

Grade 5

Health Objective 1.01

Differentiate between positive and negative stress and demonstrate effective ways to deal with each.

Language Arts Objective 2.09

Listen actively and critically by: asking questions, delving deeper into the topic, elaborating on the information and ideas presented, evaluating information and ideas, making inferences and drawing conclusions, and making judgments.

Materials Needed:

Six large coffee cans with lids
Permanent marker
Colored construction paper
Poster board
Marbles (10 x the number of students in the class)
Tape
Getting Out of a Stress Mess! A Guide for Kids by Michaelene Mundy
Appendix 1 - Delving Deeper (copy for each student)

Focus:

Review questions: What is negative stress and what causes it? What is positive stress and what causes it? What are some words that describe what positive and negative stress feels like? [Responses might include anxious, excited, worried, happy, or angry.]

- Look at the words that the class has gathered that describe what stress feels like, both positive and negative.
- Pick six of those words and place each one on a piece of construction paper.
- Put one word on each of the six coffee cans using the tape.
- Give students ten marbles each.
- Students walk up to the cans and place marbles in the cans that describe a feeling they have felt from stress recently.
- Students decide the number of marbles that they put in each can depend how strong that feeling was for them (Example: If I felt very anxious from stress this week, I would put six marbles in the anxious can).

After all students have been given a chance to do this, students will be able to go to each can and pick them up feeling how heavy and how much weight stress adds to our lives.

Teacher Input:

Read *Getting Out of a Stress Mess! A Guide for Kids* by Michaelene Mundy. Explain to students they will need to practice active listening and to think critically to learn from the story about stress.

Practice & Assessment:

Provide each student with the handout, *Delving Deeper* (Appendix 1). Have them write responses to the questions. Go over their ideas and add to them, clarifying the difference between positive and negative coping methods.

DELVING DEEPER

After hearing the story about a Stress Mess, think carefully and answer these questions.

What questions would you like to ask the author about stress in your personal lives?	
What more would you like to learn about the causes and effects of stress in our lives?	
What are specific ways (both positive and negative) that you cope with stress?	
Why are the following positive coping methods? <ul style="list-style-type: none">○ Taking a break○ Talking it out○ Limiting activities○ Balancing different parts of your life	
What would happen if you used a negative coping method, such as using a drug or withdrawing from other people?	
Which coping strategies work best for you?	