

Resource Bundle: Stress Management



What personal goals and strategies can I make to positively impact stress in my life?



Health Skills Focus

- Advocacy for Self & Others
- Goal Setting



FitnessGram Connection: As always, it is important to emphasize physical activity as a component of health throughout this course. Click this [link](#) for a step by step guide to implement FitnessGram in your class.

- Research Journal Excerpt- [Exercise for Mental Health](#)
- Mayo Clinic Website - [Depression and Anxiety: Exercise Eases Symptoms](#)



Potential Lessons: These lessons have been found online and can be modified.

- **Stress Management Strategies**
 - This [lesson plan](#) from The New York Times learning network has many corresponding activities around stress and the brain and counteracting stress
 - [Here](#) is a lesson plan from HealthSmart around ways to manage stress
 - A very introductory [lesson](#) about stress
 - This [lesson plan](#) has students participating in a gallery walk to discuss what stresses them out and how they can cope
 - This [lesson plan](#) is accompanied by 3 different activities about managing stress and making choices. ***Adapt the activities to your students and classroom***

- **Goal Setting**
 - [Here](#) is a lesson plan that emphasizes goal setting in a health situation
 - This is a [lesson plan](#) from Chicago Public Schools focusing on multiple areas of goals (career, social/emotional, education)
- **Resiliency**
 - [This](#) lesson plan is from Khan Academy and focuses on teaching growth mindset
 - [Here](#) is a lesson from Lifeskills about building confidence and being resilient. [These](#) are the powerpoint slides that you can use to reinforce the message, too.
 - This [website](#) has multiple avenues for introducing growth mindset, grit, and resilience
 - [Three](#) lesson plans with a powerpoint and videos around growth mindset
- **CDE's Instructional Unit Sample**
 - [Stress Management](#)



Non-Traditional Texts: Use these sources to engage students in critical thinking and analysis

- This [Edutopia webpage](#) has articles around resiliency, grit, and growth mindset that could be used during your classes
- Any book excerpt or video produced by Angela Duckworth (more for teachers)



Video Options: Videos are a great foundation for critical thinking, lessons, and activities.

- This [video](#) focuses on one teenagers story about how she used drawing as a coping strategy for stress
- This video is called "[The Secret of Becoming Mentally Strong](#)" and focuses on how to gain resiliency: Follow up wit her question...what bad habits are holding you back?
- This [video](#) is a TEDtalk that focuses on Grit
- Kid President giving everyone a "[Pep Talk](#)"
- Video about riding a [backwards bike](#) and learning to persevere



Book Ideas: Books are a great foundation for critical thinking, lessons, and activities.

****Always review the books to ensure the content is appropriate for your students, and get approval from your administration before recommending or allowing students to read it for your class****

- Fighting Invisible Tigers: Stress Management for Teens
- I am Malala
- A Long Walk To Water
- The Boys on the Boat
- Unbroken
- [Here](#) is a list of other books with a message of growth mindset



Technology Integration: Technology can be used to engage students.

- [Here](#) is a webpage for teens to identify stressors and create a management plan
- This website from [kidshealth](#) gives an indepth look at what stress is and how it affects the body
- This [website](#) is specifically for teachers who want to introduce more growth mindset in their classrooms



Activity Ideas: These ideas are meant to inspire creative lesson design.

- [Here](#) is an example of an Assessment that involves students acting out coping strategies as a teenager
- Have students create their own circle of control like [this](#) one
- Have students create their own plan for managing their stress
- Organize a school-wide initiative to create a “positive” board where students can write or draw messages of positivity
- Public speakers
 - Jefferson County Mental Health
 - School Counselors

To add additional “Stress Management” resources for Jeffco teachers, contact Jaime Grimm-Rice @ jgrimmri@jeffco.k12.co.us or via phone: 303-982-2136