

**HEALTH
SMART
VIRGINIA**



**SAMPLE LESSON
PLANS**

Health Smart Virginia - Sample Lesson Plan

Grade 5 – Social Emotional Health

Unit 4

SOLs:

- 5.2.1 Practice strategies for managing stress

Title: Stress Management Performance Task

Objectives/ Goals:

- The student will practice strategies for managing stress

Materials:

- Stress Management Performance Task (includes rubric)

Procedure:

Step 1	Review the performance task before introducing it to your students.
Step 2	Pass out a copy of the performance task to each student and review the expectations of each part of the project. Inform students that they may need to do additional research on stress management techniques. Encourage them to try new stress management techniques in part 2 of the project. Provide a due date.
Step 3	Once complete, allow students to share their experiences with the class.

Assessments, References & Sources: Mary McCarley, 2018

Stress Management Performance Task

Stress comes in all shapes and sizes and at times may feel like it is impossible to escape. It is so important to learn the skill of stress management today and continue to practice this skill as you age. Some stress may be small such as doing chores or dealing with younger siblings, while other stress may feel overwhelming such as conflict in the home or a death of a loved one. Some stress management techniques may include exercising, reading, deep breathing, writing in a journal, watching a funny movie, listening to music, or hanging out with friends. It is so important for you to find stress management techniques that work for you. Throughout this project, you will practice and may discover new techniques that help you manage stress.

Part 1: Brainstorm

Based on the information learned in class on stress management and your personal experiences, make a list of 5 to 8 ways that you can manage stress in your life. Do additional research if needed.

Part 2: Stress Management Chart

Over the next 4 days, be strategic about using the stress management techniques from part 1 to help you manage stress. In the first column, write down the cause of your stress. Try out several different stress management techniques and record them in the second column. Immediately after practicing a stress management technique, fill in the third column with your thoughts. Fill in the chart below over the next 4 days.

What caused the stress?	What stress management technique did you use?	Student Comments Did the technique help to reduce stress? Other thoughts?

Part 3: Reflection

Think about the stress management techniques you used to cope with your stress. Write an essay reflecting on these techniques. Include the following information in your essay:

- Which stress management techniques did you use?
- Which techniques were the most successful in reducing stress?
- Which techniques were the least successful in reducing stress?
- Which techniques will you continue to use in the future?

Performance Task Rubric

	Great Work 4	Good Job 3	Getting There 2	Not Quite 1
Requirements	All requirements are met and exceeded.	All requirements are met.	One requirement was not met.	More than one requirement was not met.
Content	Information is accurate and in-depth with details.	Information is accurate.	Most of the information is accurate but contains some factual errors.	Information includes several factual errors.
Organization	All work is neat and information is easy to understand.	Most work is neat and easy to understand.	Some work is neat and easy to understand.	Work is not neat and difficult to understand.
Grammar	There are few mistakes in grammar, punctuation, or spelling.	There are some mistakes in grammar, punctuation, or spelling.	There are several mistakes in grammar, punctuation, or spelling.	Product has little or no punctuation and/or correct spelling. Content is unclear due to excessive errors.
Effort	Work shows exceptional effort, planning, and pride.	Work shows good effort, planning, and pride.	Work shows basic effort, planning, and pride.	Work shows minimal effort, planning, and pride

Grading Rubric

20= 100%
 19= 97%
 18= 94%
 17= 91%
 16= 88%
 15= 85%
 14= 82%
 13= 79%
 12= 76%
 11=74%
 10= 71%
 9= 69%
 8= 66%
 7= 64%
 6= 62%
 5= 60%

