

Stress and



Pressure

Bio dots

Core topic: Stress and Pressure

Identify Problem: To help students recognize when they are stressed or relaxed.

Materials Needed: Bio dots and color guide

Exercise: Hand out bio dots to students. Have them stick the dot to their hand or some other place that they can monitor the color changes. Ask students how relaxed they feel that they are, on any given day at school. Explain the process of the bio dots and how they change color depending on body temperature and that typically the higher our body temperature is the more relaxed we are. Have examples of different situations that may cause stress. Encourage the students to pay attention to the color changes in their bio dot to see if it correlates with their stress levels. Explain the importance of recognizing stress levels and the importance of managing stress. Teach students ways to cope with stress including bio feedback with the bio dots where you can consciously lower stress levels by mentally telling your body to relax and be calm.

Discussion:

What are some health factors that are due to high, unmanaged stress?

Why is it important to know when we are under too much stress?

How can you tell if you have too much stress?

What is the best stress reducer that works for you?

Why is it important to have some stress?

Ask any other questions that apply.

Identify Skills:

Recognize stress.

Cope with stress.

Learn what will/will not work for you.

How to recognize our personal level of stress.

Stress can be helpful.