

Weller Health Education Center

Stress Less!
Character Education
Grades 6-9

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Program Objectives

Program Description:

Guided discussion and captivating video help students prepare for and positively cope with life's inevitable stressors. Grade-specific modules identify symptoms of stress, its effects on the body and appropriate coping strategies.

Standards:

PA 1.6.8ad, 10.1.9a, 10.1.6d 10.2.6/9d, 10.4.6/9b, 11.2.6b

NJ 2.1.8f, 2.2.8b, 2.3.8c, 2.4.8a, 9.2.8ab;

Objectives:

Upon completion of this program, students will:

1. Define stress
2. List 3 sources of stress
3. Name 3 possible symptoms of stress, and;
4. Identify 2 appropriate strategies for handling stress.

Terms:

Decision – a choice that one makes

Denial – the refusal to believe that you have knowledge, responsibility, feelings, etc

Distress – the body's response to bad stress, feelings of depression, sadness, etc

Drug – any chemical substance that causes change in the body systems

Eustress – the body's response to good stress, feelings of anticipation and excitement

Physical Abuse – the use of force to harm another person or thing

Problem-Solving – the process of exploring a variety of options and solutions

Stress – the body's reaction to the demands of life

Verbal Abuse – speaking in a negative manner that causes someone emotional harm

Withdrawal – the removal of oneself (physically, emotionally, or socially) from an unpleasant situation



Word Search

Directions: Search for and circle the terms below!

L O S S E R T S I D A N G P E
R I O D S D T L O F S B T R E
S S I H R R A S L H A R U M F
U L T U E C O A L O O H C S T
H S G S I A N E E B O D Y Z E
K S S S E O L C S T N E R A P
S O Y E I S R T D E A T H T E
R H A T R O R H H E U V Y C K
P L O W V T F E B J R A L I V
S M O I C L S K H O Z D M L A
E L D H Q Z L U C C X M H S A
R F V K O M E Z E X A J R L A
W U L H N C U S W W X E D L T
J Q N Z P N L O C T U V T M N
S S E R T S Y A C R E W B W R

ABUSE
DISTRESS
EMOTIONAL
PARENTS
STRESS

ALCOHOL
DIVORCE
EUSTRESS
PHYSICAL
STRESSOR

DEATH
DRUGS
HEALTH
SCHOOL
TEACHERS



Weekly Log

Day	Event	Scale Number
Monday	1. 2. 3. 4.	1. 2. 3. 4.
Tuesday	1. 2. 3. 4.	1. 2. 3. 4.
Wednesday	1. 2. 3. 4.	1. 2. 3. 4.
Thursday	1. 2. 3. 4.	1. 2. 3. 4.
Friday	1. 2. 3. 4.	1. 2. 3. 4.
Saturday	1. 2. 3. 4.	1. 2. 3. 4.
Sunday	1. 2. 3. 4.	1. 2. 3. 4.



A Picture Is Worth A Thousand Words!



Objective:

Have students concentrate on their interests and values to learn more about themselves and their feelings and reduce their stress level. Students will construct a method for coping with stress by using both pictures and words.

Materials:

Scissors, glue, construction paper, old magazines, markers, pens, pencils

Directions:

1. Divide poster board into two sides. Title the left side “Reasons to take care of myself” and title the right side “Ways to take care of myself”
2. On the left side, have students create an autobiographical poster by cutting out/drawing pictures or words that describe the things they value in their life. (ex: Family, friends, etc.)
3. On the right side, have students create a collage of pictures that show how they relax. (ex: Beach, Music, etc)
4. Display the stories in your classroom or discuss in small / large groups.

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Stress Less!” presented by the Weller Health Education Center. As educators, we know the importance and benefits of managing stress in healthy ways. Students learned the definition of stress and discussed the sources of stress in their lives. Students learned and practiced different strategies they can employ when they are in a stressful situation. The Weller Health Education Center emphasizes the importance of stress reduction techniques so students can cope in a positive and healthy manner.

Stress is a part of life and all of our lives. Parents may be surprised at the amount of stress that their students face daily. Causes of stress for students are grades, school, and homework (36%) followed by family (32%) and lastly friends, peers, gossip, and teasing (21%). Though stress is inevitable, feelings of stress, frustration, helplessness, hurt, or anger can be overwhelming for students. Everyone experiences stress a little differently. Some people become angry and act out their stress or take it out on others. Some people internalize it and develop eating disorders or substance abuse problems. Common physical side effects that people feel include headaches, stomachaches, increased blood pressure, moodiness, depression, sleeping problems and poor school performance. It is beneficial to their health to minimize stress and manage the stress that's unavoidable in positive ways. In times of stress, 75 percent of the kids said they want and need their parents' help. Whether the help be talking, brainstorming a solution to the problem, or just cheering them up.

Below you will find some sample activities to guide you in taking steps to improve family health and continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Activities:

1. Encourage your children to stop worrying. Advise them that there are some things that we can't control. (i.e. the weather or other peoples actions.) Talking through concerns with them can be helpful to alleviate stress by validating their thoughts and emotions.
2. Talk to your children about things you notice. “Is everything ok Melissa? You seem upset. Did something happen today at school?” Gauge your student's responses; do they need some down time when they come home from school? Try asking about their day at a later point in the evening such as dinner time.
3. Teach them to reach for social support when they feel most stressed. Have them talk through their troubles with people they feel comfortable with and identify trusted adults together.
4. Engage your children in activities that they like doing, such as a sport, hobby or talent. The activities can act as a major stress relief for students.
 - a. Look carefully at our own behavior. Are we over scheduling our kids? Pressuring them to perform well in school, sports and the like? Be aware that parents can be a source of stress for kids or a support to help alleviate stress, but it's up to you!

Yours in good health,
Weller Health Education Center