

<p>Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the activity.</p>		
<p>Activity Name: Stress Management Choice Board</p>	<p>Grade Level: 9-12</p>	<p>Activity Length: Over the course of a week</p>
<p>Standard(s) and Grade-Level Outcome(s) or Indicator(s):</p> <ul style="list-style-type: none"> • Standard 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <ul style="list-style-type: none"> ○ S3.H14.L1: Stress Management (Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise) ○ S3.H14.L2: Stress Management (Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi) 		<p>Materials Needed:</p> <ul style="list-style-type: none"> • Stress Management Choice Board
<p>Objective(s): <i>By the end of the activity, students will be able to...</i></p> <ul style="list-style-type: none"> • Identify a variety of activities they can use to manage stress, anxiety or other strong emotions. • Participate in a variety of stress management activities and reflect on the one they feel will be most useful/relevant to them. 		
<p>Activity Progression</p>		
<p>Explain to students the importance of managing stress in their lives. Provide the Stress Management Choice Board to students to take home. Have them try at least five different activities by the end of the week. After each activity, students should spend some time reflect on the activity answering the following questions:</p> <ul style="list-style-type: none"> • How did you feel before, during and after the activity? • Is this something you think would be useful to use during times you feel stressed out? Why or why not? • Are there changes or additions you can make to this activity to make it more enjoyable or make it more of your own? 		
<p>Modifications/Differentiations</p>		
<ul style="list-style-type: none"> • Have students try one activity each day in class. • Allow students to answer the reflection questions in a video. • Have students complete the entire activity board over the course of five weeks. • Allow students to create their own stress management activities. 		
<p>Checks for Understanding/Assessment Strategies</p>		
<ul style="list-style-type: none"> • Why is managing stress important to our health? • What are some healthy ways you can manage stress? • What are your favorite ways to manage stress? • How do you think practicing stress management techniques (like the choice board) could help you in your life? 		

Stress Management Choice Board

<p>Use your Imagination Build a fort, act out a silly story, use your imagination to take a break</p>	<p>Journal Write down the things that are on your mind, use one of these journal templates, or use Penzu</p>	<p>Progressive Muscle Relaxation Use the University of Michigan Progressive Muscle Relaxation or another favorite</p>	<p>Mindful Walk Take a mindful walk and bring full attention to the movements and sensations in your body</p>	<p>Talk with Someone Find a trusted adult, friend, family member, etc... and let them know what's on your mind.</p>
<p>Guided Meditation Use UCLA Guided Meditation (english and spanish), Stop, Breathe & Think, Change to Chill, Guided Imagery, or another favorite</p>	<p>Mindful Eating Not sure what mindful eating is? Take a look at Mindful Eating or use the Mindful Eating Script from Change to Chill</p>	<p>Stress Buster Squeeze or punch a boxing bag or pillow or push hard against something that won't move (like a wall) or run as hard as you can for <i>at least</i> 30 seconds, followed by a walk</p>	<p>Box Breathing Inhale to a count of four, hold air in your lungs for a count of four, exhale to a count of four, hold your lungs empty for a count of four, repeat</p>	<p>Share Inspiration Use sidewalk chalk, decorate rocks (#thekindnessrocksproject), design a poster, or hang hearts in a window (#aworldofhearts). See Mrs. Matheson's hearts!</p>
<p>Choice Read Read a book of choice (not required for school)</p>	<p>Active Chores Do an active chore like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds, etc...</p>	<p>Silent Meditation Sit in silence for 15-30 seconds and notice your breath as it flows in and out of your body; try to continue this practice for another 30-60 seconds</p>	<p>Exercise Choose your favorite workout or use DAREBEE Workouts, PopSugar Fitness, or MadFit Workouts</p>	<p>4-7-8 Breathing Inhale through nose for a count of four, hold for a count of seven, exhale for a count of eight, repeat</p>
<p>Playdough Don't have any? Use this recipe to create your own</p>	<p>Brain Games Do a word search, crossword, Sudoku, or other brain games</p>	<p>Calm Practice Worksheet Complete the Calm Practice Worksheet from Change to Chill</p>	<p>Coloring Draw or print off a coloring page from Just Color, Monday Mandala, or Leiah M Jansen or download Colorfy to your phone</p>	<p>Care for a Pet Cuddle, groom, walk/run, play with a pet (or a neighbors pet)</p>
<p>Yoga Create your own yoga routine or use Yoga with Adrienne, YogiApproved, or YogaDownload</p>	<p>Take a Bath Add in some bubbles and/or aromatherapy and soft music</p>	<p>Express Gratitude Write a thank you note to someone who has positively impacted your life</p>	<p>Listen to Music Create a stress-free playlist</p>	<p>Complete a Puzzle Don't have a puzzle? Use Jigsaw Explorer or Jigsaw Planet</p>

Stress Management Choice Board

<p>Usa tu imaginacion Construye un unfuerte, que representa una historia tonta, usa tu imaginacion para tomar un descanso</p>	<p>Diario Escribe las cosas que tienes en tu mente usa una de estas paginas journal templates, or use Penzu</p>	<p>Relajacion Muscular progresiva Usa estas paginas University of Michigan Progressive Muscle Relaxation o tus favoritas</p>	<p>Paseo consciente Toma un paseo consciente mindful walk y pon atencion al movimiento y sensacion en el cuerpo</p>	<p>Habla con alguien Encuentra un adulto de confianza, Amiga, un familiar, etc...y diles que tienes en tu mente</p>
<p>Meditacion Usa UCLA Guided Meditation (inglés y español), Stop, Breathe & Think, Change to Chill Guided Imagery, o otra favorita</p>	<p>Alimentacion consciente No estas segura de que comer conscientemente? Echa un vistazo a Mindful Eating o usa Mindful Eating Script de cambio a frio</p>	<p>Destructor de estres Aprieta or golpea una bolsa de boxeo o almohada o empujar fuerte otra vez algo que no se moviera (como una pared) o corre lo mas fuerte que puedas durante al menos 30 segundos, seguido de una caminata</p>	<p>Caja de respiracion Inhale hasta contar hasta cuatro, mantenga el aire en sus pulmones asta contar asta cuatro, exhale asta contar asta cuatro, mantanga sus pulmones vacios hasta contar asta cuatro, repita</p>	<p>Comparte inspiracion Usa tiza para decorar rocas (#thekindnessrocksproject), diseña un poster o colgar corazones en una ventana (#aworldofhearts). Ve Mrs. Matheson's hearts!</p>
<p>Elecciones para leer Lee un libro que quieras (no es requerido para la escuela)</p>	<p>Limpieza activas Una limpieza activa como pasar la aspiradora, barriendo, depuracion, lavar los platos a mano, arrancando malezas, etc...</p>	<p>Meditacion en silencio Sientese en silenciodurante 15-30 segundos y observe su respiracion mientras fluye y fuera de tu cuerpo; intenta continuar esta pactica por otros 30-60 segundos</p>	<p>Ejercicio Elija su entrenamiento favorito o use DAREBEE Workouts, PopSugar Fitness, o MadFit Workouts</p>	<p>4-7-8 respiracion Inhale por la nariz mientras cuenta hasta cuatro, espera por un conteo de siete, exhale contando hasta ocho, repita</p>
<p>Plastilina No tienes? Usa this recipe para crear la tuya</p>	<p>Juegos mentales As un word search, crossword, Sudoku, o otros brain games</p>	<p>Hoja de trabajo de practica tranquila Completa Calm Practice Worksheet de cambio a frio</p>	<p>Coloriando Dibuje o emprima una página para colorear Just Color, Monday Mandala, o Leiah M Jansen o descarga Colorfy a tu celular</p>	<p>Cuidar de una mascota Abraze, prepare, camine/ corra, juegue con su mascota 9 o la mascota de un vecino</p>
<p>Yoga Crea tu propia rutina de yoga o use Yoga with Adrienne, YogiApproved, o YogaDownload</p>	<p>Tomate un baño Agrega unas burbujas y / o aromaterapia y musica suave</p>	<p>Expresar Gratitud Escribe una nota de agradecimiento a alguien que haya impactado positivamente tu vida</p>	<p>Escucha musica Crea una lista de produccion sin estres</p>	<p>Completa un rompecabezas No tienes un rompecabezas? Usa Jigsaw Explorer o Jigsaw Planet</p>