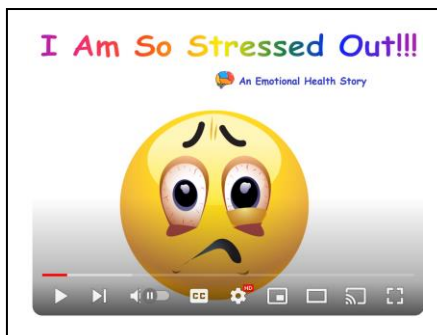




What to do TODAY Grade 4 (🌈 A Emotional Health Story)

This story talks about stress and how it relates to emotional health and behaviors.

- 🌈 A little bit of stress prepares our bodies for action and activates our sympathetic nervous system – also known as the “fight or flight” system. Too much stress can actually hurt your body and your brain.
 - 🌈 Stress acts on the same parts of your brain that control your emotions, so you need to identify how stressful situations make you feel and act and what kinds of situations you find stressful.
 - 🌈 By understanding how your emotions and behaviors change when you are stressed out, you can then control how you react to the stressful situation. This will help you to feel better about yourself and the situation, which is important for protecting your brain.
- 🌈 For this presentation, you need to have the “**I Am So Stressed Out!!!**” Story Video. There are LOTS of questions and discussion topics in this presentation – so watch you time.
- 🌈 Start the story video and stop after the title slide.

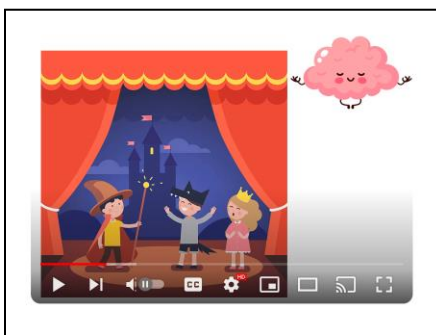


Ok...today we are going to start talking about Emotional Health and we are going to talk about something that has an effect on your Emotional Health – **STRESS**.

Raise your hand if you think that stress is a **bad** thing.

People always talk about **stress** like it is a bad thing – but, we are going to learn that stress is not always a bad thing. In fact, our brain causes us to feel stress in order to help us.

- 🌈 Continue playing the Story Video and stop after this screen.



Ok, the brain turns on a **stress response** which...

- gets your body ready to do something
- 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.

The stress response is...

- your brain causing your heart to beat faster – so blood can get to your muscles

- your brain causing you to breathe a little faster – to get oxygen to your brain
- your brain stops sending blood to your tummy – so more blood can go to your brain and muscles

Because of how the stress response changes your heart rate and breathing and your digestion in your tummy, this makes you feel a little bit nervous. You are nervous **because** you **CARE** and you want to do your best.

🎨 Discuss how a little bit of stress can help them do their best.

Ask the students to think about some of the things that they care about doing. With each example, tell how the stress response is **helping** them to do the behavior they care about.

🎨 Continue playing the Story Video and stop after this slide and reiterate the negative effects of too much stress.

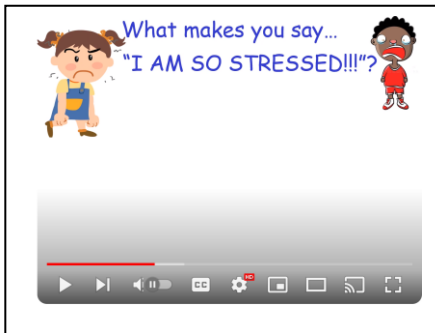


Too much stress OR stress that lasts too long can be bad for both your body and your brain – too much stress can actually damage your body and your brain.

Too much stress can wreak havoc on the emotional parts of your brain. It can cause you to feel angry, sad, insecure, and scared. It can also cause you to feel any combination of these emotions.

Now, instead of caring about what you need to do – you do not care at all. You can become very negative and you can even “shut down”. Not wanting to do anything – even the things that you usually like to do.

🎨 Continue playing the video and stop after the question, “What makes you say – I am so Stressed!!!?”



Ok...let's think about the question.. What makes you say – I am so Stressed!!!?

Ok...for each of the examples that Dr. Gorman gives us...raise your hand this makes you say...I am so Stressed!!!

(stop the video with each example – ask the students to raise their hands if this makes them so stressed!!! Be sure to raise your hand too.)

🎨 Continue playing the video and stop after all the examples have been given.



Ask the students...Are there any other things that REALLY stress you out that you want to share?

Discuss examples that they share. Be sure to ask the other students if the example stresses them out too.

🌈 Continue playing the video to end of this slide. Discuss the 2 kinds of stress.



So, we now know that there are 2 kinds of stress – ones that we can control and ones that we cannot control.

Stress that we **can control** usually means that we can **get ready** for the stressful situation – like studying for an exam or practicing for a soccer game.

Stress that we **cannot control** means that studying or practicing will not help us, so we need to figure out **how to deal** with the stressful situation. **COPING** mechanisms are ways to deal with stressful situations.

🌈 Continue playing the video to end of this slide. (You are done with the video presentation, so decide how much of the following discussion you can do.)



So in order to deal with stress, you need to be able to identify **WHAT** situations stress you out.

Then, you need to decide if the stressful situation is one that you have **CONTROL** over OR one that you have **NO CONTROL** over.

When it comes to stress, there are 2 other things that we need to remember...

1. Different situations may be stressful to some people and not to others.

Raise your hand if you think that skydiving – jumping out of a plane with a parachute – sounds fun to you.

Raise your hand if you think that skydiving – jumping out of a plane with a parachute – sounds stressful to you.

Ok...is skydiving a stressful situation that you can control or you cannot control? Discuss.

No one has to jump out of a plane – so **you can control the situation** by just not going skydiving.


BUT, what if the plane you were traveling on to go visit family in another state – was on fire and you **HAD** to jump out of the plane??? Now, skydiving is **NOT something you can control** – so you need to figure out how to **DEAL WITH IT**.

2. Different ways to **deal with** a stressful situation may work for some people but not for others. Plus, you may need different coping mechanisms to deal with different situations.

Let's say that exercising is one of the ways that you deal with stressful situations that you feel you have no control over. You like to run, and running makes your body and your brain feel good.




But, now you are in class and you are taking a test. You forgot about the test today and you did not prepare. You are REALLY feeling stressed out. Exercise helps you to get rid of your stress – but, you **cannot** get up and start doing jumping jacks. You need to have other ways to deal with the stressful situation.

Question...what might be something you can do to DEAL WITH the stress of taking a test that you forgot about? Discuss.

 End the presentation.

Tell the students that you had fun talking with them today and ask them if they had fun learning.

Remind the students that...

-  A little bit of stress prepares our bodies for action and activates our sympathetic nervous system – also known as the “fight or flight” system. Too much stress can actually hurt your body and your brain.
-  Stress acts on the same parts of your brain that control your emotions, so you need to identify how stressful situations make you feel and act and what kinds of situations you find stressful.
-  By understanding how your emotions and behaviors change when you are stressed out, you can then control how you react to the stressful situation. This will help you to feel better about yourself and the situation, which is important for protecting your brain.

Be sure to thank them for listening and the Brain Health Team of JHU students will see them soon.