

Stressed Out!

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Grade Four Teacher

Personal Planning Lesson Plan

Based Upon The Incredible 5-Point Scale By Kari Dunn Buron and Mitzi Curtis

**Objective:**

**To explore appropriate strategies for sharing and expressing feelings.**

(Personal Planning-Grade 4)

**To use speaking and listening to interact with others for the purposes of improving and deepening understanding.** (Language Arts-Grade 4)

**Stressed Out! Worksheet:** Go over together to clarify goal, access prior knowledge, make connections, and ask questions. Lots of discussion, partner talk, and reporting out.

**Stressors on a Good Day:**

Whip around—one thing that stresses you out.

Hand out Good Day/Bad Day. Only doing good day first—if you understand what's stressful on a good day, it will help you be better prepared to deal with really bad times.

Visualize best morning ever.

Go over 5 point scale. Have them make the faces, body language for each level. Talk about what your body looks like, feels like, what you might say. (This could be a good time to do Stress Scale, or it could be done after).

Go through cards of possible stressors. Have students write them where they fit on their scale. Share some differences. Do your own on overhead. Talk about how different things stress different people differently. Brainstorm more to add.

Reflect: Whip Around, Partner Talk or Quick Write: Questions, new ideas, connections, surprises...

**Stressors on a Bad Day**

Arrange with a confident student beforehand to do something that annoys you (tap pencil...). Explode at them, then explain that it has been a really bad day for you because...., and that you're sorry, but it was just the last straw... Thank volunteer, round of applause.

Explain Setting Events with reference to above scene. Partner Talk, Whip Around—bad morning stories.

Bad Day Scale: Go through same stressors, thinking about that bad morning. This time notice differences between good and bad day.

**Stressors and What Might Help**

Choose 3-5 biggest stressors (especially ones you might encounter at school. Brainstorm ways to bring yourself down the scale.

Complete 5 Point Scale for Stress.

**Reflection:** Draw a cartoon of them encountering and dealing with stress (moving up the scale, then down. What stresses them, what calms them.).

**Extension: Calming Boxes**

Buy gift boxes from dollar store. Students bring and cut from magazines words, photos, colours, and pictures of things that make them happy and calm. Cut into a collage to glue onto outside, inside, and lid of box. Seal with modge-podge if desired. Keep box on desk or at home with calming things in it. (candle, book, toy...).

