



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 9 – Social Emotional Health

Unit 5

SOLs:

9.2.q Develop a personal system for coping with distress and stress.

Title: Parachute Stress

Objectives/ Goals:

- Through illustration of an art project, the student will be able to identify their 10 major stressors and will articulate their support system that they have.

Materials:

- [Stress Management Presentation](#)
- [Parachute Activity](#)
- [Trouble Tree Poem.](#)

Procedure:

Step 1	<ul style="list-style-type: none">• Watch the BBC video on stress, how it affects the body and how we can fight back against stress	Slide 2 https://www.youtube.com/watch
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		?v=hnpQrMqDoqE
Step 2	<ul style="list-style-type: none"> ● Have students read the Trouble Tree in the stress management packet <ul style="list-style-type: none"> ○ Ask what lessons that they can take away from this story. 	Slide 3 Essential Question: Why is stress so unhealthy?
Step 3	<ul style="list-style-type: none"> ● Discuss what is stress 	Slide 4
Step 4	<ul style="list-style-type: none"> ● Define and discuss stressors 	Slide 5
Step 5	<ul style="list-style-type: none"> ● Have student brainstorm the physical effects of stress 	Slide 6
Step 6	<ul style="list-style-type: none"> ● Illustrate the concept that too little or too much stress is not good, we need just the right amount. 	Slide 7
Step 7	<ul style="list-style-type: none"> ● Define Distress and Eustress 	Slides 8 & 9
Step 8	<ul style="list-style-type: none"> ● Using the video, point out that stress can be labeled as distress or eustress depending on our perception of the stimulus that we are experiencing 	Slides 10 & 11 https://www.youtube.com/watch?v=y4ML5ymICFA Video is of a tv morning show host that is doing a story on snakes. A lizard jumps on him and he goes into fight or flight because he perceived himself to be attacked by the snake.
Step 9	<ul style="list-style-type: none"> ● Have the students complete the assignment named “parachute” 	Slides 12-26

References:

- Melanie Lynch, M.Ed. North Allegheny School District
- BBC network

THE TROUBLE TREE

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start.

While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home. Then in the morning I pick them up again."

"Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."