

Unit Title: Personal Stress Management

Grade Level: 9

Subject Area: Health

Duration/Length/Number of class periods: 4-5 class periods

Description: Students will be able to identify stressors in their personal life, develop a plan of action for reducing and managing these stressors.

Established Goals (National, State, Local):

MN Health Education follows the National Health Education Standards.

My lesson plan will address the following Standards:

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

What Enduring Understandings are desired?

Mental and Emotional Health affects a person's physical health and overall wellbeing.

What Essential Questions will be considered?

How can stress affect me physically, socially and emotionally/mentally?

How can I identify stressors in my life?

How can I use stress management skills to manage stress in my life?

How and where can I seek help for mental health?

Students will know / be able to:

Students will understand the different types of stress and how they can affect their life.

Students will understand that using healthy stress management techniques are beneficial to their health and wellbeing.

Understand how stress can affect the dimensions of health (physical, emotional/mental and social).

Identify multiple ways to manage stressors in healthful ways.

Description <i>Units must include at least one of each formative, summative, introductory activity and learning activity. Check the appropriate box; one per row.</i>	Formative	Summative	Introductory Activity	Learning Activity	Student Technology Used	Teacher Technology Used	ISTE Standards
Day 1: Come On Six - Students will play a fast paced game to simulate how stress can make us feel and how our body responds to stress.			x				
Notes and discussion on stress and how it affects all parts of health (physical, emotional/ mental & social)			x			Google Slide ViewSonic Board	
Day 2: Investigate stress management strategies that students could use to manage stress. Students will work on a Stress Management Choice board - students will investigate stress management techniques they could use to manage stress.				x	Chrome book		3 D
Day 3: Students will analyze several scenarios describing stress and identify the stressors shown. They will develop a stress management plan based on the fictitious scenario. The plan will include identifying healthy stress management techniques and people or organizations who can provide support.	x				Chrome book	Google Classroom	
Day 4: Students will create a personal plan for managing stressors in their life.		x			Chrome book Google Classroom	Google Classroom	

Materials, tools and resources: Dice for “Come on Six” game Student Chromebooks ViewSonic Board Resources are linked above
Unit Plan Author: Kari Lais, Luverne High School
Additional credit given to: Jessica Matheson - Stress Choice Board

