

Lesson Plan

Take a Deep Breath

Content Area: Mental Health-Science-Psychology

Grade Levels: K-5

Goals: To provide health literacy strategies promoting self-management for relief of stress and anxiety.

To educate children about mental health and its effects.

To develop awareness of stress in everyday life.

To be able to recognize physical reactions associated with stress.

Objectives:

To teach deep breathing techniques that relieve stress.

To provide coping skills to prevent further negative effects.

To help children conquer stress and anxiety.

Materials:

Picture Book: Worry Wart Wes by Tolya Thompson

Chart paper

Procedure:

1. Begin the lesson by asking students to tell what it feels like when they are tense or stressed.
2. Record their responses on chart paper.
3. Tell them you will be reading a book today that addresses this subject.
4. Read Worry Wart Wes. After ask: "What was one way Wes got rid of his worry wart blues?" (He took deep breaths.)
5. Tell them your are going to teach them a breathing technique to help them when they are feeling stressed. Say: "Clear your desk. Let your hands rest at your side.
Inhale- Breathe in fully
Hold your breath- Hold it very briefly.
Exhale- Slowly—Slowly—Slowly.
Repeat the cycle 10 times.

Now breathe normally and tell yourself : I feel very relaxed, all the tension is going out of me, good feelings are coming into me. Tell them we will practice this 3 or 4times each day. They will be able to apply this technique whenever they feel stressed.

Follow up Activities:

1. Make a poster listing the physical symptoms of stress.
2. Practice another stress relaxation technique another day. Take a minute vacation. Close eyes and imagine yourself in a very serene place.
3. Discuss how support systems greatly reduce our stress level.

4. Play a tape of relaxing music.

Assessment: Assessment will take place through teacher observation.

This lesson adheres to Nation Educational Standards in grades K-5.