



**I Am So Stressed Out!!! (🌈 An Emotional Health Story)**  
**(4<sup>th</sup> Grade – 9-10 yrs.)**  
**Video: Strategies for Stress**

 **STORY CONNECTION SLIDE 3 (Approx Time: 15-20 mins)**

What is stress? Stress is a response that your brain has to certain kinds of situations. Stress gets your body ready to respond to a situation. A little bit of stress is good – it gets your brain to tell your heart to beat, pumping blood to your muscles, it makes you breathe faster, so you have oxygen in your blood that can go to your brain. A little bit of stress gets your body ready to do something. A little bit of stress also activates the emotional parts of your brain so that you care enough about what you need to do that you are motivated to do your best.

**Materials needed:**

- Stress Explained- Elementary Edition Video Link
  - <https://youtu.be/k8FiAxAqqYE> (5:18)

**Preparation needed:**

- Preview the video and know when to stop it to discuss.

**Instructions:**

1. In this activity, student(s) will learn a bit more about stress, brainstorm about potential stressful situations, and learn some breathing techniques to help when they are feeling anxious.
2. Begin by having the student(s) “turn and talk” to someone near them about how they might feel on the first day at a new school.  
Remind them to talk about their:
  - Thoughts
  - Feelings
  - What is going through their minds
  - How their body is reacting/feeling
  - What they might be saying or doing
3. After a few minutes of partner discussion, bring the group back together and share out as a whole group.
4. Next, have them “turn and talk” again to someone near them about how they might feel if they had to give a presentation at school.  
Remind them to talk about their:
  - Thoughts

- Feelings
  - What is going through their minds
  - How their body is reacting/feeling
  - What they might be saying or doing
5. After a few minutes of partner discussion, bring the group back together and share out as a whole group.
  6. If it has not been talked about yet, ask student(s):
    - What would they do to calm themselves down or feel more relaxed in these two situations?
  7. Next, show the student(s) the video [Stress Explained](#).
  8. Stop the video after the Jasmine and James scenarios.
  9. Compare what the video said with what they brainstormed.
  10. Continue with the video.
  11. After the video is over, be sure to practice starfish breathing and box breathing with the student(s) again. This will allow them to have a couple more tools in which to use when they are in stressful situations.  
*\*\*NOTE: There is another activity dedicated to breathing techniques for the student(s) to use. \*\**
  12. If time permits, show the video again in its entirety to reinforce the information.
  13. In closing, remind student(s) that a little bit of stress is a good thing, however, when they are experiencing too much stress, they will not be able to function at their best. Having a positive attitude and knowing some simple breathing techniques is a way to reduce stress to keep their brains healthy.