



The Warhawk Way



Daleville High School Student Mentoring and Advocacy Program

Developed by the Faculty and Staff of DHS

Session

Managing Stress

Objective. Students will sources and symptoms of stress and identify ways to manage and reduce stress.

Materials:

3 copies of the “Stress or Not?” activity sheet (#13) (Starter and Part I)
Exit Slip for each student

Lesson:

Before you begin, give three students who like to perform copies of the “Stress or Not?” activity sheet (#13) dialogue to practice quietly.

PART 1:

On the board, write the word “stress.” Draw a circle around it to begin a word web. Explain word webs to students who are not familiar with this kind of organizer. Have students freely associate words that they relate with the word “stress” as you write their responses in the area surrounding the circle. Discuss students’ ideas, and conclude that stress is a big part of our daily lives. Explain that today’s lesson will help them recognize and manage stress.

PART 2:

- a. Explain to the class that they are going to see a brief skit about stress.
- b. Instruct the three students you chose during the starter to perform the dialogue for the class.
- c. When the dialogue is complete, ask students if they thought that the test was stressful. Lead students to understand that the test was stressful for Eddie, but it was not stressful for Dominique. Have students identify the reasons why this was the case. (*Student responses will include that Eddie was not prepared for the test, while Dominique was prepared.*) Point out that the students’ attitudes toward the test were different. Guide students to realize that attitude is a major factor in how we

perceive the level of stress involved in a situation. Most situations are not stressful in themselves; rather, it is how we *perceive* them that determines the stress.

PART 3:

Explain to students that they are now going to suggest ways to manage or reduce the stress that they saw in the role plays. Ask students to suggest some common techniques for managing or reducing stress. (*Students should respond: being prepared, staying healthy, talking it out, going for a walk, breaking down big tasks into manageable pieces, breathing deeply, visualizing relaxing places, exercising, thinking of the "big picture."*)

Evidence: Students will answer the questions on the exit slip and you will file them into their evidence folder

STRESS OR NOT

The following dialogue has three roles:

- Teacher
- Eddie
- Dominique

Practice the dialogue several times before performing it in front of the class.

(For about 30 seconds, the two students sit at desks at the front of the room. Eddie shuffles frantically through papers, trying to cram for a history test. Dominique sits calmly, and looks relaxed, perhaps reading a book. The teacher enters the room and walks over to his desk in the corner, talking as he walks.)

Teacher: Okay class, it's time for your history test. I need you to clear everything off your desks.

Eddie: (still shuffling, to himself) One more time...Okay, who was president during the Great Depression?

Teacher: Eddie, did you hear me? It's time for the test. Please clear everything off your desk.
(Teacher begins organizing some papers.)

Dominique: (to Eddie) Hey, what are you so worried about? This thing is going to be a breeze!

Eddie: What do you mean it's going to be a breeze? I need at least a B in this class to be eligible to play this year, and if I don't do well on this test, I'm never going to get it.

Dominique: Well, I need to get a good grade in this class, too. This is an important requirement for the college I want to get into. But you don't see me freaking out over it.

Teacher: (returning attention to students) Class, I can't begin the test until your desks are clear.

Dominique: (to Eddie) C'mon! I want to get started!
(Eddie looks up with an expression of panic.)

EXIT SLIP: Managing Stress

1. Define “stress.”
2. List three physical and three emotional signs of stress.
3. List three techniques for managing your stress.
4. Describe a stressful situation in your life. What can you do to make this situation less stressful?

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