

Lesson Plan

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Neuroscience Into Education

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LESSON PLAN – KSA STD STRESS MANAGEMENT

Slide	Subject	Description	Timing
1	Introduction	Register pupils & briefly introduce today's lesson	2 min
2	Discussion	Ask around the class if anybody knows what 'Stress' is. Make a note of any answers on the board for referring back to. Click on the answer.	5 min
3-6	Types of Stress Activity	Explain the differences between Eustress and Stress ('good'/'bad' stress). Ask the students to get into pairs – one to be 'good stress', one to be 'bad'. Ask them to make a list about the other (without showing the list yet) of possible stresses. Then, compare lists and see if there are any similarities on the lists. Then compare around the class to see which were the most popular answers.	10 min

Powerpoint Example

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A person's hands are clasped in a prayer-like gesture over a desk. The desk features a round analog clock on the left, a laptop in the center, and a calendar on the right. The background is a light-colored wall.

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Stress Management

What is 'Stress' ?

Stress is how a body reacts to a challenge. Depending on the stressful event, the body's way of responding to stress is through the 'sympathetic nervous activation system' which results in the fight or flight response.



There are TWO main types of Stress

Eustress or positive stress: is a natural and habitual process of adaptation, which consists of an **activation during a short period of time** with the objective of solving a concrete situation that requires more effort



Negative stress or stress: is one in which the person exceeds the potential for homeostasis or body balance - causing fatigue, increased levels of anxiety, irritability and anger.



Teachers Worksheets and Guides

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Teacher Evaluation Assessments

STRESS MANAGEMENT

1. How challenged by the work did the pupils appear to be?
2. Did pupils ask any questions?
3. Were those questions covered in the materials?
4. Did the pupils engage enthusiastically in the activities?
5. Did any student lose interest at any point?