



Educator Guide: Stress Definition and Examples Lesson

Recommended for Grades:

6th

Time:

2 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Lesson Description:

In this lesson students will learn what stress is, they will be given examples of common everyday stressors and they will learn how stress affects the body, both positively and negatively.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Stress Definition and Examples Lesson. You may choose to use this list in any way that fits your needs.

- Adrenaline – a hormone released in the body when a person is experiencing stress
- Hormones – chemical substances in the body that can cause changes in your body and feelings
- Stress – the body's response to pressures from a situation or life event



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Mental Health Resources for Families and Educators

988 Suicide & Crisis Lifeline, call 988 or 988lifeline.org

Anxiety and Depression Association of America, adaa.org

Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/

Children and Adults with Attention-Deficit Hyperactivity Disorder, chadd.org

Children's Wisconsin, childrenswi.org

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,
<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, kidshealth.org

Mental Health America, mentalhealthamerica.net

National Alliance on Mental Illness (NAMI), nami.org

National Institute of Mental Health (NIMH), nimh.nih.gov

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw/mental-health



Transcript

Slide 1

Stress is the body's response to pressures from a situation or life event.

Slide 2

Examples of everyday situations that could cause stress include taking a test, giving a presentation, being in the school play, arguing with a family member or playing a sport.

Slide 3

Stress triggers a hormone called adrenaline to be released in your body. This is the body's way of preparing to deal with a tough situation to the best of your ability. This response can actually help you perform well under pressure. It can help you rise to the challenge that these different situations present.

Then, when the challenge is over, the stress response lets up, and your body can relax and recharge so it's ready for the next challenge.

Slide 4

The problem comes in when someone is under long-term, or ongoing stress. Long-term stress could be caused by many things, including a divorce in the family, a move to a new school, an abusive relationship or a serious illness. When the stress doesn't go away, the body doesn't have a chance to relax and recharge, so the person often feels tired and overwhelmed. Long-term stress can negatively affect every system in the body.

Slide 5

Even when the stress is long-term, there are ways to manage it. Check out the Stress Toolkit and the Stress Detective game to learn more.

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