



## Grade 9 Sample Lesson Plan: Parachute Stress

### SOLs

- Develop a personal system for coping with distress and 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

- Watch the [BBC video](#) on stress, how it affects the body and how we can fight back against stress
  - <https://www.youtube.com/watch?v=hnpQrMqDoqE>
- Have students read the Trouble Tree in the stress management packet
- Ask what lessons that they can take away from this story.
- Discuss what is stress
- Define and discuss stressors
- Have student brainstorm the physical effects of stress
- Illustrate the concept that too little or too much stress is not good, we need just the right amount.
- Define Distress and Eustress
- 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=y4ML5ymlCFA>
  - 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 being attacked by the snake.

- Have the students complete the assignment named “parachute”

### **References**

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

### **Handout**

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

you

Resources

List 5 People who support you above List 4 Resources that could support you  
List 10 chronic stressors that you have below

Stressors

1

1

1

1

3

1

1

1

# 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."