

Stress Busting

2

3

Session Objectives:

To be able to identify stress in ourselves and use a range of strategies to help calm our system,



Session Outcomes:

- ✓ To explore different ways to calm their body system
- ✓ Leaflet or Poster of stress-busting strategies
- ✓ To understand how the brain copes with stress and what the Fight, Flight Freeze Flock system is.

Lesson Plan:

Task

KS2 What happens in the brain when we are stressed.

How does stress make our body's feel, affect our thoughts and make us behave.

Explore and try our strategies to support us calm and relax

Create a poster to help us understand what is happening and how to help us relax.

KS3 What happens in the brain when we are stressed.

How does stress make our body's feel, affect our thoughts and make us behave.

Explore and try our strategies to support us calm and relax

Play Stress Room 101

Poster or leaflet to show a range of strategies to combat stress.

1. Discuss in pairs: What is stress? Is it good or bad? Do we need it? What purpose does it serve? Ask each pair to come up with a definition. Share definitions and chose the one that the children and young people feel is best.
2. Share the video clip about stress.
3. Shake the snow globe and explain this is what happens to our system when we are stress, It affects our thinking and problem solving abilities as the body is pre-occupied with ensuring we survive.

4. In pairs or small groups, ask the children to think of a time when they felt stressed, describe how it felt: physical sensations, thoughts, and how they behaved. List what happens, to our mind and bodies when we become stressed, on the board together.
5. Share the hand brain video clip.
6. KS2 Read the book Silly Limbic
7. Discuss with the children and young people.
8. Ask the children to work in pairs and identify 3 things that they find stressful. This might be exams, moving school, going to new places etc. Help them understand that their body is responding to perceived danger.
9. Introduce the different relaxation exercises. Use one each day for a week. Explain that you are going to try ways to help the snow in the snow globe settle, to help them learn ways that may calm their system and relax.
10. Ask the children and young people to discuss and rate each strategy. Remember each person is different and will find different techniques better.
11. Ask the children to work in pairs or separately and create a poster to explain what stress is and different techniques that can be used to de-stress.

KS3

12. Share the video clip of room 101. Explain that the young people are going to play this. Each person can nominate a 'stressful' thing which they would like to be put into Room 101. Take turns and ask each of the young people to share their nomination and explain why they feel it needs to go into room 101. At the end the class votes on which 3 things can go into room 101.
13. In pairs discuss 3 strategies you have for 'Stress busting'
14. Share these with the class.
15. Create a Stress Busting leaflet or poster to show a range of strategies to combat stress.

Resources:

1. Post it notes
2. Pictures of people experiencing stress
3. Large box labelled Room 101
4. Paper and pens
5. Relaxation Exercises 1 to 5
6. Video clip the hand brain.
<https://www.youtube.com/watch?v=Kx7PCzg0CGE>
7. Fight or Flight
<https://www.youtube.com/watch?v=1VQUOr-R3eA>
8. Fight Flight Freeze - Anxiety Explained For Teens
<https://www.youtube.com/watch?v=rpolpKTWrp4>
9. The Fight Flight Freeze Response
https://www.youtube.com/watch?v=jEHwB1PG_-Q
10. Silly Limbic by Miss Naomi Harvey and Daria Danilova

11. A snow globe

12. Clip from room 101 Sandi Toksvig Pointless things you learn at school

<https://www.youtube.com/watch?v=9so9N9Rm-dA>

Important Points:

- Stress is a natural reaction when we feel under threat.
- We can manage our stress in a variety of ways.
- Relaxation helps us manage stress

Stress is the body's reaction to a threat and is often externally caused. Whereas anxiety is the body's internal reaction to the stress. People can manage their stress and anxiety with relaxation techniques, such as breathing exercises, physical activity, and talking about their worries. Sometimes, stress and anxiety can overwhelm people.

Learning links:

Thoughts, physical sensations, actions and emotions link, Self-talk, Own best friend
Relaxation

Area	Skills
Emotional Literacy	Developing emotional language Learning how to change our emotional state.
Self-development	Exploring how stress makes them feel and learning strategies to manage.
Skills for learning	Working together Curiosity Planning and organisation
Relationships	Active listening Collaborative work
The brain, learning and behaviour.	Understanding stress What happens in the brain when we become stressed? How to calm our stress system.

Five Four Three Two one

5

Things you can see



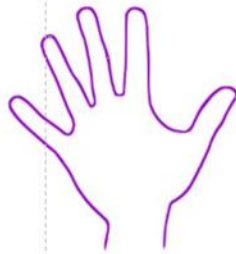
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Things you can hear



3

Things you can feel



2

Things you can smell



1

Thing you can taste



Take three deep breaths and then focus on finding 5 things you can see, 4 things you can hear, three things you can feel, 2 things you can smell and 1 thing you can taste.

Magic Carpet Relaxation

Take in a deep breath and close your eyes.

I'm going to count down from 5 to 1 and when I get to 1, your whole body will feel floppy and heavy and very relaxed. In fact you will feel so relaxed that you will feel like you are floating

5... starting to feel the calm relaxation flow into your arms and legs

4... your legs are starting to feel floppy and heavy. Your arms start to feel the same too

3...Your whole body now feels calm and relaxed. It feels lighter and lighter and more relaxed and comfortable....

2... With every breath you take in and out you feel more and more relaxed. As I count down the numbers, you feel more and more floppy and your body feels like it is floating on air.

As I say 1... now, your whole body feels like it is floating...

Now I want you to imagine that you are laying on a beautiful, colourful carpet. It is a very special carpet. It is a magic carpet. I want you to put out you hand and feel it soft and smooth underneath you.

This magic carpet is the most beautiful carpet in the world. It is made of the softest wool and has the most beautiful colours woven into it. The patterns are bright and beautifully woken by very skilled and artistic people.

The people who made the carpet took enormous care when they worked. They loved making the carpet and you can feel that love and care around you gently holding you. They made this very special magical carpet just for you it is the only one in the whole world quite like this, it is unique and very special.

You love the feeling of the wind in your hair and the clouds gently touching your hands. You laugh again and the laughter makes the clouds wobble as if they are laughing too. You can go as fast as you want or as slow as you would like, you are in control. You play, one minute going fast and then next minute going slow. You are in full control – up down and around your steer it. Faster, faster higher, and higher, then down and down. Slower, faster - you choose.... What an amazing ride up in the sky.

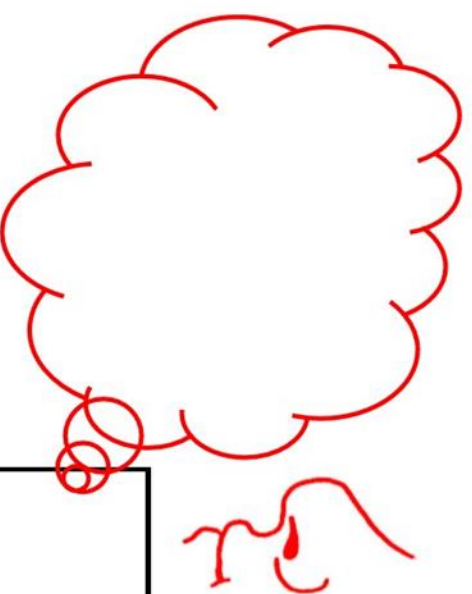
It is time to slow down it is nearly time to take your carpet back down to the ground. You have one last swoop and then slowly your fly back and land on the ground. Gently it lands on the ground and comes to a stop when you're ready.

As you land think of all the wonderful, happy feelings you have and bring them back with you.

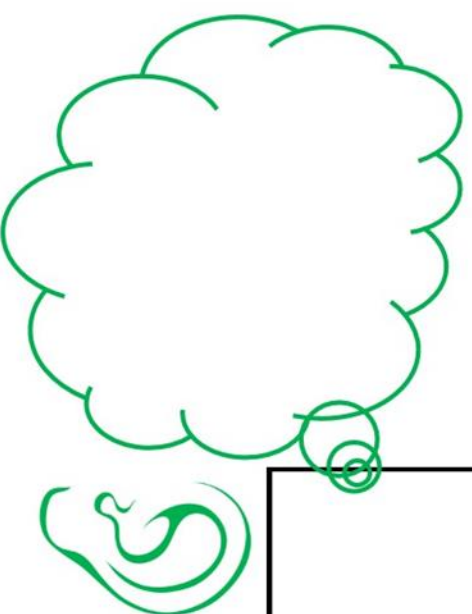
When you are ready, open your eyes. Breathe in deeply and breathe out. Do this a couple of times. You have done a fantastic job of using your imagination!



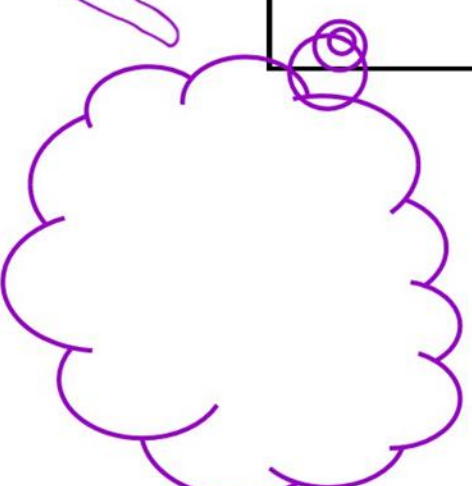
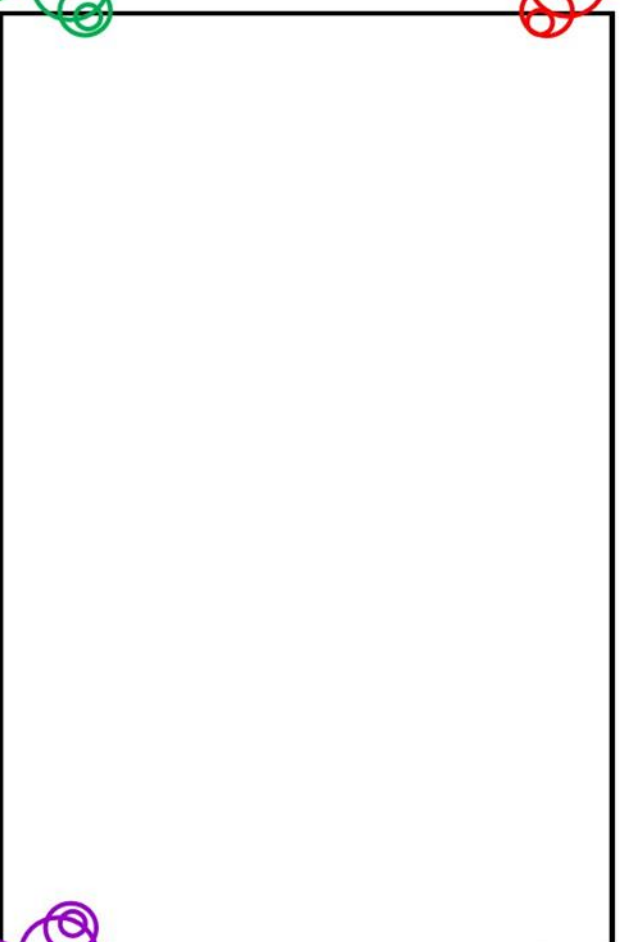
My Favourite Place



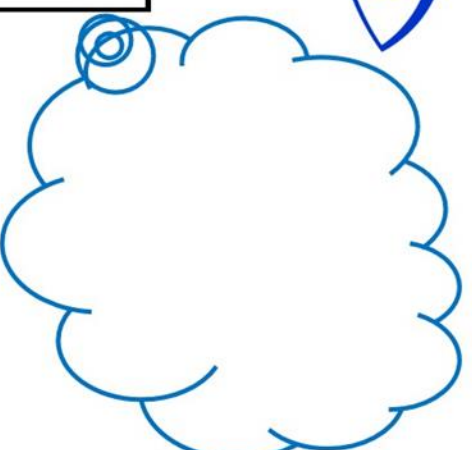
What can you smell in your special place?



What can you hear in your special place?



What can you feel in your special place?



What can you see in your special place?

Relaxation: Flying high like a butterfly.

Close your eyes and take in a nice deep breath. Breathe in through your nose and out through your mouth. Breathe in again and feel the cool air flow down into your lungs.

Allow your tummy to fill up like a balloon, and then exhale slowly. Do this five times to really relax your whole body completely.

(Pause for breathing.)



Your body begins to feel deeply relaxed and you can feel it grow heavy as the calmness flows through your arms, legs and body. It feels good like warm sunshine flowing through you. Your legs begin to feel very heavy. Your arms begin to feel heavy and relaxed. You enjoy every moment as your body continues to relax with each word you hear.

Now as your body relaxes, imagine you're a beautiful butterfly gently standing on a flower in a wonderful garden. Around you, you can hear the gentle humming of bees. The breeze gently blows through the branches of the trees making a whispering noise. The sunshine is filling the garden with warmth and yellow light. Around you, birds are singing and you can hear a lawn mower in the distance cutting the grass. You watch as a small brown bird flies above you. You remember you have beautiful wings folded up and decide that you would like to fly in the breeze and see the garden from above. You flap your wings and gracefully rise into the air, fluttering up into the sky.



As you look down you can see the green fields and hedges below you like a huge patchwork quilt. You can see the lovely green valley below you with lots of colourful flowers, just waiting for you to enjoy.

You feel the wind blow against your delicate wings.



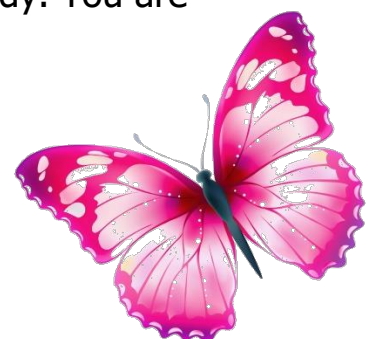
As the wind gently touches your beautiful wings, it gently blows away any worries, any stress you feel. You feel them blow off into the sky; it feels wonderful to be free of them. Your mind is clear and calm. It feels as though it is full of sunshine and smiles. The worries are carried off by the breeze and sail away into the distance. You feel relaxed and happy as you gracefully fly in the sky. Happiness flows through your body making your wings strong and beautiful.

The sun gently touches your body and warms you. Big, white fluffy clouds float above you in the blue sky gently bumping into each other and playing hide and seek.

Their silliness and happiness makes you giggle. You are warm, and relaxed as you fly in the breeze watching the green fields and trees below you. A ribbon of silver twists across the green below as you notice a river sparkling in the sunlight, it looks wonderful. You are enjoying each moment here in the sky, gliding along feeling calm and peaceful. You spread your wings far and stretch.

It feels so good and you enjoy it very much. You know it is nearly time to go back down to the fields and flowers below. Gently you circle around and start to glide down. The flowers get closer and you start to smell their beautiful fragrance. You land on a lovely big yellow flower and fold up your wings. Your adventure is over for now.

Take three deep breaths and notice the noises around you. Stretch your hands above your head and open your eyes slowly when you are ready. You are now back in the room.



I want you to put out your hands and find the special tassels that hang down at each of the front corners of the carpet. As you touch them the tassels become hard and strong and stick straight up like handles... you feel perfectly safe.

The magic carpet gently moves, it is getting ready to take you on a very special journey. You feel safe and curious about where you will go and what you will see.

Gently it moves, slowly at first it doesn't want to frighten you. You feel safe and comfortable you know the magic carpet is strong and will look after you but you are also keen to start your adventure.

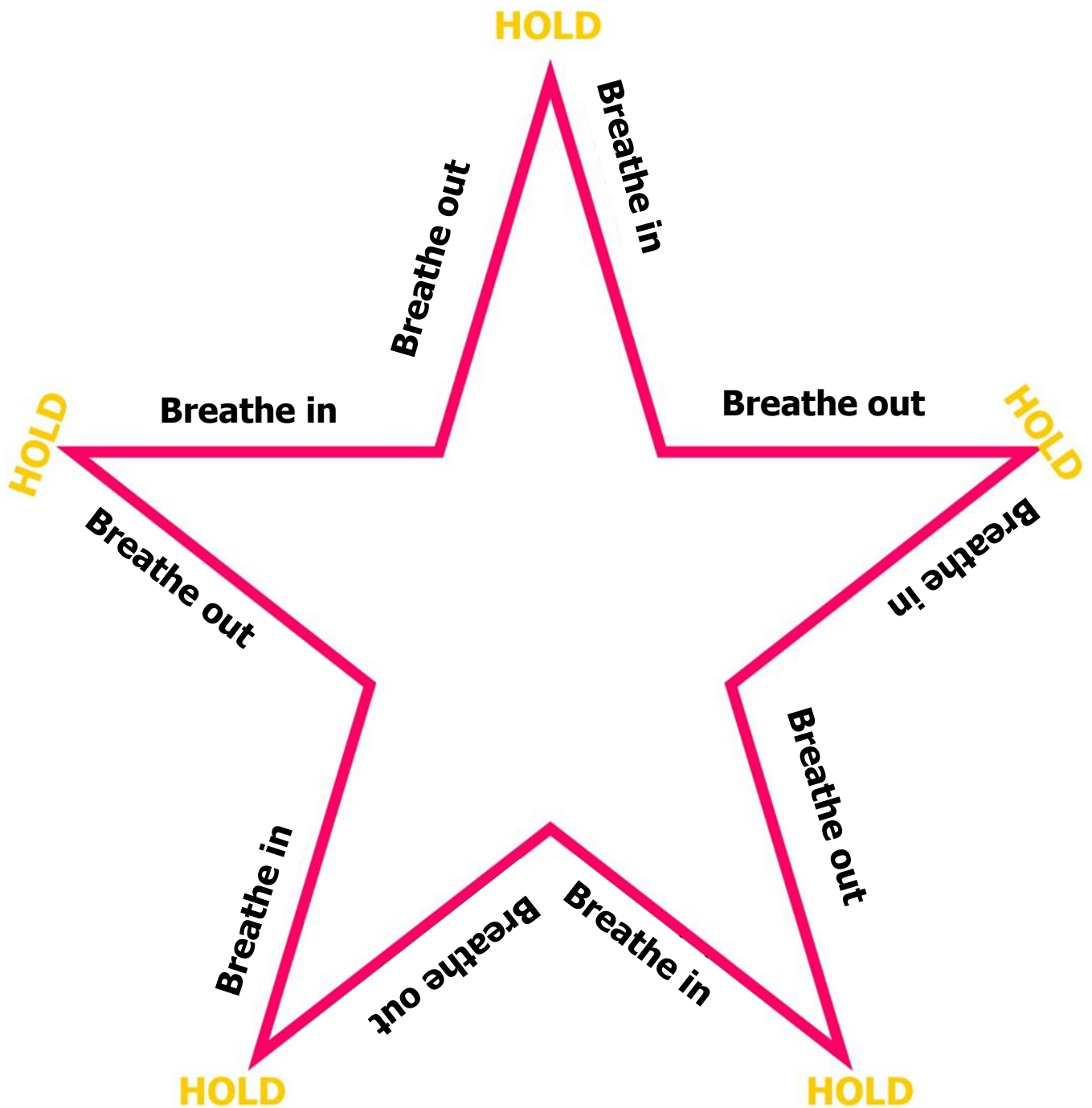
The magic carpet gently sways and fly's up it makes you giggle with delight and excitement! What an adventure! It takes you up into the sky, higher and higher, up to the soft fluffy white clouds that surround you like the softest of cotton wool. It's wonderful to be here... feeling free and completely relaxed. You can breathe clearly here. You inhale deeply and exhale slowly. You love the feel of floating in the clouds. Your body feels light and full of calm. You gently float along watching the white clouds gently bump and paly around you. They make you smile. You look down and see the beautiful green patches below you the fields and then hedges are tiny and stretch out below like a patchwork quilt. The trees seem to wave at you while the wind gently blows their branches back and forth. You can see fields and woods, ponds and rivers, mountains and hills all passing slowly below you. As you watch, you see houses that look quite tiny from all the way up here.

As you float gently along all your worries seem to leave you, soaking into the clouds all around you. All the problems and difficult thoughts you had seem to disappear and you mind feels calm relaxed and as if it has a big smile inside.

As you are gently, blow along by the breeze all the worries and problems are left far far behind you. This is a beautiful carpet ride.

Now you are used to flying you are ready for the carpet to play. First, it swoops and turns... then it twirls and flies up and down. You can feel laughter growing inside you as you swirl and turn up and down like your very own magical roller coaster.

Star Breathing



Get your finger ready to trace around the star. Place it on any of the Breathe in places. Breathe in and then hold your breath and count to three then breathe out. Keep going until you have been all around the star.