

Lesson Plan: Stress First Aid Kit

THEME:

PLAYING SAFE

PERSONAL SAFETY

KEY STAGE: 3

Session Overview:

This sessions aims to support young people in identifying new strategies to manage stress and also to reflect on existing strategies that they have found effective in the past.

Aims and objectives:

1. For young people to consider ways of self-soothing when experiencing stress.
2. For young people to identify practical strategies to feel better when experiencing stress.

Session Type: Activity based

Materials needed: None

Learning outcomes:

- Young people are able to connect their early warning signs to a practical strategy to help feel better.
- Young people are aware of various practical strategies to reduce stress.

Introduction

Explain to young people that 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 will be used to help young people to reflect on some of their past experiences to identify existing strategies that are effective in managing stress as well as identifying some new strategies that they can try.

Before you begin thinking about stress, it is useful to qualify young people's understanding.

Remember, early warning signs are physiological responses to stress, trauma and anxiety and young people should be encouraged to listen to their bodies and connect their early warning signs to a practical strategy to enable them to reduce stress and feel better – which is the very purpose of this session.

Stress First Aid Kit

1. Using the worksheet at the back of the lesson plan, allow young people to populate the 'Stress First Aid Kit' with all of the items or activities that cause them to feel happy or feel better.

The idea of this exercise is that young people complete the sentence with a relevant example.

An example can be seen below

PROMPTS - It is important not to share the example with young people – this is solely for your benefit. Young people should be encouraged to reflect on what they already do to feel happy or feel better.



Stress First Aid Kit

2. Ask young people to share some of the things in their stress first aid kit and explain that the next activity will be thinking about new ways of feeling happy so if there is anything that they hear one of their peers say that they might want to try out then they should make a note.

PROMPTS - When young people are talking about the items or activities that contribute to them feeling happy or better, then use the following discussion points to elicit a deeper thinking about their self-management.

'How long does that usually take to do?'

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

3. Using the same worksheet template, ask young people to complete a new stress first aid kit, populating it with new items or activities that they think might help them to feel better.

Young people should be encouraged to reflect on the discussion they have just taken part in and think about some of the things that they might enjoy doing.

My Stress First Aid Kit

