



## **Teacher's Lesson Plan: Managing Stress and Building Resilience**

### **Objective:**

By the end of this lesson, students will understand the nature of stress, recognize its signs and triggers, and learn effective strategies to manage stress and build resilience.

### **Materials Needed:**

- Video on managing stress and building resilience
- Whiteboard and markers
- Handouts with key points and questions
- Computers or tablets for research (optional)
- PDF of suggested hobbies (available for download)

### **Lesson Outline:**

#### **1. Introduction (10 minutes)**

- Briefly introduce the topic of stress management and resilience.
- Explain the objective of the lesson: to understand stress and learn strategies to manage it effectively.

#### **2. Video Presentation (15 minutes)**

- Show the video on managing stress and building resilience.
- Ask students to take notes on key points, especially focusing on recognizing stress, its triggers, and coping strategies.

#### **3. Group Discussion (10 minutes)**

- Divide the class into small groups.
- Ask each group to discuss the main points they noted from the video.
- Have each group share one or two key points with the class.

#### **4. Key Information Review (15 minutes)**

- Summarize the main points from the video:
  - **Understanding Stress:** Natural response to demanding situations; recognizing signs like headaches, difficulty sleeping, irritability, and mood swings.

- **Identifying Stress Triggers:** Recognizing personal triggers in daily routines, responsibilities, and relationships.
- **Coping Strategies:**
  - **Deep Breathing and Relaxation:** Techniques like meditation, mindfulness, self-hypnosis, and yoga.
  - **Physical Exercise:** Activities like running, gym visits, walking, dancing, and team sports.
  - **Time Management:** Planning, to-do lists, and schedules.
  - **Social Support:** Reaching out to friends, family, and teachers.
  - **Healthy Lifestyle Choices:** Balanced diet, enough sleep, limiting caffeine, sugary foods, and screen time.
- Write these points on the whiteboard for visual reinforcement.

### 5. Activity: Research and Present (20 minutes)

- Provide students with a list of stress management techniques (e.g., deep breathing, physical exercise, time management).
- Assign small groups to research one technique each using computers or tablets.
- Each group prepares a brief presentation on their assigned technique, covering key points and how to implement it in daily life.
- Have groups present their findings to the class.

### 6. Visualization Exercise (5 minutes)

- Guide students through a visualization exercise:
  - Imagine a stressful situation and visualize using one of the coping strategies.
  - Reflect on how the strategy helps manage stress and build resilience.

### 7. Class Discussion: Prioritizing Mental Health (10 minutes)

- Discuss the importance of prioritizing mental health and seeking help when needed.
- Emphasize the role of self-care and support systems in managing stress.
- Encourage students to think critically about their daily habits and how they can improve their stress management.

### 8. Question and Answer Session (10 minutes)

- Provide handouts with questions for students to answer based on the video and discussion:
  - What are the common signs of stress?
  - How can identifying stress triggers help in managing stress?
  - Describe a coping strategy and how it can be implemented.
  - Why is it important to prioritize mental health?

### 9. Closing Remarks (5 minutes)

- Summarize the lesson's key points.
- Encourage students to continue researching and thinking critically about their stress management habits.
- Remind students that understanding stress and using effective strategies can help ensure their well-being.

#### **10. Optional Homework Assignment**

- Ask students to write a brief essay on the topic: "How I Manage Stress and Build Resilience" or "The Importance of Stress Management and Resilience."
- Alternatively, students can create informational posters about stress management techniques to display in the school.