

The teacher may introduce the components of the health triangle (e.g. physical, emotional/mental and social) so students can begin to reflect on various factors in their life that impact their emotional health.



The teacher may pose the question “who, what, where and when was the most stressful situation (e.g. fear, embarrassment, anger) you have experienced with a teacher, a parent and/ or a peer, etc.?” so students can make connections to everyday stressors in their life.



The teacher may provide examples of coping skills (breathing exercises, walk away, exercise, and journaling) so students can analyze skills they use to successfully manage stress in their everyday life.



The teacher may use a video clip to introduce visualization techniques so students can evaluate how to use them with stressors in their life.



The teacher may review goal setting strategies so students can examine how goal setting can help improve one’s well-being and mental health.



The teacher may provide a discussion wall so students can brainstorm coping strategies they use to help manage unexpected stressors in their life.



The teacher may provide examples of stereotypes so students can examine how stereotypes may minimize the likelihood of one seeking help for anxiety, depression and other emotional issues.



The teacher may create an internet scavenger hunt so students can access valid information to develop peer coaching tools and resources.



Performance Assessment: As a peer coach, you will design two scenarios and create a goal setting plan. Your scenario will be focused around primal emotions that trigger distress with a parent/teacher/peer (e.g. fear, anger). You will address the question: Who/What/When/Where of a stressful situation (e.g. fear/embarrassment and anger) with a parent, teacher, or peer? You will create a goal setting plan and visualization strategy to help manage an expected stressful scenario. As a small group, you will perform a role play which guides a fellow student through an unexpected stressful situation. You will perform an impromptu role play to a scenario in which, you will demonstrate positive coping strategies (e.g. breathing and positive self-talk) to help one improve his/her overall sense of wellbeing and positive health. (http://www.parentcoachplan.com/role_playing.php#_Va-3GeKUzGc, (Role play scenario examples)

Stress Management