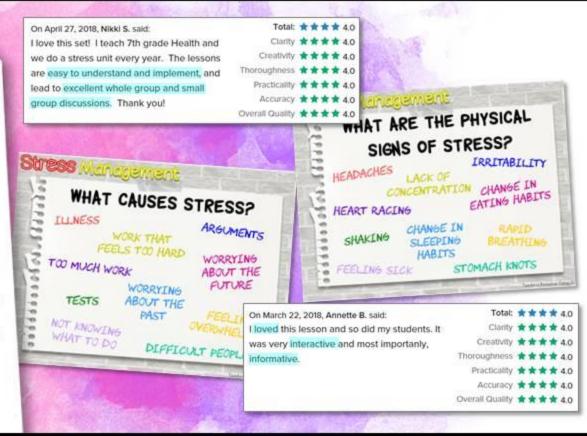


TEACH YOUR STUDENTS HOW TO MANAGE THEIR STRESS!



Our poor students are so stressed out from modern life and constant testing. Help them learn strategies to manage their emotions and symptoms and deal with life's every day stresses to develop resilience and keep going through the tough times.





On February 10, 2016, Alison N. said:
Was looking for a good lesson to do with my
high school students as the middle to end of
the year approaches and they will be
preparing for finals etc. THANKS!

Total: ★★★★4.0
Clarity ★★★4.0
Creativity ★★★4.0
Thoroughness ★★4.0
Practicality ★★★4.0
Accuracy ★★★4.0
Overall Quality ★★★4.0

On July 2, 2017, Jessica S. said: I used this as one of my Advisory Activities this year. My kids loved it, and I really feel it was beneficial to all of us.

Total: ★★★★4.0
Clarity ★★★4.0
Creativity ★★★4.0
Thoroughness ★★★4.0
Practicality ★★★4.0
Accuracy ★★★4.0
Overall Quality ★★★4.0

On August 19, 2018, Shannon O. said: I'm excited to use this not just for students, but for my stressed out Beginning Teachers tool

Total: ★★★★4.0
Clarity ★★★4.0
Creativity ★★★4.0
Thoroughness ★★★4.0
Practicality ★★★4.0
Accuracy ★★★4.0
Overall Quality ★★★4.0



Are you noticing your students getting stressed from upcoming tests or just from general modern life? Give them the tools to handle it with this ready to go resource. Help them understand that feelings of stress are completely normal and teach them how they can harness them.



Giving your students an opportunity to talk about stress is a powerful thing. This resource sparks some deep conversation that helps your students firstly not feel so alone, and secondly gives them tools to be able to handle their emotional and physical feelings.

On January 6, 2016, Andi O. said: This was really practical, and well designed! I was able to adapt it to work for 4 lessons of my guidance course. Took the stress right out of the teaching 3

Total: **** 40 Creativity *** 4.0 Thoroughness * * * * 40 Practicality **** 40 Accuracy * * * 4.0 Overall Quality *** 4.0

On November 11, 2017, Alexandra F, said: I used this last week to help my students in NJHS learn how to manage their stress. It inspired some great discussions and was a helpful resource!

Creativity * * * * 4.0 Thoroughness * * * * 4.0 Practicality **** 40 Accuracy **** 4.0 Overall Quality ***

Total: **** 40

Clarity **** 4.0

On October 11, 2017, Jhennick V. said: I use this with my 6th graders who needed more attention and very specific support for the stress they were going through and it was wonderful! They related well and were engaged with the material! Great resource.

Clarity **** 40 Creativity * * * * 40 Thoroughness *** 4.0 Practicality **** 4.0 Accuracy **** 4.0 Overall Quality **** 40

Total: **** 40

HOW TO HANDLE STRESS Get active: Stress hormones are getting our body "ready for action" leven if there is no physical danger) so doing exercise kelps use them up and de-chees you Choose an exercise that you ergoy Get enough sleep; As a beenager, your body is grown at a very fast rate and so sleep is important for your development. Not sleeping enough can leave you feeling emotional and difficult to concentrate, all making the effects of stress much worse. Manage your time: Too much of anything can be bad for you, so work out a plan to manage your time so that you. can get your work done and have time to

HOW TO HANDLE STRESS

problems every now and then, and allow yourself time to do rsings you enjoy doing. This gives your body and mind a chance to relax and descress.

Keep healthy Choose vitamin rich foods to keep your body and mind balanced, and avoid caffeine which can increase feelings of anciety and agitation

Talk about it it has been said that he problem shared is a problem halved" it can ready help to set talk to someone you trust Charces are, someone has experienced something w and can offer advice or a friendly ea

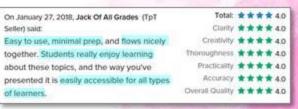
RELAXATION EXERCISES

Controlled treathing can promote feelings of calm, lower blood pressure and help you destress by balancing your nervous system

You will now be taked through a range of different relaxing breathing exercises. Calming music in can be played in the background to help you relax even further

Try them out and see what works best for you. Then practise them whenever you start to feel stressed out







On March 22, 2019, Senorita Abel (TpT	Total:	*	*	*	*	4.0
Seller) said:	Clarity	*	*	*	*	4.0
I love how the student activities make the	Creativity	*	*	*	*	4.0
information so interactive. It helps to break	Thoroughness	*	*	*	*	4.0
up the information, engage students, and	Practicality	*	*	*	*	4.0
give them the chance to process.	Accuracy	*	*	*	*	4.0
	Overall Quality	*	*	*	*	4.0

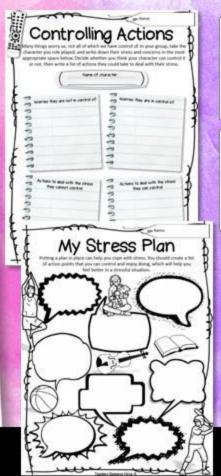


Facts `n' Stats

This resource is ready to teach. It can be used in whole and small group or even individually. There is a PowerPoint with interactive features and discussion points, with printable activities if you choose to use them. It suits a wide range of ages and learning styles!



I have used this resource with students from ages 11-15 (and um, I totally use it for myself too, haha!); everyone can benefit. We all have stress, and it's not always a bad thing - it can save our lives! When it does get bad is when it debilitates us, so this resource will guide your students to understand their stress and learn how to manage it effectively. There are a range of methods to try, as one size does not fit all! Be the change.



On August 30, 2018, Deanna J. said:

It was perfect for my honors class for 7th and 8th. I also liked how they incorporated bullying into the content

Total: ★★★ 4.0

Clarity ★★★ 4.0

Thoroughness ★★★ 4.0

Practicality ★★★ 4.0

On December 5, 2017, Sunflowers and Sped (TpT Seller) said:

I am so excited to use this product! I teach study skills and this a great lesson for my students. I didn't have to create anything, everything is ready for me. Thanks!!!

Total: *** * 4.0

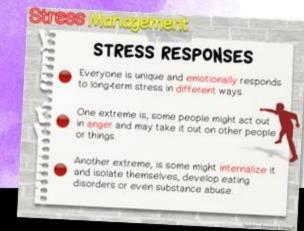
Clarity ** * * 4.0

Thoroughness * * * 4.0

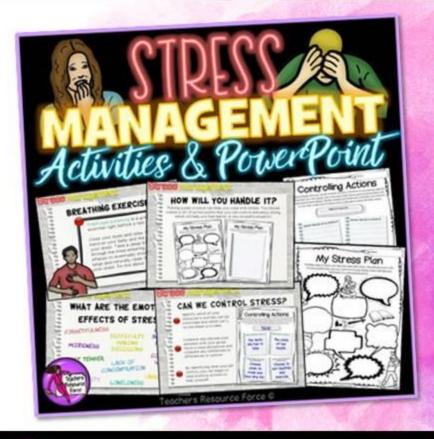
Practicality * * * 4.0

Overall Quality * * * 4.0

Overall Quality *** * 4.0







- NO PREP. READY TO GO
- **23 SLIDE POWERPOINT**
- PRINTABLE ACTIVITIES
- WHOLE OR SMALL GROUP
- MODERN DAY SCENARIOS
- USEFUL FOR STAFF TOO!

