07 Stress

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 3**
Length: **1 week**
Status: **Published**

Brief Summary of Unit

This unit will address how to effectively cope with and manage daily stressors in teenage life.Students will learn about the different types of stress, learn how to identify stressors, and ways to positively utilize stress to their advantage. Emphasis will be placed on stress management techniques that can be used in real life situations.

Revised June 2022

Standards

2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.1.12.EH.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).

Essential Questions

How does stress affect the body, both physically and mentally, and how does one manage stress on the body?

What is the difference between eustress and distress and how can one positively utilize stress to their advantage?

Students Will Know/Students Will Be Skilled At

both distress and eustress are always present in life

methods of resuming homeostasis during times of distress

the different types of stressors that exist

stress management and prevention techniques

the more that they practice personal stress management skills, the easier it will be to cope with any type of stress

Learning Plan

Preview the essential questions and connect to learning throughout the unit.

Complete a stress do now where students identify times they have experienced eustress, distress, and homeostasis

Review stress management techniques for teenagers

Complete a stress management worksheet identifying stressors, stress reduction techniques, and prevention strategies

Practice Quiz

Unit test

Evidence/Performance Tasks

Completed guided notes packets

Stress management technique worksheets

Practice quiz

Unit test

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Suggested Strategies for Modification

one-to-one instruction and assistance
cooperative learning groups
study partners
additional time on task
assessment based on individual development in the area of study
images and visual aids
handouts of notes, procedures, processes, diagrams, etc.
preferential seating
reading material modified to student level
testing materials appropriate to student level
Google Slides Presentations
Lectures
Group work
Presentation/ Skits
Class Discussions
Videos
Research through technology

Extended time on quizzes