



# Students' Scaffolding Series STRESS MANAGEMENT

# Pre-Session Activity

How do you feel in these situations? Tick the correct option.

## 1. Losing in a game

Option 1: Will practice and play better next time \_\_\_\_\_

Option 2: Stressed \_\_\_\_\_



## 2. Not completing the home work

Option 1: Will be careful next time \_\_\_\_\_

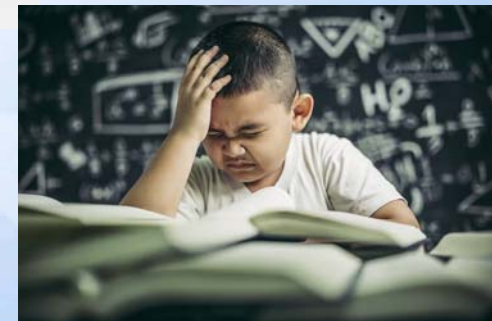
Option 2: Stressed \_\_\_\_\_



## 3. Getting low marks

Option 1: Will identify weak area and perform better next time \_\_\_\_\_

Option 2: Stressed \_\_\_\_\_



# Discussion

*Do you think taking stress is going to help next time?*

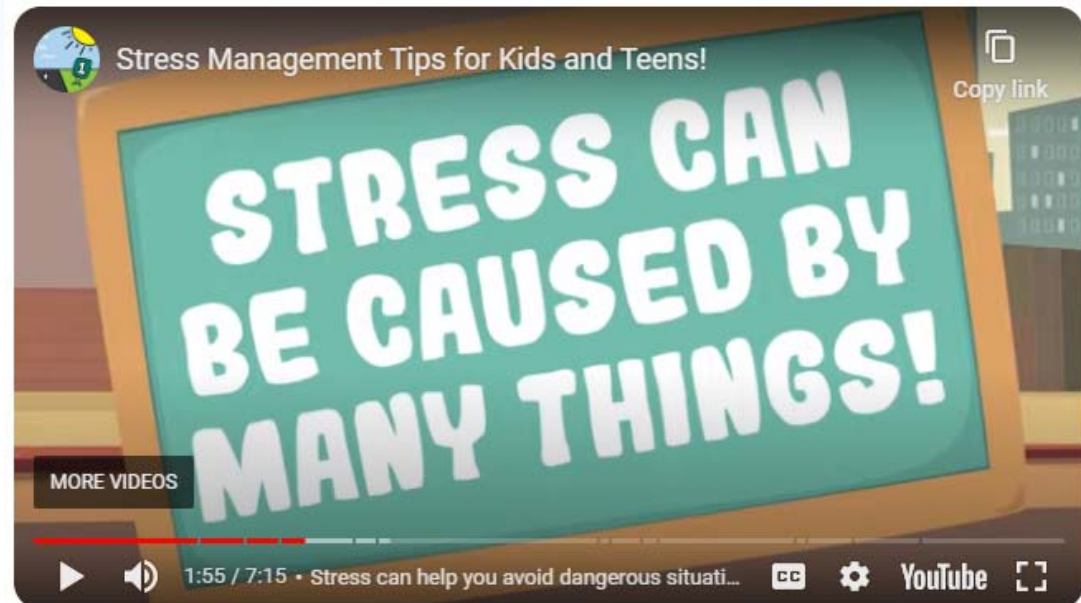
# Learning Outcomes

After the session students will be able to know...

- **What** is stress?
- **What** are different situations where one may feel stressed?
- **How** can we manage stress?

# Video Watching Activity

*Let's watch this video on stress management for school children!*



[https://www.google.com/search?q=managing+stress+for+school+children&rlz=1C1CHBD\\_enIN987IN987&sxsrf=AJOqlzW0u4EbQdscK7mw173HmkhOheTZkg:1678243377672&source=lnms&tbm=vid&sa=X&ved=2ahUKEwj5rf3ip8v9AhXpcWwGHe-CAhgQ\\_AUoA3oECAIQBQ&biw=1366&bih=600&dpr=1#fpstate=ive&vld=cid:a16e75ef,vid:3Nf2Pzcketg](https://www.google.com/search?q=managing+stress+for+school+children&rlz=1C1CHBD_enIN987IN987&sxsrf=AJOqlzW0u4EbQdscK7mw173HmkhOheTZkg:1678243377672&source=lnms&tbm=vid&sa=X&ved=2ahUKEwj5rf3ip8v9AhXpcWwGHe-CAhgQ_AUoA3oECAIQBQ&biw=1366&bih=600&dpr=1#fpstate=ive&vld=cid:a16e75ef,vid:3Nf2Pzcketg)

# Discussion on the Video

*So, from the video can you now tell:*

- What is stress?
- Does stress affects us in some adverse way?
- How can we cope with stress?



***Let's discuss more on this!***



# What is Stress?

Let's read about the stories of two students of a class in a school:

Rahul is new in the class as his father has been transferred to this city. He thinks that no one talks to him. He feels lonely. He is tense that why no one is liking him.



Mahima is fond of eating. However, she feels that other students ignore her as she is slightly overweight. They do not call her to play with them. She is tense that about her weight.



## Let's Reflect!

*What do you notice from the previous stories?*

*Anything that causes physical or emotional strain is called **stress**.*

*Both Rahul and Mahima are unnecessarily **stressed** about different situations. They, however, not realising that they can easily face these situations.*

*-Rahul is new, he **should start talking** to other students on his own.*

*-Mahima keeps herself busy in eating. She has not shown any interest to play. She **must take initiative**.*





# Stress Situations

There can be various situations where one may feel stressed.

- *Facing an exam the next day in class*
- *Afraid of asking a question in front of a teacher*
- *Sad of moving to a new place*
- *Fear of getting low marks*
- *Feeling like bullied by friends*
- *Fear to discuss to parents*

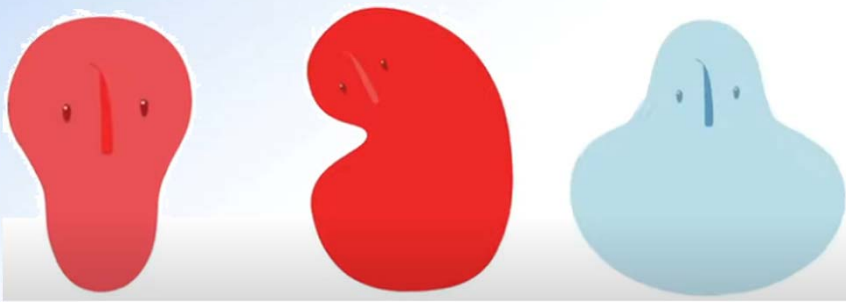


*Most of the times, stress occurs by making some assumptions in our mind and then converting these assumptions as beliefs. Every situation can be faced by being thoughtful.*

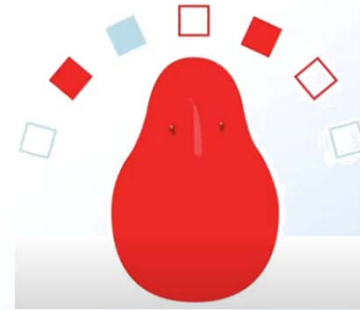
# Understanding and Managing Stress

Let's go through this interesting video to see where it tells us an **activity** on how we can help ourselves to manage that stress.

<https://www.youtube.com/watch?v=j9PTIAe5bVo>



Different people might feel stress in different ways.



It is important to understand stress and how it affects us so we can manage it well.

# Discussion Forum

*In the previous video we noticed the following:*

- *Write all the things that might cause you to feel stressed*
- *Then write how you feel*
- *Where do you feel stress in your body*
- *How stress affect your emotions?*
- *How you act under stress?*
- *Write what makes you feel better when you are stressed.*



*Being kind to yourself can make a big difference.*

***By exploring your stress, you can discover ways to feel better.***

# Task sheet

*Here are given some situations. Do you feel stress at once? What action will you take to manage that stress.*

Situation	Your response and action
1. You want to ask something from the teacher.	
2. You have to recite a poem in the class.	
3. Tomorrow is your first paper of your final examinations.	
4. You want to ask for permission to go on school tour from your parents.	
5. You have to run a race for selection in the school team.	

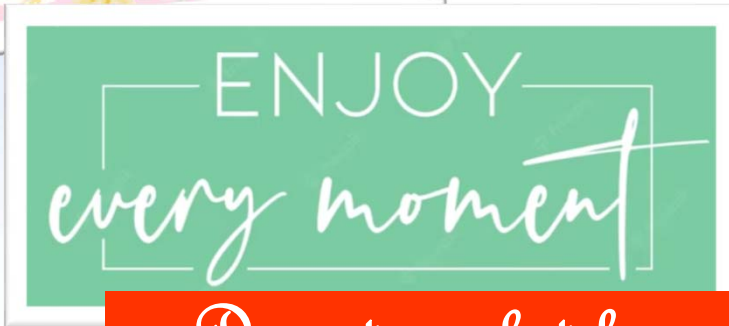
# Tips to Manage Stress

*Here are some tips that can help you manage stress.*

*The most important tip is 'Manage you time effectively'. Never delay things.*



Remember...



*...Do not spoil it by getting stressed!*



**We will answer!**

**THANK**

**YOU!**