

Weller Health Education Center

Stress Less!

Healthy Bodies series

45 minute, outreach program

Grades 6 - 12

Course Description

School, sports, family, and friends can all be stressors in teens' lives. In order to decrease the mental and physical challenges the body faces, this program will focus on positive coping strategies through guided discussion and interaction.

Objectives

1. Define stress.
2. Recognize the correlation between mental health issues and stress.
3. Identify appropriate and inappropriate ways to combat stress.

PA Standards

Health, Safety and PE Standards:

- 10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.
- Relationships
 - Interpersonal communication
- 10.3.9.A Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
- Effective Negotiation
 - Assertive Behavior

Cross Curricular Opportunities

Reading, Writing, Speaking and Listening:

- 1.6.6.A Listen critically and respond to others in small and large group situations.
Respond with grade level appropriate questions, ideas, information, or opinions.

RELA Lesson Ideas

- 1.5.6.A Write with a clear focus, identifying topic, task, and audience.

Grades 6-9: Create a stress less guide for your peers. Identify three stresses that they may be facing and provide two strategies to decrease that stress.

Grades 6-9: The principal has asked you to write a letter for the weekly newsletter. The theme of the newsletter is "What parents need to know." He/she asks for your expertise on student stressors. Include warning signs of stress and suggestions for parents to do if they think their child is stressed.

Weller Health Education Center

The **Healthy Bodies** series also includes these outreach programs:

- Dental Detectives, grades Pre-K – 1
- Handful of Healthy Habits, grades Pre-K – 1
- Kids in Motion, grades 1 – 3
- Odorology, grade 4
- Life Begins, grades 5 – 6
- Body Smarts, grades 5 – 7
- Big Changes, Big Choices, grades 6 – 8
- NoBody's Perfect, grades 6 – 10
- Who Do You Trust?, grades 8 – 12
- Better Start Early, grades 9 – 12