

## Grade 4

### Health Objective 1.02

Predict physical and emotional reactions to stressful situations.

### Language Arts 2.06

Summarize major points from fiction and nonfiction text(s) to clarify and retain information and ideas.

### Language Arts 4.01

Read aloud grade-appropriate text with fluency, comprehension, and expression demonstrating an awareness of volume and pace.

### Materials Needed:

Appendix 1 – Stress transparency

Appendix 2 – Ways to Deal with Stress transparency and copies for students

Appendix 3 – Stressful Situations

Appendix 4 – Possible Books for reading activity

### Focus:

The teacher should enter the class in the morning with a scowl on his/her face. Strictly calm the students down and inform them that they are going to have a very hard day at school. Immediately assign the students a very hard task (such as to write 100 sentences, do a book report, or many math worksheets). If any students talk or begin to complain, immediately assign them more work to do. After the students are scared and hard at work, tell them to stop what they are doing. Ask students how they felt both physically and emotionally when the teacher was so mean and gave so much work. Explain to students the way they felt was stress.

### Teacher Input:

Display the titled Stress (Appendix 1) on the overhead projector. Read the definition on the overhead to students. Ask students to think of a time when they have felt stressed out. Students may have a hard time remembering an activity. The teacher may suggest trying to win a game, taking a test, getting in a conflict with a classmate or parent, or getting in trouble. Ask students to raise their hand and tell you the situation and the teacher will write the situations around the word STRESS on the transparency. Remind them the previous lesson was about stressors (or causes of stress). Afterward, have students discuss how they would deal with each stressful situation. Discuss Ways of Dealing with Stress transparency (Appendix 2). Provide each student with a copy of this handout.

### Practice & Assessment:

#### Activity 1

- Divide students into groups of three or four.
- Give each group a stressful situation (from Appendix 3 or other situations).
- Have students collaborate and predict the physical and emotional reaction to a stressor.
- Have students tell what they can do to control the stress they feel. This can be from the Ways to Deal with Stress handout (Appendix 2).
- Students will then develop a short skit to perform in front of the class demonstrating the situation, the reaction, and the method used to handle the stress.
- Allow students to perform their skits.

## Activity2

- Divide the class into groups of four. Pick one student in each group to be the reader, one to be the writer, one to be the illustrator, and one to be the director.
- Give each group a book from the classroom that contains a stressful situation or a problem causing stress. (See Appendix 4.)
- The reader reads the entire book to the group.
- The director forms questions and comments which will lead the group in a discussion about the book, the problem and stress faced, how it was handled, and the resolution to the situation.
- Once the group has discussed the book, the writer collaborates with the other group members and they write a new ending to the story, using a method of dealing with stress already talked about in the class.
- The illustrator draws a picture for the new ending
- New ending should be shared with the whole class or displayed.

# STRESS

Mental or physical reaction to pressure,  
a threat, a conflict, or frustration.

# Stressful Situations

Today there is a big math test. You forgot to write it in your planner and forgot to study. It is the first thing in the morning so you will not have time to study before the test. If you make one more “C” your father said he would ground you.

*Physical Reaction:*

*Emotional Reaction:*

*What would you do to deal with the stress?*

There are only 10 seconds left in the championship basketball game. Your team is down one point. You were fouled and get to shoot two free throws. If you make both, your team will be likely to win!

*Physical reaction:*

*Emotional reaction:*

*What would you do to deal with the stress?*

Today on the playground your best friend didn’t want to play with you. He went to play with other students in the class leaving you all alone.

*Physical reaction*

*Emotional Reaction:*

*What would you do to deal with the stress?*

Yesterday your teacher assigned a book report. You are not a good reader and definitely not good at writing reports. She says everyone in the class is required to do this report.

*Physical reaction:*

*Emotional reaction:*

*What would you do to deal with the stress?*

Your parents have been fighting at home. Sometimes they are so loud that you can’t go to sleep until late at night. You want to tell them, but you don’t want them to fight more and get mad at you.

*Physical reaction:*

*Emotional reaction*

*What would you do to deal with the stress?*

Your class is doing a play for the whole school. You hate getting up in front of big groups and are scared of having to talk in front of a large audience. You must be in this play to make a good grade.

*Physical reaction*

*Emotional reaction*

*What would you do to deal with the stress?*

At recess the whole class was playing kickball. After you had a great kick, you were rounding first going to second. Suddenly someone throws the ball at you but misses by an inch. Relieved you continue to make your way to second when you hear, “you’re out!” You know you were not hit with the ball so you refuse to move. The student that threw the ball comes up and pushes you off the base.

*Physical reaction*

*Emotional reaction*

*What would you do to deal with the stress?*

# Ways to Deal with STRESS

When you are angry

1. **STOP...**  
Count to ten. Take a deep breath. Walk away until you have calmed down.
2. **SAY...**  
What's wrong. Use your words to say what you don't like.
3. **TELL...**  
What you would like to have happen.

Dealing with Stressful Conflicts:

1. **STOP...**  
Before you lose control of your temper and make the conflict worse.
2. **SAY...**  
What you feel is the problem. What is causing the disagreement? What do you want?
3. **LISTEN...**  
To the other person's ideas and feelings.
4. **THINK...**  
Of solutions that will satisfy both of you.



If you still can't agree, ask someone else to help you work it out.

Other Ways to Deal with Stress:

- **Breathing Deeply:** Take a deep breath while counting to five. While counting back to one, slowly release the air.
- **Muscle Relaxing:** Pretend to become frozen by slowly tightening each part of your body until it is "frozen solid." Then, thaw by relaxing each part of the body and allowing anger to melt away
- **Visual imagery:** Take a vacation to another place that you really enjoy in your mind.

# Suggested Books for Reading Activity

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

The Bat Boy and his Violin by Gavin Curtis

Caps for Sale by Esphyr Slobodkina

Click, Clack, Moo: Cows that Type by Doreen Cronin

It Happens to Everyone by Bernice Myers

Lilly's Purple Plastic Purse by Kevin Henkes

Beautiful Blackbird by Ashley Bryan

The Bully by Judith Casely

Lily's Secret by Imou Miko

Hooway for Wodney Wat by Helen Lester

Crickwing by Janell Cannon

Big Bad Bruce by Bill Peet

Aesop's Fables

I'm Scared and I'm Frustrated by Elizabeth Crary

Sun and Spoon by Kevin Henke