



Stressed Out!

Catch Phrase

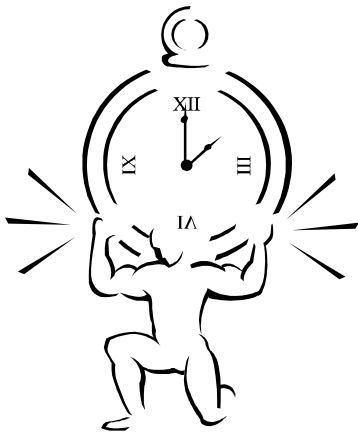
Identify Problem: Allows the students to create and recognize the feeling of stress and pressure through structured playing. Also teaches them how to recognize when stress is becoming too great.

Materials: Catch phrase (the game)

Exercise: (Catch phrase)
Sitting in a circle begin the game of catch phrase. After 2 or 3 rounds point out the beeping to the students, let them recognize that the beeping ties in with the heart rate that your body generates under stress and pressure. Continue playing, observe the students telling themselves to relax and not to panic while the game beeps in their hands.

Discuss stress reducers.

- How can we compare this activity to stress in our lives?
- How does our anxiety level change the closer the event is to happening?
- Please describe a situation where you or a friend was stressed out over something that wasn't too bad when it actually happened?
- Do we sometimes cause ourselves to become stressed when we don't really need to be?
- What are some of the behaviors that we exhibit when we are stressed?
- How does our behavior affect others? Do others affect ours?
- What are some negative ways to reduce our stress level?
- What are some positive ways to reduce our stress level?
- How can we help others reduce their stress level?



Identify Skills: Recognizing stress
Controlling your stress before it's too late
Reducing stress
Positive stress reduction
Self inflicted stress