



# PE/Health Virtual Learning

6th/PE Health

Stress Management and Prevention

May 1st, 2020



6th/PE/Health  
Lesson: [May 1st, 2020]

### **Objective/Learning Target:**

LT1- I can explain the concepts of social, mental, emotional, and physical health.

### **NASPE Standard:**

Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. (S5.M2.6)



May 1,2020

# Objective:

Students will be able to identify both good stress and bad stress and give examples of each.



## Essential Question:

What is good stress and bad stress? What are examples of each?



## Resources used in this lesson:

- You will need the chromebook you checked out from school or a computer at home to practice this lesson.
- You will need a piece of paper and a pencil to complete this assignment.



# Practice: Warm-up

1. On your paper, make a T-chart. Label one side “good stress” and one side “bad stress.”
2. Make a guess listing 3 things that may be “good stress” in your life, and 3 things that may be “bad stress” in your life.

Good Stress	Bad Stress



## Practice: Think out loud

Now share your list with someone in your family. This could be your grandma, grandpa, mom, dad, aunt, sibling, etc. Be sure to share both sides. Read the following definitions to someone in your home:

Good stress or **“eustress”** (pronounced you-stress):

This is the type of stress we feel when we feel excited. There is no threat or fear. We feel this type of stress when we ride a roller coaster, for example. Good stress keeps us feeling alive and excited about life.

Bad stress: Stress that stays around for weeks or months. It can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety and even heart disease. One example is abuse.



# Summary: Draw

Draw your favorite method of relieving stress. This could be a picture of a diary if you like to write, for example. Think of the good methods that help get rid of the bad stress for you.

