

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

VANTAGE EDUCATION

Developing Lives. Accelerating Potential

How to
adequately cope
with stress in a
healthy way

ACTIVITY ONE

- WHAT CAN INCREASE OUR STRESS LEVELS?

- Some things we do actually INCREASE our levels of stress
- As a class, discuss what you think those things might be



ACTIVITY TWO

- WHAT CAN REDUCE OUR STRESS LEVELS?

- There are some things we can do to REDUCE our levels of stress
- What do you think they might be?



ACTIVITY THREE – MAKING CHOICES

- Think about ONE thing that you could do from all those discussed today to make your life less stressful.
- Plan how you could build that into your life.



PLENARY

- Why do you think we get stressed?
- What can we do to reduce our levels of stress?
- How can we prevent stress from taking over our lives?

