

Best practice use of the RemixED Platform

In this document you will find best practices for using the RemixED platform (<https://remixed.upf.edu/>).

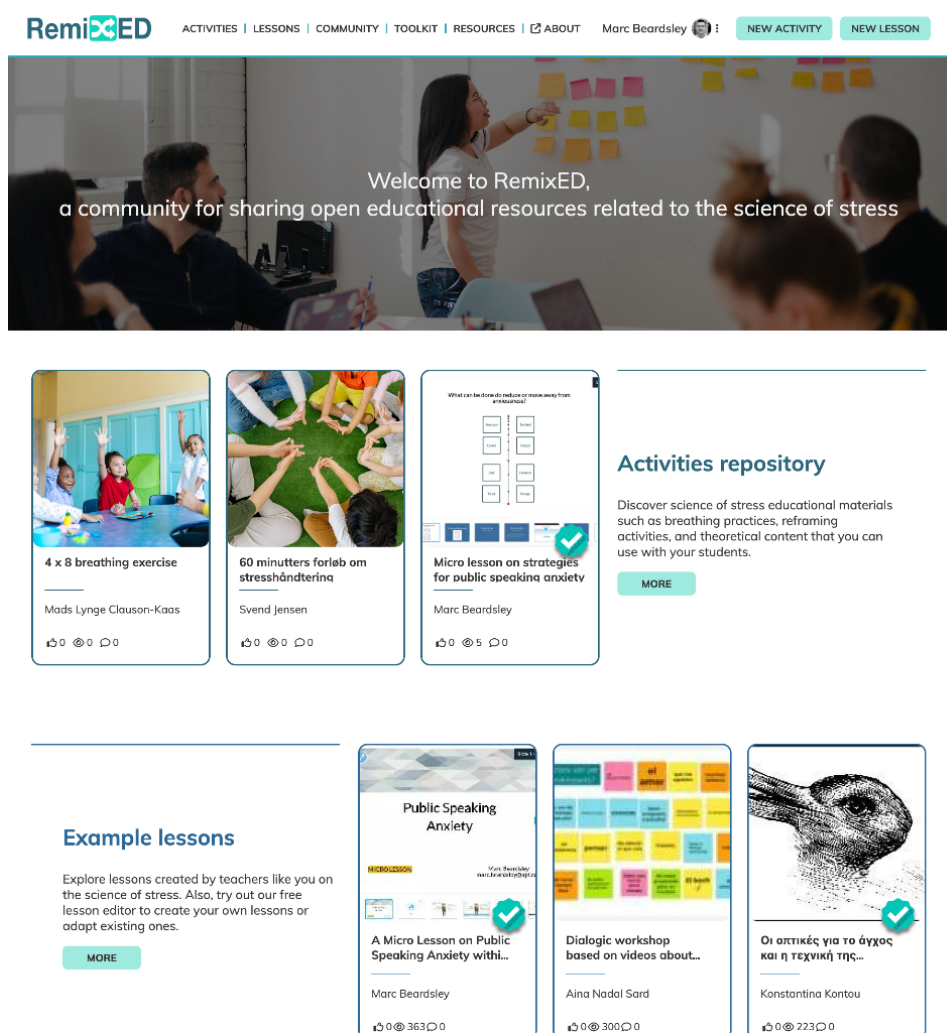
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RemixED ACTIVITIES | LESSONS | COMMUNITY | TOOLKIT | RESOURCES | ABOUT Marc Beardsley NEW ACTIVITY NEW LESSON

Welcome to RemixED,
a community for sharing open educational resources related to the science of stress

4 x 8 breathing exercise
Mads Lyng Clausen-Kaas

60 minutters forløb om stresshåndtering
Svend Jensen

Micro lesson on strategies for public speaking anxiety
Marc Beardsley

Activities repository
Discover science of stress educational materials such as breathing practices, reframing activities, and theoretical content that you can use with your students.

Example lessons
Explore lessons created by teachers like you on the science of stress. Also, try out our free lesson editor to create your own lessons or adapt existing ones.

Public Speaking Anxiety
Marc Beardsley

Dialogic workshop based on videos about...
Aina Nadal Sard

Οι οπτικές για το άγχος και η τεχνική της...
Konstantina Kontou



Introduction to RemixED and Teaching Stress Science

Welcome to RemixED, a platform that provides educators with powerful tools for teaching the science of stress. This platform transforms lesson planning, offering curated and scientifically validated resources like breathing and meditation practices for teaching the science behind stress and helping student wellbeing. All original material is developed by neuroscientists.

One of the key challenges in teaching is catering to the varying needs of students. RemixED helps teachers by offering supplementary material and activities. RemixED is a tool which offers an efficient and centralized way to create personalized lessons. The platform incorporates elements of Universal Design for Learning (UDL) ensuring that the content remains relevant and engaging for all students. The platform can be used as a collaborative tool where teachers share material, use and develop further what colleagues have produced. The platform's resources have been tried and tested, and feedback from both students and teachers confirms the benefits of teaching stress management.

Teaching stress management isn't just about helping students—it's about fostering a positive, healthy classroom environment. Research shows that a teacher's stress can affect students, underscoring the importance of managing stress effectively in the classroom. The resources on RemixED are rooted in science, offering reliable strategies for stress management, rather than unverified methods. With this in mind, I'll share some practical considerations for using the RemixED platform effectively when teaching stress science.



Best Practice Guide for Creating a Lesson Plan on RemixED

1. **Start with Clear Objectives:** Begin by defining what students should learn. Are they grasping stress management theory, or practicing stress relief techniques?
2. **Dive into the Lesson Planner:** Click “New Course,” add a catchy title and a clear description. Use the drag-and-drop interface to build out your lesson with videos, activities, quizzes, and more.
3. **Variety is Key:** Mix theory with hands-on activities. Start with a short theory-based video, followed by interactive breathing exercises or reflection moments to engage students.
4. **Adapt Resources:** Use RemixED's repository for ready-made lessons and tools. Grab what fits, and customize the content—add your own instructions, media, and examples to match your teaching style and student needs.
5. **Apply UDL (Universal Design for Learning):** Make sure the lesson works for all learners by including a variety of formats like videos, audio, hands-on exercises, and flexible assessments to suit different learning preferences.
6. **Preview and Perfect:** Once your lesson is structured, hit the preview button to make sure everything flows smoothly. Is the sequence logical? Are there enough interactive elements to keep students engaged? Tweak where needed.
7. **Share and Collaborate:** Save your lesson and share it with others in the RemixED community for feedback. Collaboration can help refine your lesson even further and bring new ideas into your classroom.

Pro Tip: Keep your lessons dynamic and adjust them as you receive feedback from students. Each class may have unique needs, so stay flexible and open to revisiting and improving your material!

When you have a lesson or activity and you want to share this, a curator/mentor from the team will approve your material if it meets the standards of the RemixED platform.

Have fun and we hope that you use this for providing better mental health for you and your students.

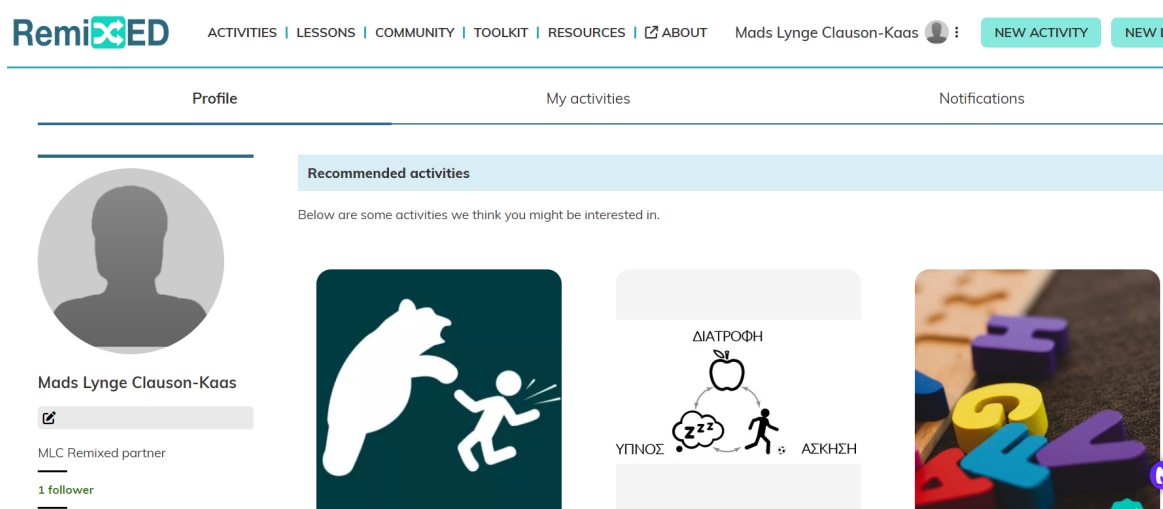
The RemixED team

Mads Lynge Clauson-Kaas



Creating an Account on RemixED

1. **Visit the Website:** Go to [RemixED](https://www.upf.edu/web/remixed) and click on the “Sign Up” or “Create Account” button in the top-right corner.
2. **Fill in Details:** Enter your name, email address, and a secure password. You may also be asked to verify your email address.
3. **Personalize Your Profile:** After signing up, you can complete your profile by adding information such as your role (teacher, student, etc.) and any additional preferences.



Once your account is created, you'll have full access to explore resources and create your own content on the platform. Check out the personal area too, this has suggestions for you and is a neat overview.



Navigating RemixED

RemixED offers several key sections to support educators:



ACTIVITIES | LESSONS | COMMUNITY | TOOLKIT | RESOURCES |



- **Activities:** A repository of interactive tools and exercises focused on stress science theory and management.
- **Lessons:** Browse or customize lessons using the lesson/course planner, with structured content ready to integrate into your teaching.
- **Community:** Connect with fellow educators, share experiences, and discuss best practices.
- **Toolkits:** Download teacher development resources, available in multiple languages and tailored to specific countries.
- **Resources:** Stay updated with news, research, and articles relevant to stress science education.



Creating a Lesson/Activity on RemixED:

The screenshot shows the RemixED platform interface. At the top, there's a navigation bar with 'RemixED' logo, links for 'ACTIVITIES | LESSONS | COMMUNITY | TOOLKIT | RESOURCES | ABOUT', a user profile 'Mads Lyngse Clauson-Kaas', and buttons for 'NEW ACTIVITY' and 'NEW'. Below this is a sub-navigation bar with 'ALL | MY LESSONS | MOST VIEWED | MOST LIKED'. A search bar is on the left, and a 'Reset filter' button is below it. Three filters are visible: 'PURPOSE(S)', 'TOPIC(S)', and 'EDUCATIONAL LEVEL'. In the center, there are three lesson cards. The first card is titled 'Public Speaking Anxiety' and is a 'MICRO LESSON' by Marc Buehler. The second card is titled 'Dialogic workshop based on videos about mentalities of stress'. The third card is titled 'Οι οπτικές για το άγχος και η τεχνική της αναπλαισίωσης'. Each card has a green checkmark icon in the bottom right corner. At the top right of the main content area, there's an 'ORDER' dropdown menu and a '1 / 1' indicator.

1. Who Are You Teaching?

First, think about your audience. In this case, 10th graders. What are their stressors? How much do they know about stress already? Some might be familiar with it, while others may need an intro.

2. What's the Goal?

Define what you want them to walk away with. Are you teaching the biology behind stress, how to spot stress symptoms, or how to manage it? Tailor your lesson to hit these points.

3. Pick Your Tools

RemixED offers a ton of resources. Start by browsing lessons, activities, and toolkits. For example, you could grab a neuroscience-backed breathing exercise or a video on how stress impacts the brain. Mix and match what fits your lesson goals.

4. Build the Lesson

Start strong with an engaging video on stress science, then follow it up with a breathing or mindfulness exercise. Throw in some reflection time—this is where students can jot down how stress affects them personally. The platform lets you organize these activities easily.



5. **Embrace UDL (Universal Design for Learning)**

Not every student learns the same way, so it's smart to build in options. Some may feel weird closing their eyes during a meditation exercise. No problem—offer alternatives, like focusing on their breathing with eyes open. UDL is all about flexibility. Provide different ways to learn: include visuals, audio, hands-on activities, and even allow students to choose what works best for them. Remember, some might face additional stressors like skipping breakfast or unstable routines, so be sure to provide extra support when needed.

6. **Measure Understanding**

Decide how you'll know if they "get it." Ask them to keep a stress journal or reflect on the management techniques you've covered. Gather their feedback and use it to tweak the next lesson—continuous improvement is key!

