



Grade 9 - Social Emotional Health

Unit 2

SOLs:

9.2.R Identify appropriate coping and resiliency strategies to manage symptoms of stress, anxiety, loss, and depression.

Title: Shake It Off

Objectives/ Goals:

- The student will be able to identify 7 fight or flight reactions in the Stress Management Packet after watching videos on the subject.
- The student will reflect and identify 10 stress management strategies in the Shake It Off Powerpoint.

Materials:

- Teacher Lesson Plan
- Student Worksheet
- Student Assignment

Procedure:

Step 1	<ul style="list-style-type: none">• Watch the Office fire drill video and in the Flight or Flight worksheet, list seven behaviors that occur due to fight or flight.
Step 2	Look at the infographic on Fight or Flight Read this article on Fight or Flight List two VIPs from the infographic and the article in Flight or Flight worksheet.
Step 3	Watch this video on Fight or Flight List two VIPs from the video in Flight or Flight worksheet.
Step 4	Complete the Shake It Off assignment .
Step 5	Extra info on Ted Talks about Stress Management Extra information on Adrenal Glands

References:

Melanie Lynch, M.Ed. State College Area High School