

Lesson Plan: Stress First Aid Kit

Introduction

Today we are going to be thinking about stress.

Stress often causes us to experience a range of emotions, some of which might be difficult to deal with and we might not always know what to do in order to feel better.

This session helps you to reflect on some of your past experiences to identify existing strategies that are effective in managing stress as well as identifying some new strategies that you can try.

There is a worksheet at the back of the lesson. If you are unable to print out the work sheet draw a copy of the worksheet.

Stress First Aid Kit

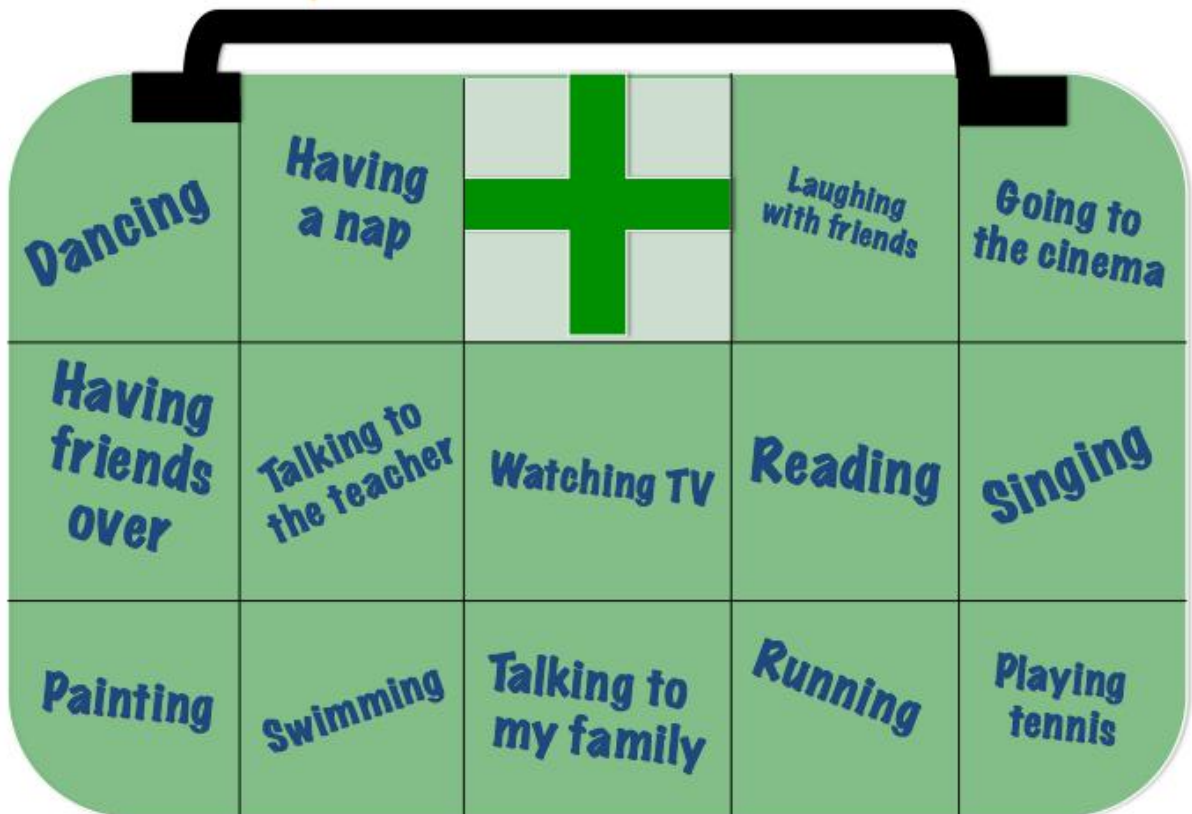
1. Using the worksheet at the back of the lesson plan fill in the 'Stress First Aid Kit', if you cant print it off please just draw it with all of the items or activities that cause you to feel happy or feel better.

When you are thinking about the items or activities that contribute to you feeling happy or better, then use the following statements to think about how you manage your stress.

'How long does that usually take to do?'

'What do you notice about your body that tells you that you are feeling better?'

An example of a completed Stress First Aid Kit is below:



My Stress First Aid Kit

