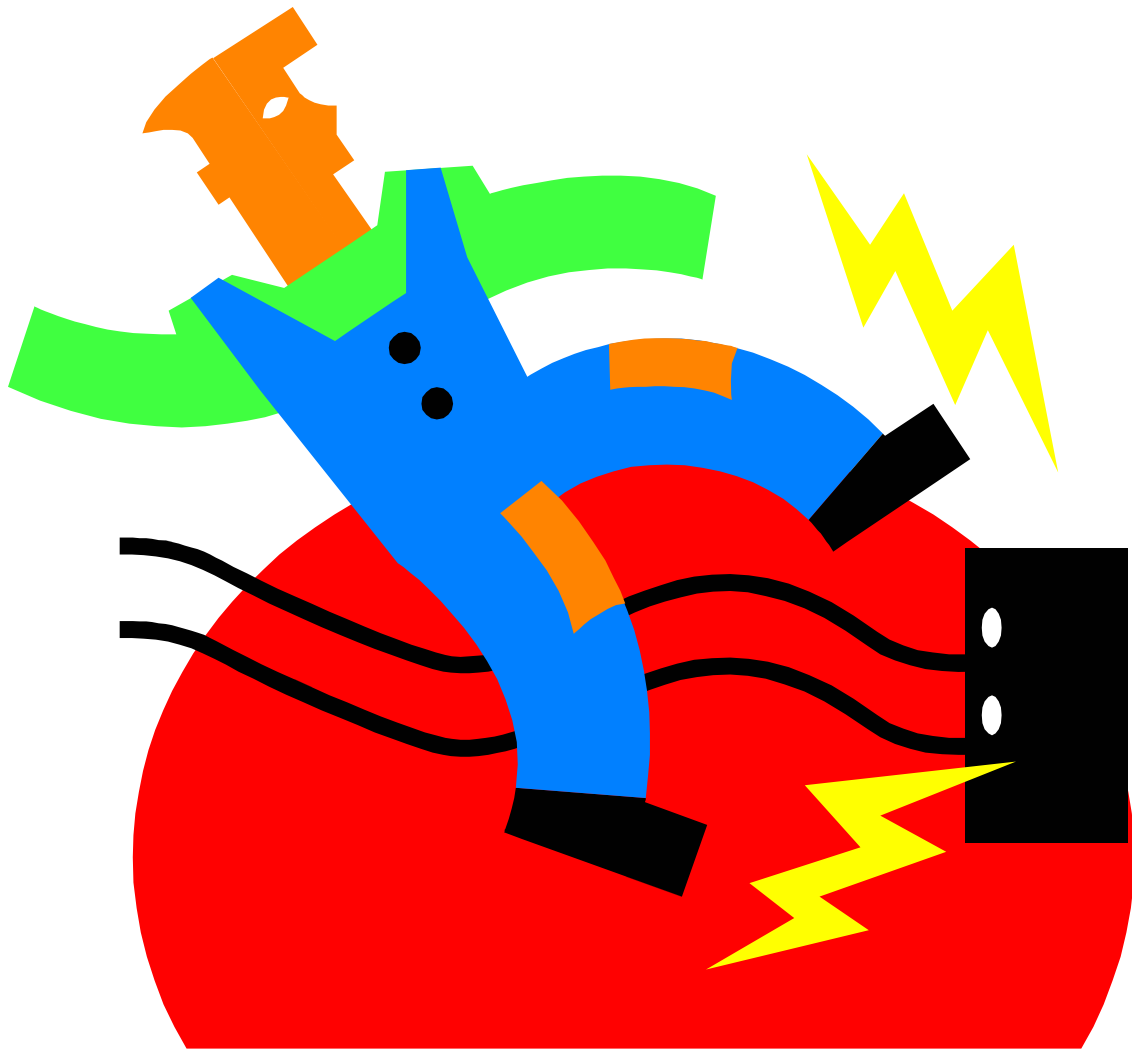


Shocking!



Shocking

Identify Problem: Often times the stress that we encounter is built up in our head. The situation causes a lot of the stress but the lingering worry and concern often causes so much more stress than the issue itself. By learning to confront the problem head on rather than procrastinating and worrying about what is to come.

Materials: The Shocking Game (a game where 4 players hold the handles and the last one to press the button on their handle will receive a light shock)

Exercise: Have 4 students volunteer to participate in the shocking game. Have each of the 4 students hold one of the handles in their right hand. *Don't press the start button yet!!* Draw a scale from 1-10 on the board. While the students are holding the handle explain to them how the game works and that you want them to rate the shock on the scale from one to ten. The longer it takes to explain the game to the students holding on to the handles, the better.

Once the on button is finally pressed and the students prepare themselves to not be the last one to press their button, wait about 5 seconds and turn the machine off again and make sure everyone is clear on the rules (do this 3 or 4 times to build up the stress of the shocking outcome). On the fourth time, ask the students where their stress level is on the scale of one to ten.

After you have turned the game on and off a few times to build up the anticipation, let the game continue until someone receives a shock. Ask the shocked volunteer to rate the shock on the scale of one to ten.

The students will usually rate the anticipation of the shock to being worse than the shock itself.

Questions and Discussion:

- Why the anticipation of the shock worse than the shock itself?
- How did you feel when you got shocked?
- Were you glad to have it over with when the shock finally took place?

Almost everyone should have a story that can apply to this lesson. Allow each of the students a turn to share a story in which the build up of the stress was actually more stressful than the event itself.

Identify Skills: Recognizing stress
Confronting the situation
Dealing with stress positively

Source: Jon Butler

