overeating).

Remember you can always talk to an adult you trust, a friend, a teacher, doctor. If you ever feel overwhelmed, it is important to remember to not try to deal with it all yourself. Also, keep a look out for your friends and family if they are showing signs of stress and see if you can help, or direct them to someone who can.

ACTIVITY 2

Now I want you to put all your worksheets in a pile and everyone must take a worksheet which is not their own. In the *third* (blank) column, I want you to write down a *solution suggestion* to the stress problem in the first column. For example – for too much homework – you could suggest talking to the teacher, asking someone for help, asking for more time to do it. Let's see how you get on.

WHAT HAVE WE LEARNED TODAY?

- 1) Why is it so important to deal with stress calmly?
- 2) Does everybody get stressed? What do you think are the main reasons most people get stressed?
- 3) Who can you go to, to talk about stress if you feel it is getting too much?
- 4) In the worksheet activity – did you notice if anyone had the same stress issues as you?
- 5) How important is looking after yourself in dealing with stress. Can you think of any way you could help yourself? (Sleep, get outside for a walk, etc).

What nice things
would your friends
say about you?

Name one good
thing that has
happened to you
this week?

Name 1 compliment
that you received
that made you
feel happy.

Who is your role
model? How are
you like your
role model?

Talk about 2
things that you
are good at!

Talk about a good
deed that you
have done for
someone.