

How to cope with stress

Class: Middle school/high school

Level: Intermediate/upper-intermediate.

Time : 45 minutes

Aims:

- To learn about stress and how to cope with it
- To learn about body reactions, hormones and stress vulnerability
- To learn vocabulary connected with body responses, nervous system , hormones
- To look for specific information on the internet
- To look for ways to reduce stress
- To discuss healthy lifestyle
- To read for specific information
- To transfer the information.
- To use web pages

CLIL: ecology, biology

Materials : included photocopies, access to the internet and personal computer, speakers.

STAGE	AIMS	PROCEDURE	CLASSROOM LANGUAGE	TIME	MATERIALS
Introduction	To start the lesson	Check the register /check homework		1 min/ 6 min	
Warm – up activity	To provide students with introduction to the topic	Start the class discussion about the topic of stress, the reasons the students are stressed out.	What stresses you out ? How do you feel when you are stressed? How do you cope with stress?	5min	
The main part of the lesson	To learn about stress, body responses and how to cope with stress.	Ask the students to work individually, to go online and to look for answers to the questions 1-8. Allow time for the students to do research and take notes. Put the students into small groups of 3 and ask them to check their answers and exchange the information.	<ol style="list-style-type: none"> 1. What is stress? Can you try to define it? 2. What causes stress? 3. How hormones and out nervous system are involved in stress? 4. How does our body cope with stress? What is the body stress response? 5. What are the symptoms of stress? 6. What are the symptoms of chronic stress? 7. Is stress always bad ? 8. How can we cope with stress? 	15 min	Worksheet 1 Internet

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		Let the students ask any questions and explain any problems.			
	To find out how vulnerable to stress the students are	Ask the students to work individually again, to go online and to do the quiz to find out how susceptible to stress they are.	Check how vulnerable you are to stress http://www.stress.org.uk/stresstest.aspx and discuss the results with the partner.	10 min	
	To find the level of stress the students are under	Ask the students to work individually again, to go online and to do the quiz to find out how stressed they actually are	Check what your level of stress is : http://www.seventeen.com/fun/quizzes/health/stress-quiz	10 min	
Wrap-up	To learn how to reduce stress	Ask the students to write down five things they would like to change in their lives to reduce stress.	Write a list of things you can change in your life to reduce stress	5min	

Sources:

<http://www.medicalnewstoday.com/articles/145855.php>

<http://www.mtstcil.org/skills/stress-definition-1.html>

http://www.helpguide.org/mental/stress_signs.htm

http://kidshealth.org/teen/your_mind/emotions/stress.html

<http://www.bbc.co.uk/science/0/21685448>

http://www.fosteringresilience.com/what_is_stress.php

<http://www.stress.org.uk/stresstest.aspx>

<http://www.seventeen.com/fun/quizzes/health/stress-quiz>