



LESSON

2

Coping with Stress Unit Grade 7 • Ages 12-14

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes

MATERIALS

Video: Types and Cause of Stress
by Dr. John Kenworthy (5 min 37
sec): [https://www.youtube.com/
watch?v=ALiCToVg24g](https://www.youtube.com/watch?v=ALiCToVg24g)

Activity Sheet, one for each student

RAK Journals

[Kindness Concept Posters:](#)
Responsibility, Self-Care, Self-
Discipline

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.7.1, 2 Colorado: Comprehensive
Health S.3, GLE.2, EO.a-f; Reading,
Writing and Communicating S.1, GLE.2,
EO.b,c

SEL: Self-awareness, Social awareness,
Self-management

[Learning standards key](#)

Personal Stressors

Students will explore how stress affects people differently and examine their personal stressors.

Lesson Background for Teachers

Trigger warning: Talking about emotions and situations where strong emotions arise can lead to students revealing personal information that might require follow-up by yourself or a school counselor. If a student reveals any worrisome information or reaction, please know your school protocol for providing support and resources. Before class, find out the school policy about reporting a concern about a student's mental health to a school counselor or administrator.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPONSIBILITY Being reliable to do the things that are expected or required in your life, home, community and environment.

SELF-CARE Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

SELF-DISCIPLINE Controlling one's actions and words for the benefit of self and others.

STRESS Something that makes you feel worried or anxious.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Referencing the kindness meter from the Focusing Strategies; consider explaining as needed and posting the strategies during the activity
- Combining some of the stressors that are similar if they are having a difficult time limiting their stressors to three.
- Reflecting on the adults mentioned by their classmates and adding some of those people to their list if they are having a hard time coming up with three.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



Resources

4th Grade: Stress Busters Unit

Video: Talking with Teens and Tweens: Overscheduling, Stress, Sleep, and Overuse Injuries <https://www.youtube.com/watch?v=gKgCJVVZftw>

Video: Myths of the Adolescent Brain – Dan Siegel (4 min. 36 sec) <https://www.youtube.com/watch?v=WDQaEx-0K6U>

Share (2 mins)

Share as a class what it feels like after you've gotten some really good exercise.

Inspire

Types and Causes of Stress Video (10 mins)

Before we do the next activity, let's talk a little more about stress. During the balloon activity, we talked about how stress can motivate us sometimes and is part of life. We have tests and homework and arguments with friends. Let's learn a little more about the different kinds of stress and how each of us react differently.

Show video: Types and Cause of Stress by Dr. John Kenworthy (5 min 37 sec): <https://www.youtube.com/watch?v=ALiCToVg24g>.

Empower

Push the Panic Button (10 mins)

There was a lot of information in that video, so we are going to start by talking about just one of the things he mentioned.

Hand out Push the Panic Button sheets

The issue is when the stress gets out of control. I want you to look at this sheet and put a check mark next to anything on the list that makes you feel stressed. Then, write your top three stressors in the space provided and adults that can help you when you feel that way. If you don't see it on the list, write in your own.

After students complete the activity sheet, have them turn to a partner (or pair students to ensure they work well together) and discuss the following questions:

- What were the areas that cause the most stress for you?
- Why do they cause stress for you?
- Can you think of some possible ways to reduce your stress?
- Who are three adults who can help you deal with whatever is stressing you out.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What are the two kinds of stress?
- How is **stress** different for different people?
- What are some of the things that cause **stress** for people?

Reflection Questions

- What are the areas that cause the most **stress** for you? When does the stress become too much for you?
- How much do you think you control your **stress**? Do you think you can make it better or worse by the way you react?
- How does it feel to talk about **stress**? Does it relieve some stress or create more **stress** for you?

Summary

Stress is very complex! It does not look the same for everyone or come from the same place. It is a self-kindness to understand your how your own body works and what might trigger stress in you so you can know when you need to do some extra self-care and attend to your own needs.



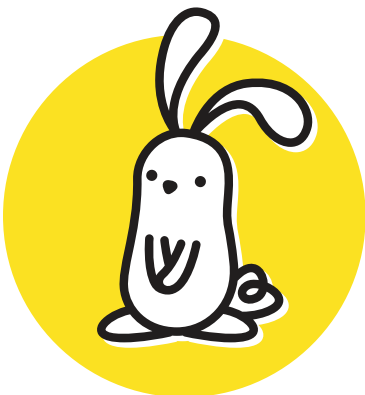
Act (2 mins)

Kindness Minute

Help someone else relieve a bit of stress by making them smile or laugh. Turn to the person next to you and make a funny face, do an impression of someone or tell them a joke.

Kindness in Action

We can't control all our stressors, but we can limit some of them. Pick one thing from your list of stressors that you think you can change, even if it's just for one day or one night. Write down what it was and what you did to relive some of the stress it causes.



Push the Panic Button

Directions: We all have certain things that cause stress in our lives. Write a check mark next to each thing that causes you to feel stressed out. If there is anything else that causes you stress, write those things in the space below.

What pushes your stress (or panic) button?

- ☐ Too much homework
- ☐ Failing a class
- ☐ Mean look from someone
- ☐ Babysitting
- ☐ Not sleeping
- ☐ Violence/weapons
- ☐ Going to the dentist
- ☐ Death of a family member or friend
- ☐ Loud, obnoxious people
- ☐ Racial discrimination
- ☐ Someone you know is an addict
- ☐ Taking a test
- ☐ Death of a pet
- ☐ Someone you know is sick or injured
- ☐ Finding out that a friend betrayed you
- ☐ Not enough peace and quiet
- ☐ Caring too much about something/ someone
- ☐ Family member leaving home

List other items below

Now, look over what you checked. and list the top three things that stress you out the most (combine if necessary):

- 1 _____
- 2 _____
- 3 _____

- ☐ Not enough money
- ☐ Fight/argument with a friend
- ☐ Argument with parents
- ☐ Parent's divorce/separation
- ☐ Getting suspended
- ☐ Gangs
- ☐ Getting grounded
- ☐ The future
- ☐ No boyfriend/girlfriend
- ☐ Nothing to do
- ☐ No transportation
- ☐ Closed-in spaces
- ☐ Moving to a new place
- ☐ The way you look
- ☐ Being cut from a sports team
- ☐ Reading out loud
- ☐ Losing something valuable
- ☐ Pressure to drink or take drugs
- ☐ Needing to get a job
- ☐ Making a mistake

Now, list three adults who can help when you are stressed:

- 1 _____
- 2 _____
- 3 _____

