

Lesson Plan



Lesson plan text for the teacher

The teacher will give each student a sheet of paper where the concept of ANXIETY appears. ANXIETY is defined as a sensation or a normal emotional state in certain situations and constitutes a habitual response to different daily stressful situations.

On the same piece of paper, relate some personal situations in which you felt anxious and what you did to alleviate that personal state.

Afterwards, a debate will be held, led by the teacher, where the different opinions will be discussed.

The teacher will give the students a sheet of paper with the following question:

Take a few minutes to think and describe what personal events or situations cause you anxiety.

Why does anxiety occur in children?

How can it be treated?

The teacher will then evaluate the correct answers and deliver the grades to the students.

The purpose of this assessment is to check whether students have been able to understand the objectives of the class.

It is suggested to carry out a methodological meeting before the realization of the class. In these meetings teachers can work with a teacher responsible for the quality control of the classes. In that meeting, it is reviewed if the class meets the objectives that have been described for its development. The objective of these meetings is to improve the quality of the classes.

Power point Example

NEUROHEADWAY

Neuroscience Into Education

ANXIETY: MEANING

Anxiety (from the Latin *anxietas*, 'anguish, affliction') is a response of involuntary anticipation of the organism against stimuli that can be external or internal, such as thoughts, ideas, images, etc., that are perceived by the individual as threatening and / or dangerous.



DIFFERENCE BETWEEN NORMAL AND PATHOLOGICAL ANXIETY

Anxiety is considered pathological when the stimulus exceeds the response capacity of the organism and a non-adaptive, intense and disproportionate response appears, which interferes with daily functioning and decreases performance.

It is accompanied by an unpleasant and demotivating sensation, physical and psychological symptoms, and persists beyond the reasons that have triggered it.



ADAPTIVE OR NON-PATHOLOGICAL ANXIETY

It is a sensation or a normal emotional state in certain situations and constitutes a habitual response to different daily stressful situations

Therefore, CERTAIN DEGREE OF ANXIETY IS EVEN DESIRABLE FOR THE NORMAL MANAGEMENT OF ENVIRONMENTAL DEMANDS OR DEMANDS.

ONLY WHEN A CERTAIN INTENSITY EXCEEDS - DISEQUILIBRIUM OF THE NORMAL ANXIETY RESPONSE SYSTEMS- OR THE ADAPTATIVE CAPACITY BETWEEN THE INDIVIDUAL AND THE ENVIRONMENT IS EXCEEDED, IS WHEN ANXIETY BECOMES PATHOLOGICAL, causing significant discomfort, with physical, psychological and behavioral, most of the time very nonspecific.



ANXIETY AND STRESS IN CHILDREN. WHY DOES IT PRODUCE?

When the child is subjected to a series of important changes in his life, he may be irritable, nervous, upset and overwhelmed by the situation.

We say then that the child suffers a picture of stress and anxiety. The reasons can be very varied and the consequences very different in each child.

Learn to detect early symptoms of childhood stress, because you will have a very important role to help your child.



CAUSES OF STRESS AND CHILD ANXIETY

Child stress almost always occurs in a situation of change. And not only in the face of negative changes. You can also suffer childhood stress to positive changes.

The reasons can be multiple, from the loss of a loved one or separation or conflict of parents to a change of school or home. This situation of uncertainty, novelty and fear of the unknown, can lead to anxiety.



Also causes of childhood stress are illnesses (own or of someone you love) or a sudden increase in class tasks. For him it represents a novelty in his life.

There are children who adapt better to the changes. But for others, on the other hand, they suppose a new world that they do not know how to face.

Teachers Evaluation and Handouts

TREATMENT OF STRESS AND CHILD ANXIETY

Parents play a decisive role when it comes to treating their children's stress. They have to understand why they suffer anxiety and try to show understanding.

Here are some tips to make your child feel more calm and face changes with less ANXIETY:

- Talk to him. Ask what their fears are, their concerns. Explain what happens.
- Take him to quiet places, where he can relax
- Strengthens your self-esteem. Do not scold him for having that behavior.
- DO NOT use the punishment. Better if during this stage you use more positive reinforcements.
- Encourage your child to do physical exercise.
- Seek professional help if you can not eliminate your child's anxiety.

