



Grade 4 • Ages 9-11

## Stress Busters

Students learn to identify and manage emotions induced by stressors, control their reactions and make responsible decisions to stand up for themselves and others in respectful ways.

### Unit Objective

Students will identify personal stressors at home, with friends, in school and the community, and in the environment, list physical and emotional reactions to stressful situations and identify positive and negative ways of dealing with stress.

### Suggested Introduction

*For the next few days, we are going to talk about stress and how we can cope with stress in our lives. What does it mean to be stressed out?*

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce Kindness Concepts (assertiveness, self-care) and create community definitions for these concepts or share the definitions listed below. Consider using the Kindness Concept Posters for perseverance and self-care as a way to reinforce learning.

### Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

**SELF-CARE** Taking care of yourself through kind words, actions and thoughts.

**ASSERTIVENESS** Standing up for yourself and what you believe in while being respectful of others.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



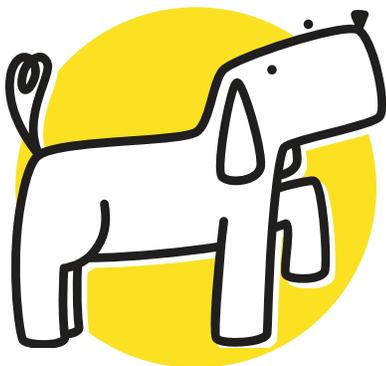
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit [randomactsofkindness.org](http://randomactsofkindness.org)

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# Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: What is Stress?	Students will be introduced to the basics of stress, what causes it, how it can feel in our bodies and ways to combat it.	<ul style="list-style-type: none"><li>• Clip "What is Stress?" from <a href="http://www.morethanmedication.ca">www.morethanmedication.ca</a> : <a href="https://www.youtube.com/watch?v=s93ywgFa6CM">https://www.youtube.com/watch?v=s93ywgFa6CM</a></li><li>• Chart Paper</li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Poster</a> for Self-Care</li></ul>
Lesson 2: What Causes Stress?	Students will explore how certain things can feel more stressful for some people than others. They will also learn that laughter is a universal stress relief.	<ul style="list-style-type: none"><li>• Create signs that say "Just a Little Stressed" and "Very Stressed;" post signs on opposite walls</li><li>• Stressed or Not Stressed pictures, cut apart before class or prepared to be projected</li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Poster</a> for Self-Care</li></ul>
Lesson 3: Responding to Stress	Students will learn ways to respond proactively when they feel stress.	<ul style="list-style-type: none"><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Poster</a> for Self-Care</li></ul>
Lesson 4: Worry Box	Students will solidify what causes them stress and what they can do about it by writing strategies to relieve worry and stress.	<ul style="list-style-type: none"><li>• Worry Box Activity Sheet (one per student)</li><li>• Scissors</li><li>• Glue sticks</li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Self-Care, Assertiveness</li></ul>



## Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Regularly revisiting the topics or questions raised during discussions will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

