



## Grade 9 Sample Lesson Plan: Unit 2 – Shake it Off

### SOLs

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

### 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 ShakeIt Off Powerpoint.

### Materials

- Teacher Lesson Plan
- Student Worksheet
- Student Assignment

### Procedure

- Watch the Office fire drill video and in the Flight or Flight worksheet, list seven behaviors that occur due to fight or flight.
- 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.
- Watch this video on Fight or Flight
- List two VIPs from the video in Flight or Flight worksheet.
- Complete the Shake It Off assignment.
- Extra info on Ted Talks about Stress Management Extra information on Adrenal Glands

### References

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

### Handout

The next page includes a handout for the lesson. The handout is designed for print use only.