

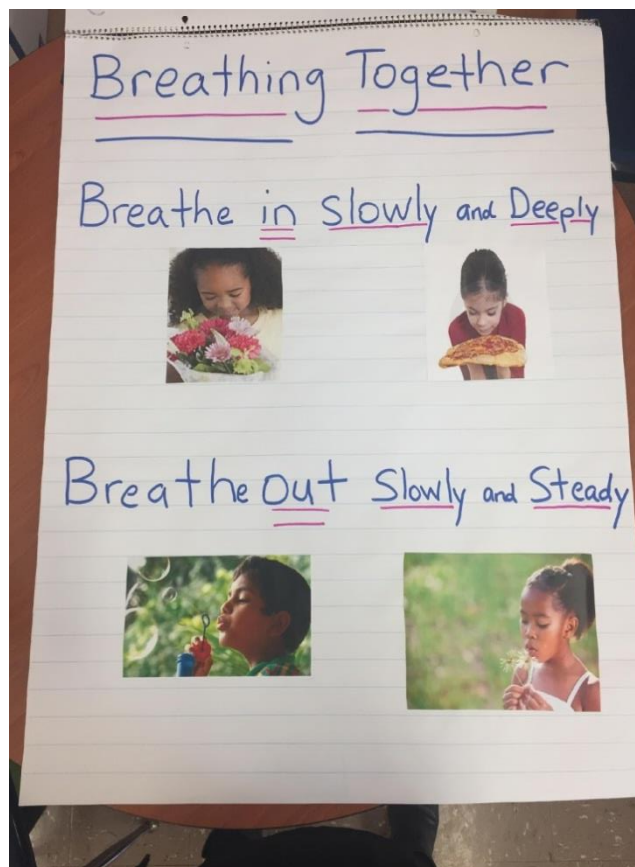
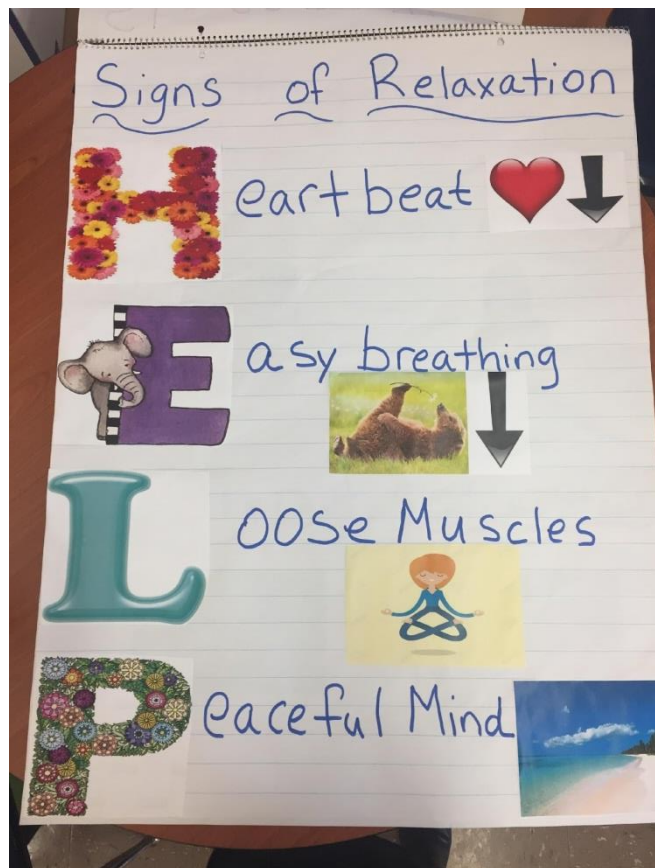
## TEST-TAKING STRESS RELIEF LESSON PLAN

### GRADES 3-5

Objective: SWBAT apply stress relief strategies they can use during the state test.	
Warm up	Materials
<p>All students complete pre-survey.</p> <p>3<sup>rd</sup> Grade: What is Stress? What does that word mean? What happens in our bodies when we feel stressed? (Written on chart paper)</p> <p><i>Draw-Pair-Share:</i> Students answer question by writing or drawing on post-it notes, talking to the person next to them about it, students hand in post-it, and facilitator leads whole group discussion about what is collectively on the post-its</p> <p>Facilitator will prompt students:</p> <p>-“I notice faces with expressions of... _____.”</p> <p>-When is a time you have felt stressed?</p> <p>-What does it feel like?</p> <p>Optional conversation booster: 2 facilitators can act out body language that communicates “stressed” vs “calm” and ask students to point out specific actions, facial features, and voice tone that communicate stress. This can be particularly helpful for more shy classrooms, Special Education classes, or classes in which students struggle to conceptualize abstract terms independently.</p> <p>4<sup>th</sup>/5<sup>th</sup> Grade: ABC Graffiti – Stress</p> <p>In table groups, students complete the ABC Graffiti activity by writing words that they associate with stress for each letter of the alphabet. Facilitator leads class share out.</p> <p>Facilitator will prompt students:</p> <p>-“What words are common across the different groups?”</p> <p>-“Which letters were difficult to find words for?”</p>	<p>Surveys</p> <p>Chart paper</p> <p>Post-its</p> <p>Marker</p>
Introduction to New Material	
<p>Facilitator will describe what happens inside the body when we have these feelings of stress:</p> <p>Key points:</p> <ul style="list-style-type: none"> <li>The <b>Sympathetic Nervous System</b> tells our bodies we need to get ready for <b>FIGHT, FLIGHT, or FREEZE</b>. This system makes our hearts beat faster, makes us breathe faster and shorter breaths, tells our muscles to squeeze and be ready, and tells</li> </ul>	

<p>our bodies to release a hormone called adrenaline.</p> <ul style="list-style-type: none"> <li>▪ <b>Adrenaline</b> is a hormone in our blood that increases our energy and heart rates. We tense up, speed up, and become more alert. When we feel “uptight”, “anxious”, or “wound up”, it is because our body is producing more adrenaline. We can learn how to relax our bodies to control how we respond to stress (e.g, meditation).</li> <li>▪ <b>Parasympathetic Nervous System</b> is activated when we are relaxed. It is responsible for keeping our organs and body parts going in times of rest. It tells our body systems to “slow down” and our muscles to stop contracting.</li> </ul>	
<p style="text-align: center;"><b>Guided Practice</b></p> <p>Facilitator will lead a stretching/movement break</p> <p>Facilitator will introduce the 4 signs of relaxation and discuss how to know when the body is relaxed:</p> <p><b>The 4 Signs of Relaxation: HELP</b></p> <p>H = HEARTBEAT Your heart beats calmly and regularly so that your hands and feet are warm.</p> <p>E = EASY BREATHING You are able to breathe easily and deeply, filling both your chest cavity and abdominal area.</p> <p>L = LOOSE MUSCLES Your muscles feel soft and loose.</p> <p>P = PEACEFUL MIND Your mind is clear and calm; you are undistracted and can concentrate easily.</p> <p><b>How to HELP your body relax:</b></p> <ol style="list-style-type: none"> <li>1. Become aware of your body by staying still and finding your pulse or heartbeat.</li> <li>2. Practice sitting up straight and doing belly breathing.</li> <li>3. Stretch your body to relax your muscles.</li> <li>4. Clear your mind through Meditation and/or Guided Imagery.</li> </ol>	<p>Chart Paper</p>

## POSTER EXAMPLES



## RELAXING FOR KIDS

Get ready to relax. You can sit in a chair or lie down on a bed.

Close your eyes, and take a deep breath in.... now breathe out.

Breathe in.... and breathe out.

Keep breathing slowly like this. Feel how it relaxes you to breathe deeply.

Now squeeze your hands closed into fists. Pretend that you are squeezing a ball in each hand... gripping tighter.... squeeze even tighter.... Right now, your muscles are tense.

And now relax. Let your hands go limp. Now your hands feel relaxed. See how relaxed your hands feel. See how tense feels different from relaxed. Relaxation is a way to make your whole body feel relaxed like your hands are now.

Imagine that your body is like a balloon. When you breathe in, feel your belly expanding, like a balloon filling with air. When you breathe out, imagine your body is like a balloon shrinking with the air being let out.

Breathe in like a balloon being blown up. Now breathe out, like the air is being let out of a balloon. Let the air out by blowing the air through your mouth.

Breathe in through your nose, imagining your belly filling up like a balloon.... and now imagine letting the end of the balloon go, and the air rushing out as you breathe out through your mouth.

As you breathe in this time, raise your arms above your head. When you breathe out, lower your arms.

Breathe in. Reach your hands above your head, stretching high up... stretching.... and now lower your arms to your sides and relax. Breathe out.

Raise your arms and breathe in.... lower your arms and breathe out....

Raise your arms and breathe in.... lower your arms and breathe out....

Now relax and keep your arms at your sides, while you continue breathing slowly and deeply.

Remember the difference between tense and relaxed. Tighten your leg muscles to make both of your legs tense. Squeeze tighter.... tighter... and now relax.

Let your legs become very relaxed. Each leg is as floppy as a piece of string.

Your legs feel heavy. The muscles are loose.

Now tense your arms. Make the muscles very tight and tense. Tighter.... and now relax. Your arms are relaxed, limp and loose as pieces of string.

See how it feels to be relaxed. Your legs and arms are relaxed.

Now let your whole body become relaxed. See how relaxed you can make your body.... loosening every muscle.... no tension at all.....

Your body feels heavy and relaxed.

Relax even more by noticing your breathing again. See how calm your breathing is. In.... and out..... in.... and out...

Keep breathing and simply relax. There is nothing you need to do right now except relax quietly.

(pause)

See how calm and relaxed you feel. It feels good to relax.

Your relaxation time is finished now, and it is time to return to your usual activities. Keep your eyes closed for a little longer while you wake up your body and your mind by wiggling your fingers and toes..... moving your arms and legs.....

Sit still now for a moment, and open your eyes to look around the room.

When you are ready, get up and return to your usual activities, feeling awake, but still feeling relaxed and calm.

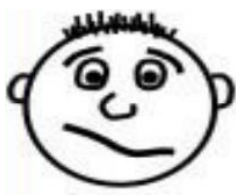


## How do you usually feel before a test?

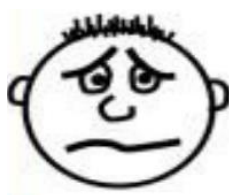
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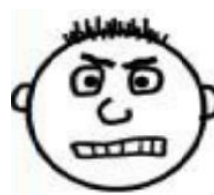
Happy



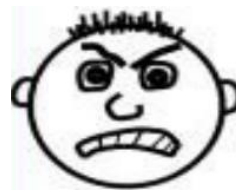
A little stressed



Very stressed



Overwhelmed



Angry

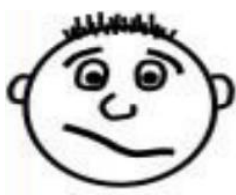
## What are some things you can do to feel better when you are stressed?

### How do you feel after the exercise?

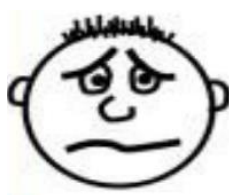
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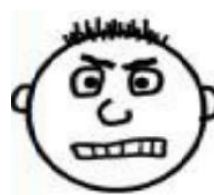
Happy



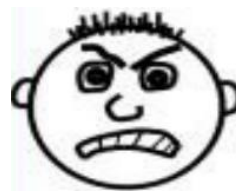
A little stressed



Very stressed



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Angry

### Did you like the exercise?

YES

NO

### Will you try this again next time you feel stressed?

YES

NO