



Activities Summary
I Am So Stressed Out (🧠 An Emotional Health Story)
(4th Grade – 9-10 yrs.)

-  **#1-Video: Strategies for Stress**
 - Students learn more about stress and how to better handle it.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 3

-  **#2-Think, Pair, Share: Is It in Your Control?**
 - Students work together to decide if stressful situations are in their control or not and how to manage these situations.
 - Approx Time: 25-30 mins
 - Story Connection: Slide 7-8
 - Group Activity

-  **#3-Brainstorm: Stress Less Wall**
 - Students share and post their ways of managing stress with hopes it might help others.
 - Approx Time: 5-10 mins
 - Story Connection: Slide 10

-  **#4-Worksheet: Control or Not Control?**
 - Students decide if a character's events during a bad day are in or out of his control.
 - Approx Time: 25-30 mins
 - Story Connection: Slide 9, 11-12

-  **#5-Demonstration: Take a Breath**
 - Students practice different breathing techniques that will help them relax in difficult situations.
 - Approx Time: 5-10 mins
 - Story Connection: Slide 15