



Bronze

Activity Plan



1.6 Coping with Stress

Objective

Can I identify what stress is and what causes it? Can I create coping strategies to help manage these feelings?

Resources

**Fizzy Drink Bottle/Can
Coping with Stress PowerPoint**

Key
Language

Coping Strategies, Stress, Resilience, bottling up, stressors

Introduction

(15 mins)

Work through PowerPoint to outline the true meaning of stress and what can cause it. Use a visual example of shaking a fizzy drink bottle up to emphasise what can happen if we let these feeling “Bottle up” and don’t manage them correctly

Main
teaching

(15 mins)

Ask the group to draw a figure or their own bottle and fill the image with circles. In these circles, ask them to make a note of the things that may cause them to feel stress.

(20 mins)

Ask the group to use prior learning to think of some coping strategies for each of these stressors. Discuss as a group.

Plenary

(5 mins)

Ask the group for three things they’ve learned in this session, to consolidate knowledge.

Assessment

Ask the group to report back with coping strategies they have used in the time until the next session