

7TH GRADE HEALTH

Social and Emotional Health

Lesson #1: Stress

Today We Will: Discuss stress, examine what causes it for us, and how to manage it.

So That We Can: Manage our stress in a healthy way

We Will Know We Have it When: We can teach a classmate about our own strategy of how to manage stress.

First Things First...

Bellwork: Why Do We
Have to take Health
Class?

“Five Reasons Why”

1. Why?
2. Why?
3. Why?
4. Why?
5. Why?

- Ask yourself why do we have to take Health Class 5 times...

- Ex. 1. So I know more about how to take care of my body?
 - 2. Why?
 - 3. Why?
 - 4. Why?
 - 5. Why?

Stress

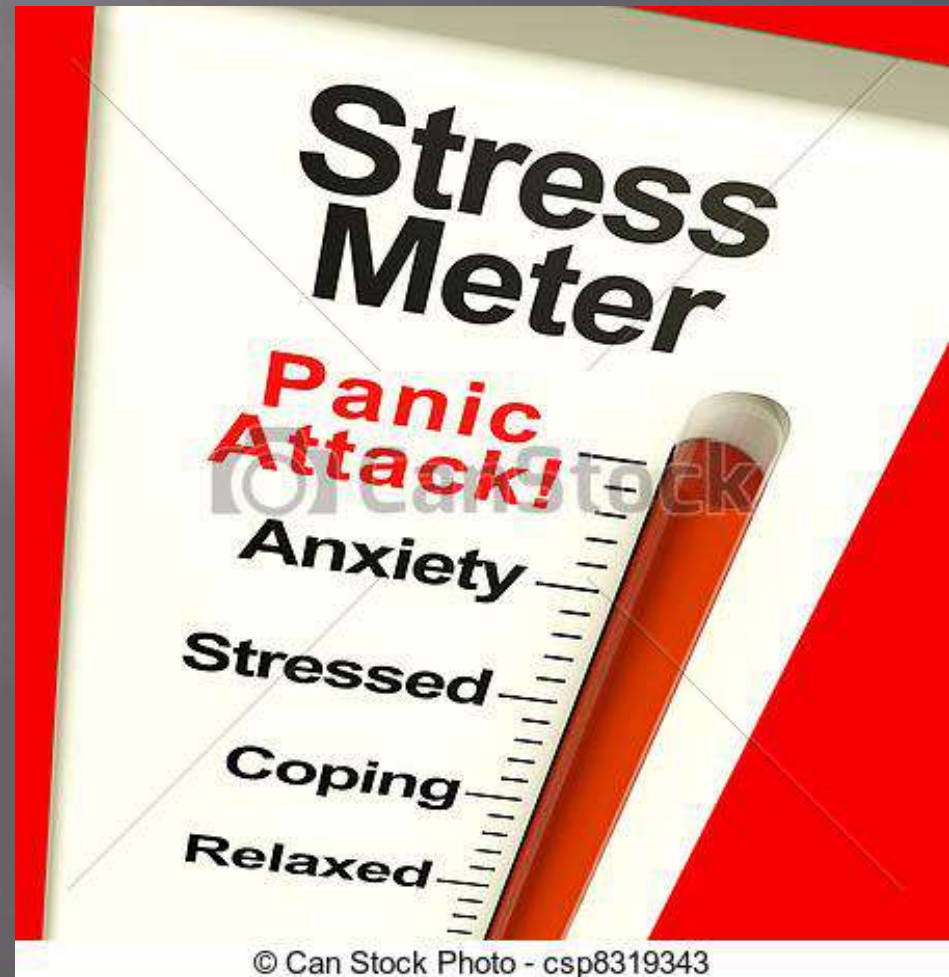


▣ What is Stress?

- Stress is a normal part of part of everyone's life. Stress is the physical, mental, and emotional response to life's changes and demands. The changes and demands that cause stress are called "stressors"

What Causes Stress for Middle School Students?

- ▣ What causes stress for Middle School Students?
 - Make a list of at least 5-10 (or more) stressors for Middle School Students
 - # them in order
 - #1=Most Stressful
 - In our “Table Groups” ...
 - Only need one list for your Group



Ways to Manage Stress...



- Find Ways to Release Tension and Relax
- Relaxing creates a sense of well-being and calm – just the opposite of stress. Each person finds different things relaxing. Here are ideas to try:

- • Read a good book.
- • Make time for a hobby.
- • Spend time with your pet.
- • Take a relaxing bath.
- • Listen to music.
- • Do something physically active, such as run, walk, or play a sport.
- • Spend time outdoors.
- • Get involved in an art project.
- • Write in a journal or create song lyrics.
- • Spend time with your friends.
- • Play video games.
- • Surf the Internet.
- • Ask for help (parents, school counselor, etc)
- • Laugh. Take a break from being serious.



Time to Teach Others how to Relax

60 Second Commercial

- ▣ Create a 60 second commercial to “sell” your stress management strategies
 - Describe or show your understanding of the ways to manage stress
 - Make it appealing to your classmates
 - Identify each group member’s favorite strategy
- ▣ 10 minutes to create
- ▣ Share Presentations with another group, then possibly a few will share with the class



What to think about during presentations of our “Commercials”



Feedback:

- ▣ Do you think the commercial clearly described the strategies?
- ▣ What was appealing about the commercial?
- ▣ Which of the strategies do you think you will try?