



Grade 7 Lesson Plan 1

SOLs

Unit 1 Stressors, Coping Strategies, Mindfulness breathing

Objectives/Goals

- Analyze the benefits of stress management and stress-reduction techniques. (7.1l)
- Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health. (7.2p)

Material

- Newsprint
- Sticky notes
- Red, yellow, green circles

Procedure

Step 1

- Explain the objectives and goals of the unit. (Above)
- Around the room, place six pieces of newsprint with the following labels:
 - School work
 - Parents
 - Romantic relationships
 - Friends problems
 - Younger siblings
 - Other
- Direct the students to think about their sources of stress and write it down on a sticky note. When prompted, the students place the sticky note on the newsprint most closely related to their source of stress. Other may be an option for some students.
 - This will give the teacher and the students a visual of the main sources of stress the students are experiencing. (www.teenhelp.com/stress-anxiety/teen-stress-statistics)
- Data- (www.teenhelp.com/stress-anxiety/teen-stress-statistics)

The five sources of stress most often experienced for the **youth** in the study were slightly different and included:

- School work (78%)
- Parents (68%)
- Romantic relationships (64%)
- Friends' problems (64%)
- Younger siblings (64%)

The study also looked at how the teenagers coped with their stress. For boys approximately

- 25% avoided or refused to deal with their stress
- 23% sought ways to distract themselves away from their stress
- 17% sought support
- 35% actively tried to reduce their stress.

On the other hand, when it came to the girls, approximately

- 19% avoided or refused to deal with their stress
- 14 % sought ways to distract themselves away from their stress
- 22% sought support
- 45% actively tried to remove or reduce their stress

Step 2

- On the other side of the room, have two other pieces of newsprint labeled:
 - Positive coping strategies
 - Negative coping strategies
- After discussing the sources of stress, then ask the students to write down on a sticky note, how they cope with the stress. Ask them to analyze their responses then place the sticky note under either healthy or unhealthy coping strategies.
- Discuss why a strategy is healthy or why it is unhealthy.

Step 3-

- Tell the students that today we are going to analyze and explain the benefits of stress management and stress-reduction techniques on their health. (7.1l)(7.2p)
- Ask the students, “Why are some benefits (emotional) of managing stress in a healthy way?”
 - pay attention better
 - be less distracted
 - learn more
 - stay calm under stress
 - avoid getting upset too easily
 - slow down instead of rush
 - listen better to others
 - be more patient
 - get along better
 - gain self-control
 - get tasks finished
 - feel happier and enjoy things more

(<https://teenshealth.org/en/teens/mindfulness.html>)

Step 4-Practicing breathing skills

- Tell the students that they are going to learn how to decrease stress by practicing Mindfulness skills.
- Definition of Mindfulness-Paying full attention to something. Taking time to notice what you are doing. (<https://teenshealth.org/en/teens/mindfulness.html>)
- The first skill is breathing exercise.
 - Find a comfortable position
 - Close your eyes
 - As you breathe, pay attention to the air going in and out of your lungs. If your mind wanders, bring it back to concentrating on your breathing. (<https://teenshealth.org/en/teens/mindfulness.html>)
 - Stress reduction breathing exercise
 - Inhale through your nose slowly for 4 seconds. (1-2-3-4)
 - Hold your breath for 7 seconds (1-2-3-4-5-6-7)
 - Release the air slowly from your mouth for 8 seconds. (1-2-3-4-5-6-7-8)
 - Formative assessment: Students pair up and one student counts to 4 for each part of the breathing exercise. If the partner completed the breathing exercise correctly, they place a green circle on the desk. If they are not sure, they place a yellow circle on the desk. If the partner did the breathing incorrectly, put the red circle on the desk but give coaching until the partner breathes correctly. Put the green circle up when correct.

Step 5- End of class assessment

- End of class review (Ask questions about all the content and skill taught in the lesson, including a demonstration of breathing.)
- Exit ticket-How will this lesson help you cope with stress in a healthy way at home, with friends, or at school?

Assessment Idea

- Peer breathing check using red, yellow, and green circles

References

- Connolly, Mary., Skills-Based Health Education, 2nd edition (2018) Jones and Bartlett.
- Linda Meeks., Philip Heit., Randy Page., Comprehensive School Health Education, 7th edition (2018) McGraw Hill
- <https://teenshealth.org/en/teens/mindfulness.html>

Handout

- Breathing handout

Newsprint Title: School work



Newsprint Title: Parents

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Middle School Parents

Washington-Culpeper District
Talent Street

still make the difference!



Keep your child motivated in school all year!

It's no secret that students who are motivated in school all year long are more likely to succeed. Here are some tips to help you get started:

- 1. **Set a goal.** Encourage your child to set a goal for the year, such as getting a certain grade or completing a project.
- 2. **Break it down.** Help your child break the goal into smaller, manageable steps.
- 3. **Stay positive.** Encourage your child to stay positive and motivated throughout the year.
- 4. **Offer support.** Offer your child the support and encouragement they need to succeed.

Talk to your child about using social media responsibly

As your child's social media use grows, it's important to talk to them about using it responsibly. Here are some tips to help you get started:

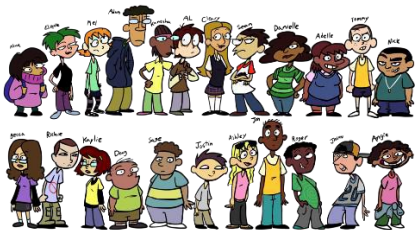
- 1. **Set a good example.** Show your child how to use social media responsibly by following these guidelines:
 - Don't post anything you wouldn't want your employer or classmates to see.
 - Don't post anything that is mean, hurtful, or disrespectful.
 - Don't post anything that is illegal or against school rules.
 - Don't post anything that is too personal or private.
 - Don't post anything that is too risky or dangerous.
- 2. **Teach them to think twice.** Encourage your child to think twice before posting anything online. Ask them if they are proud of what they are posting and if it reflects well on them.
- 3. **Encourage them to be kind.** Encourage your child to be kind and respectful to others online. Remind them that everyone has feelings and that words can hurt.
- 4. **Encourage them to be safe.** Encourage your child to be safe online. Remind them not to give out personal information, such as their name, address, or phone number.

Parents: Talk to your child about using social media responsibly. It's important to set a good example and to teach them to think twice before posting anything online.

Newsprint Title: Romantic Relationships



Newsprint Title: Friends



Newsprint Title: Siblings



Newsprint Title: Other

Newsprint Title: Healthy Coping Strategy

Newsprint Title: Unhealthy Coping Strategy

Breathing Exercise



Breathing To Relax (4-7-8)

~ Inhale for a count of four

~ Hold for a count of seven

~ Exhale for a count of eight

Adapted from Andrew Weil, M.D.