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**M2 Lesson 2: Stress Reduction Assignment**

Core Competencies:

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| * Communication | * Thinking | * Personal & Social |

Big Ideas:

* Finding balance between personal and work life promotes well-being

Curricular Competencies:

* Practice effective strategies for healthy school / work / life balance
* Communicate with the intent to highlight personal strengths, talents, accomplishments and abilities
* Identify career-life challenges and opportunities, and generate and apply strategies

As we have discussed, high school can be incredibly stressful, as it always seems like there is something pending, such as an assignment, something to study for, course selection, or any other school related activities that I am sure that you all can relate to. On the other hand, students are also expected to balance personal obligations, such as a part-time job, sports and hobbies and other personal commitments. How do we balance all of this?

Although you may at times feel overwhelmed by your schedule and commitments, there are ways to deal with stress. For example, to reduce stress and anxiety, some people join a gym or drop in to yoga classes. Everyone is different and a particular activity may not work for everyone. For this activity, you will create a short PowerPoint presentation you would show to stressed teens on two different stress reducing activities of your choice. The aim of this activity is to look at meaningful ways to reduce your own stress, and maybe even help those around you!

Some stress relief topics can include, but are not limited to:

* Breathing exercise
* Meditation
* Guided Imagery
* Yoga
* A game—be specific
* Exercise—be specific
* Music therapy
* Art project
* Write it out

Criteria:

In your PowerPoint, you must include:

* the name and general description of the two stress reducing activities, why you chose it, how it works (may use media to do this, such as a short clip from YouTube), and important information about it, such as places you could go to participate in it, how expensive it is, and what is needed to do it. It is recommended that the two activities differ in terms of cost and activity level needed.
* Describe the benefits of doing the activity, and how it can impact levels of stress in youth.

Alternatively, this assignment can also be done as a group presentation:

For this activity, you and your group (1-3 people MAXIMUM, no exceptions) will create a ten-minute presentation on a stress reducing activity of your choice for the class to participate in. The aim of this activity is to find meaningful ways to reduce stress in yourself and those around you in an interactive and creative way.

You will have two to three classes to research, organize your activity, and gather the supplies you may need. Some example topics include:

 Breathing exercise

 Meditation

 Guided Imagery

 Yoga

 A game—be specific

 Exercise—be specific

 Music therapy

 Art project

 Write it out

\*Each group must explore a different stress reducing activity. You may use a suggestion listed here, or you can use your own. If you choose your own topic, please have it approved\*

Criteria

 Sign up for your activity.

 Done individually, pairs or in a group of 3.

 Minimum of 8 minutes.

 PowerPoint to accompany all information – use clean slides, multiple images,

not a lot of text! Remember: the best power points have few words.

 Must include: name and general description of the stress reducing activity, why you and your group chose it, how it works (may use media to do this, such as a clip from YouTube), and important information about it, such as where people go to participate in it, how expensive it is, and what is needed to do it.

 Must facilitate a brief representation of the activity to the class!

2  Must complete a self-reflection handed-out after completing your presentation.

How Will You be Assessed?

For your assessment, consider the following:

*Professionalism*- Was the topic you chose appropriate and handled professionally?

*Organization*- Was your presentation organized and understandable?

*Content*- Was the information that you shared thoughtful, reliable, and accurate?