

Stress: Taking Control

AIM

To have students gain an understanding of how they can try to control the amount of stress in their lives and live a healthier life as a result.

OBJECTIVES

At the end of this lesson, students will be able to:

- Respond to questions about their health.
- Conduct interview-style surveys in the classroom.
- Summarize and reflect on answers gathered in surveys.
- Design a weekly plan of action for reducing stress.

TARGET GROUP

Intermediate to high-level ESL students, level 5 to level 9
Some of the activities in this lesson are suitable for level 5, but for the most part this lesson targets ESL learners at the advanced levels (levels 7 to 9). (For the purpose of this lesson, the target group levels range from 1 through 8, with the following guidelines: 1 = beginning, 5 = intermediate, 8 = advanced.) Lessons can also be adapted for 8th-through 12th-grade students on health and health education programs.

LENGTH

One 50-minute class period

OVERVIEW

In this lesson, students consider the health implications of living with stress and devise an action plan for reducing stress in their lives.

ACTIVITIES

1. Ask students to respond to the following questionnaire about their health and lifestyle and to write a brief paragraph summarizing how they would describe their health.
 - How many hours a day do you sit? Move?
 - Do you exercise?
 - How do you deal with stress?
 - Do you feel you are a healthy person?
 - For me to be healthy, I need to ...

Have them share their writing in small groups.

2. Survey

Moving around the classroom, students ask each other the questions in CHART B on ways to reduce stress in their lives. In small groups, students summarize and reflect on the data retrieved from their surveys, then report their findings to the class.

Chart B

Name	What do you do now to help with stress?	What could you change to make your life less stressful?

3. Lifestyle Changes

Suggest that students fill out a weekly planner on ways to release stress and improve their health.

Action Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise							
Diet/Food							
Fun things to do							

Share charts in small groups. Check on students' progress after one week to see if they are following their action plan.