**LESSON: *I Can Stress Less at School***

**OUTLINE**

1. Introduce the topic of **Stress**: Define **stress** as feeling worried or uncomfortable about something. Explain that stress can affect us emotionally and physically. Discuss the different ways stress can make us feel.
2. Ask students if they’ve ever experienced stress. How did it make them feel? What happened? What did they do to feel better? Did it work?
3. Explain that there are two different types of stress – good and bad. Discuss how good stress can be beneficial. Talk about how bad stress can affect us emotionally and physically.
4. Explain that we can manage our stress and introduce the 5 ways students handle stressful situations:
5. Ask for help
6. Stay calm
7. Go easy on yourself
8. Try to solve the problem
9. Stay positive – this stress will pass
10. So what do YOU think? discussion question
11. Give out the magnet cards