



Grade 9 Sample Lesson Plan: Shake it Off

SOLs

- Identify appropriate coping and resiliency strategies to manage symptoms of stress, anxiety, loss, and depression.

Objectives/Goals

- The student will be able to identify 7 fight or flight reactions in the Stress Management Packet after watching videos on the subject.
- The student will reflect and identify 10 stress management strategies in the ShakeIt Off Powerpoint.

Materials

- Teacher Lesson Plan
- Student Worksheet
- Student Assignment

Procedure








- Watch the Office fire drill video and in the Flight or Flight worksheet, list seven behaviors that occur due to fight or flight.
- Look at the infographic on Fight or Flight Read this article on Fight or Flight
- List two VIPs from the infographic and the article in Flight or Flight worksheet.
- Watch this video on Fight or Flight
- List two VIPs from the video in Flight or Flight worksheet.
- Complete the Shake It Off assignment.
- Extra info on Ted Talks about Stress Management Extra information on Adrenal Glands

References

- Melanie Lynch, M.Ed. State College Area High School

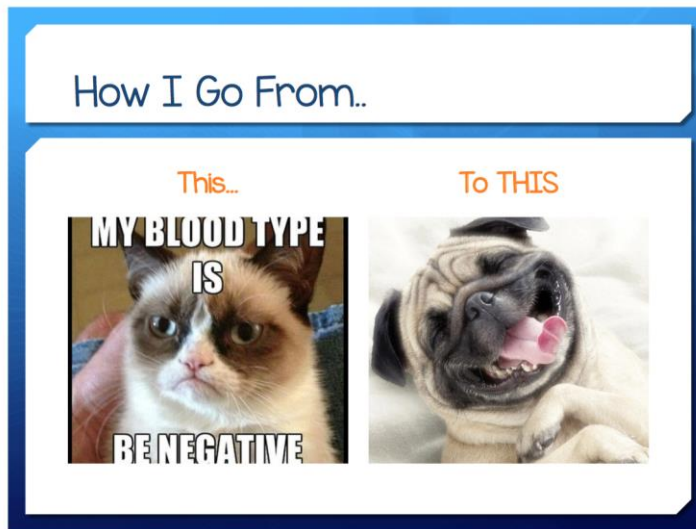
SHAKE It Off

Lynch

	<h3>Engage</h3> <ul style="list-style-type: none">Watch the Office fire drill video and in the Flight or Flight worksheet, list seven behaviors that occur due to fight or flight.
	<h3>Explore</h3> <p>Look at the infographic on Fight or Flight Read this article on Fight or Flight List two VIPs from the infographic and the article in this document,</p>
	<h3>Explain</h3> <p>Watch this video on Fight or Flight List two VIPs from the video in this document,</p>
	<h3>Apply</h3> <p>Complete the Shake it Off assignment.</p>
	<h3>Share</h3> <p>Please insert all work onto Google Classroom.</p>
	<h3>Reflect</h3> <p>Please see the teacher if you need any help or further clarification.</p>
	<h3>Extend</h3> <p>Extra info on Ted Talks about Stress Management</p>

	Extra information on Adrenal Glands
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Shake It Off Stress Management Assignment



You are going to create a Google slides presentation that lists your top ten healthy stress management techniques and visually represents these techniques. I showed you my example in class.

Criteria for Assignment:

- You must have a cover slide.
- You must have at least 10 healthy stress management techniques and label them.

- Please share your document in Our Google Classroom.
- Have a picture for every slide. The picture does not have to be of you. It can a picture representing the stress management technique.

Scoring of Project:

Cover slide	2 points
10 slides of stress management ideas with pictures	20 points (1 point each)
Creative and neat	3 points

Total _____

25points

Stress Journal

Stress Management Unit

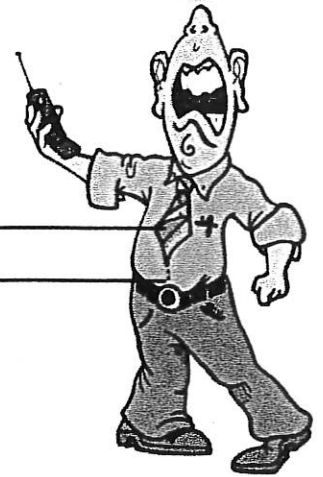


Name _____

Relaxation C.O.P.E Technique

Step 1 Concentrate on what's bothering you:

1. Do you know what is bothering you?
2. If so, describe it below:



Step 2 Only you know your feelings:

Circle any of these feelings you might have or add your own.

Anger frustration sadness fear mad
stressed upset worried panic doubt
betrayed confused unsure anxious tired
depressed lonely cranky grouchy furious

Step 3 Pick a relaxation strategy:

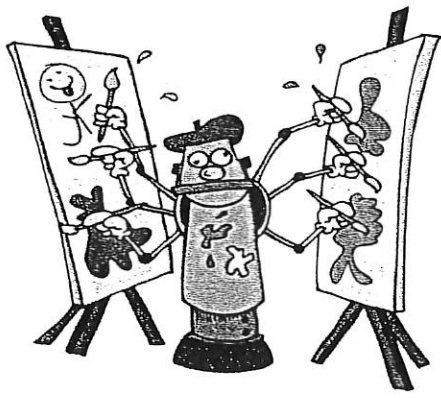
1. Write in your journal
2. Draw a picture
3. Listen to music
4. Do some deep breathing exercises
5. Eat some pancakes, but only if you are hungry
6. Use visualization relaxation technique with the images
7. Use the aromatherapy device being passed around



Step 4 Evaluate if you are feeling better:

1. Do you feel better? _____

On the back of this worksheet, please analyze the stress management techniques that you used today and explain why they did or did not help you. Be specific.

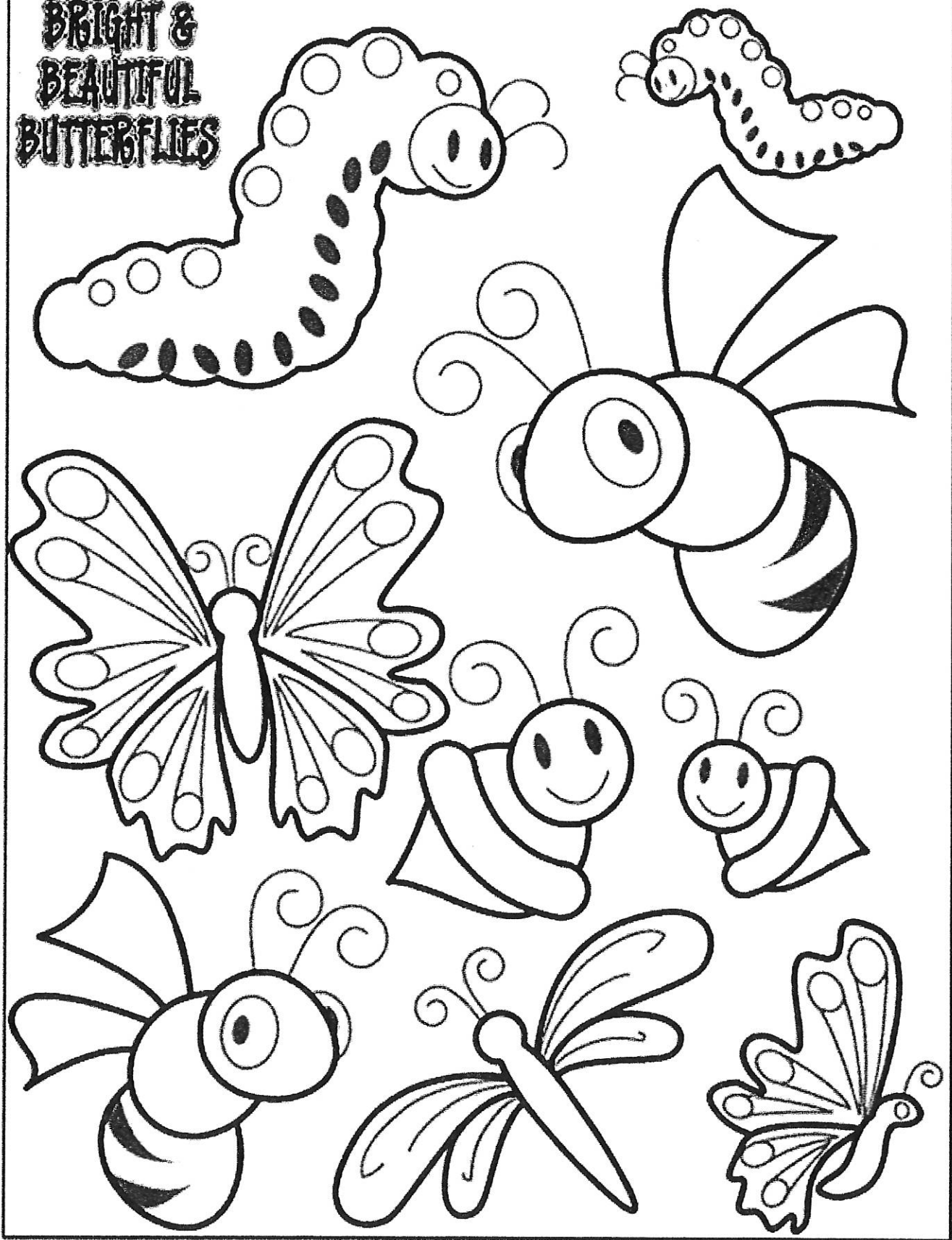


DOODLES

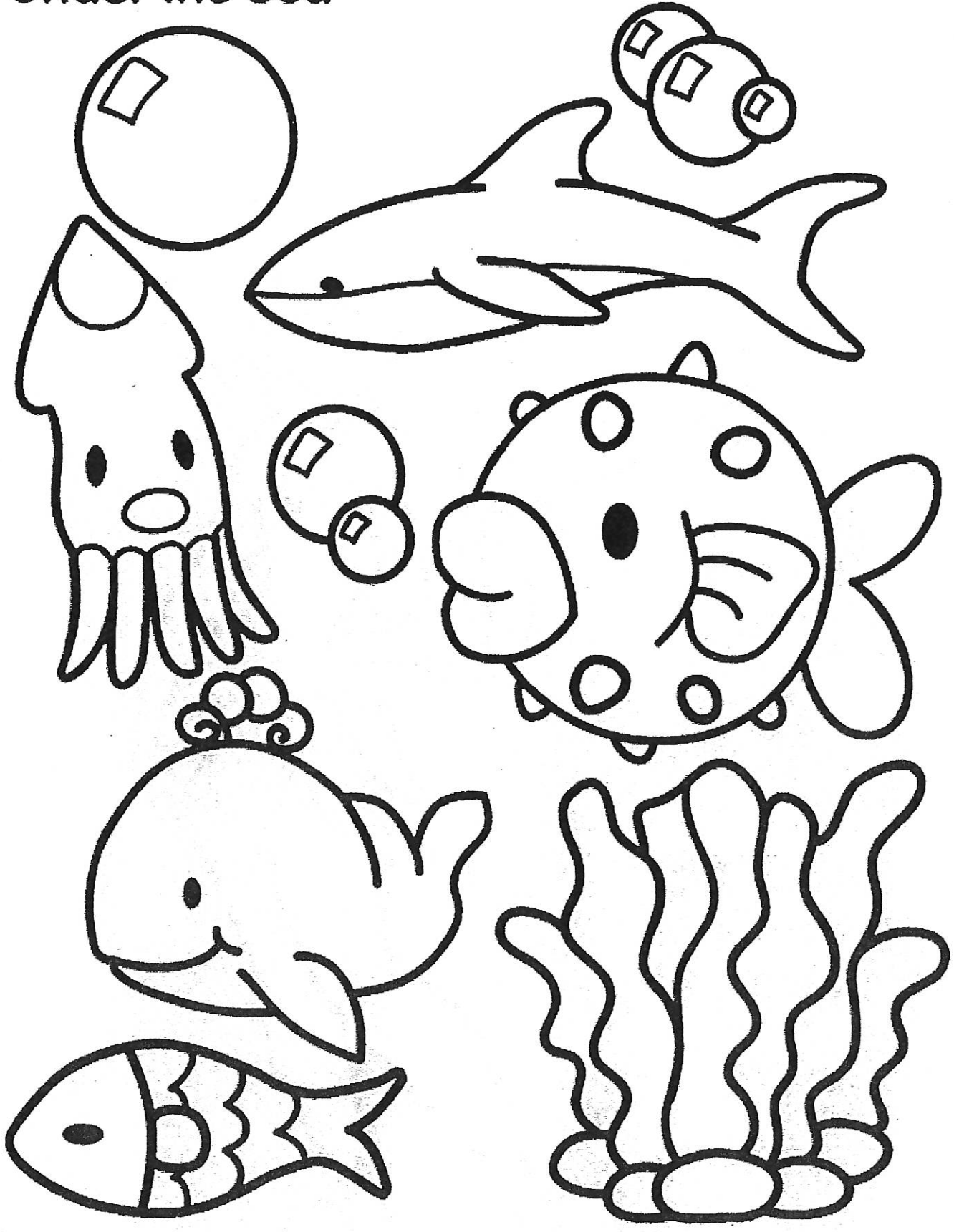




**BRIGHT &
BEAUTIFUL
BUTTERFLIES**



Under the Sea



TO DO LIST



Directions: List all of your appointments, meetings, assignments, practices, etc. on the chart below. Use it as a guide to help you manage your times. Cross off each item as you complete it.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

★ ★ ★ ★ Daily To Do List ★ ★ ★ ★

Must Do

- _____
- _____
- _____
- _____
- _____
- _____

Call

- _____
- _____
- _____

Scheduled

- _____
- _____
- _____

To Do

- _____
- _____
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Morning

- _____
- _____
- _____
- _____
- _____

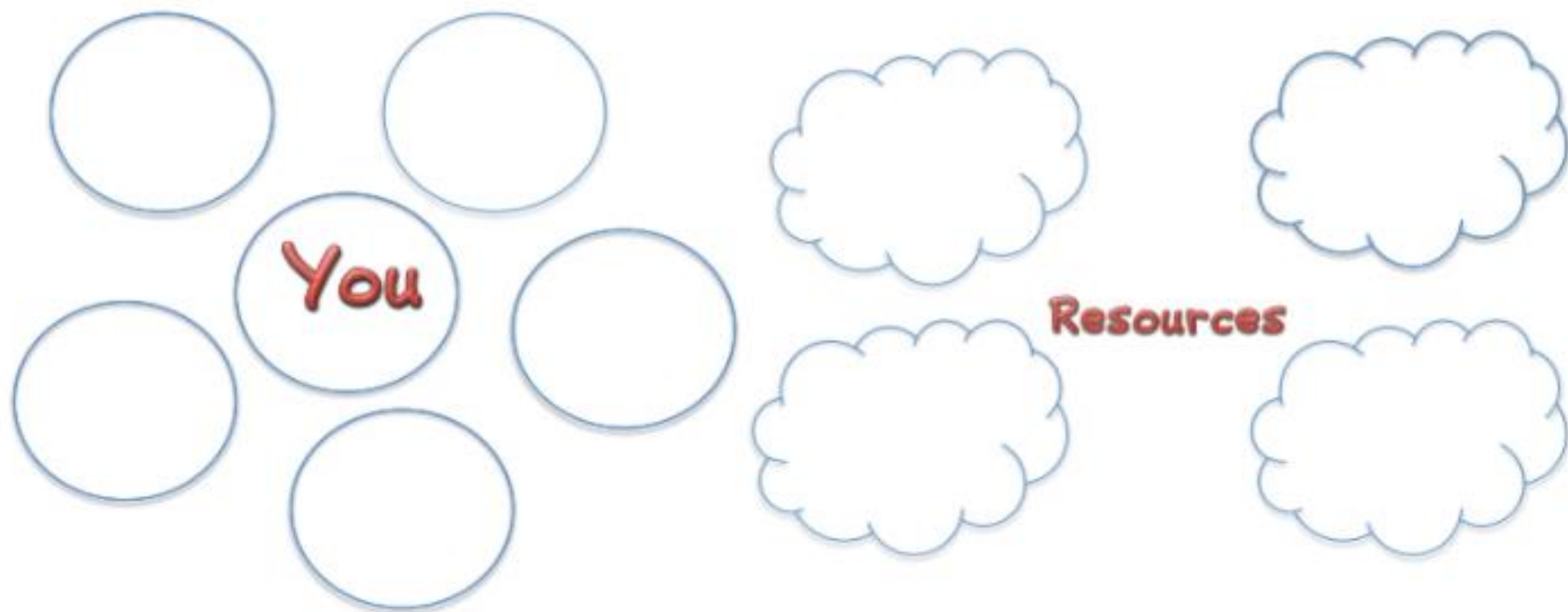
Before Bed

- _____
- _____
- _____
- _____
- _____

Water



I'm Thankful For



List 5 People who support you above

List 4 Resources that could support you

List 10 chronic stressors that you have below

Stressors