



## Dealing with Stress

Ages 11-14

### Activity Overview

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Children will use critical and creative thinking as they identify healthy alternatives for dealing with stress.

### Assessment

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The educator observes children's application of critical thinking skills and their demonstrated knowledge and understanding of healthy alternatives for dealing with stress.

### Equipment

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Chart paper, Markers, Sticky notes

### Minds On

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Write the word "Stress" on the board. Have children identify areas in a grade 5–8 child's life where they might feel stress, and record their responses on a Mind Map.

Have children identify what stress feels like (the signs and symptoms) and display it under the Mind Map for later referral.

### Consolidation

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Individually or with a partner, children create a poster of a coping strategy someone their age might use to deal with stress. The strategy should be clearly identified.

Consider having children present their poster to the group, or have posters displayed throughout the facility for use by, and awareness of, other children.