



## Grade 9 Sample Lesson Plan: Mental Health Stress

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

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

## Stress Ball Activity

- Obtain a rubber balloon (deflated), a cup of flour or sand, and a funnel
- Put the bottom of the funnel into the mouth of the balloon, have one person hold the balloon tightly onto the funnel, and begin SLOWLY pouring the sand into the funnel
- At one point or other, the funnel will become clogged. You can use the eraser end of a pencil to push the sand down – or push the sand down with your fingers from the end of the funnel.
- After you have filled up the balloon, tie it to prevent the contents from spilling.
- Cut the end off of the second and third balloon. Pull the second balloon over the sand-filled balloon. Make sure the tied part of the first balloon is covered with the second balloon. Put the third balloon on to make the stress ball stronger.
- Help your partner complete their stress ball before decorating yours!
- Decorate your stress ball with pictures and/or words of things that stress you out. (If you do not want to decorate our stress balls with stressors, you can write them on a separate sheet of paper and turn this in).



### Label your stressors using the key below:

- ❖ Biological stressors: Underline the stressor
- ❖ Environmental stressors: Put a plus sign next to the stressor ( + )
- ❖ Personal Behavior stressors: Put an asterisk next to the stressor ( \* )
- ❖ Cognitive stressors: Circle the stressor
- ❖ Life Situation stressors: Put a smile face next to the stressor 😊