

**Unit Topic: Stress Management****Activity Name: Lesson #3, Stress Collage****Objective/Rationale:**

1. Students will be able to identify the major stressors in their lives and the symptoms they are experiencing through small and large group discussions.
2. Students will be able to determine the difference between healthy and unhealthy stress reduction solutions through small and large group discussion.
3. Students will be able to identify the major stressors in their lives, the symptoms they are experiencing and the solutions they plan to implement to deal with these stressors by creating a personalized "Stress Collage."

**Time Frame: 50 minutes****Materials:**

- Poster Board, scissors, glue
- Magazines, newspapers, internet photos and/or illustrations
- Index cards

**Directions/Procedure:**

1. Prior to the activity, have the students research the definition of stress and have them identify at least **three major stressors** in their lives. Students should bring their findings to class for this lesson.
2. As a class, discuss some of the main causes of stress and some of the solutions to remedy stress. (See Stress Management Lesson #2, Recognizing Signs of Stress and Coping Solutions for Stress)
3. Give each student an 8X11 poster board. Using the selected materials, have them make a collage which includes:
  - a. Their definition of stress.
  - b. At least 3 major stressors in their lives.
  - c. At least 3 symptoms they are experiencing whether they be physical or emotional.
  - d. And at least 3 workable solutions they will use to reduce their stress.
4. Once students have completed have their collages, they should share theirs with the class or in small groups.

**Resources & References:**

- USDA Stress Management:  
[https://www.nasa.gov/sites/default/files/atoms/files/esfl\\_ms\\_cope\\_with\\_it.pdf](https://www.nasa.gov/sites/default/files/atoms/files/esfl_ms_cope_with_it.pdf)
- Love to Know, Stress Management Lesson Plans:  
[https://stress.lovetoknow.com/Stress\\_Management\\_Lesson\\_Plans](https://stress.lovetoknow.com/Stress_Management_Lesson_Plans)
- Lesson Plan created by Suzanne Glazos

**Assessment/Evaluation:**

1. Stress Collages
2. Student's Presentation

**Suggested Homework/Extended Assignments:**

- After each student has presented their collage to the class, give each student a blank index card. Have each student either write a question related to the lesson and/or write down what they feel was the most valuable piece of knowledge gained from the lesson. Collect all the cards and put them in a container. Have the students take turns drawing and reading the cards to the rest of the class to promote further discussion amongst the students.
- Bridges Stress Management Lessons 1 & 2

