

The Character Curriculum

Flourishing for Life



<p>Y6: Stress L2 - Coping with stress</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Identify techniques to reduce feelings of stress. 	<p>Key vocabulary: Stress, anxiety, anxious, overwhelming, circumstances, coping Key virtues: Compassion, resilience, courage</p>
<p>Resources:</p> <p>PowerPoint</p> <p>Jug and water</p>	<p>Statutory links: Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - That mental wellbeing is a normal part of daily life, in the same way as physical health. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. - The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. - Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). - It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	

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Key questions:	Learning activities:
<p>When our stress levels are already high, what happens when more stress is added?</p> <p>What techniques do you know to help you manage feelings of stress?</p> <p>What is the difference between stress and anxiety?</p> <p>If your feelings of stress last a long time or are overwhelming, what should you do? Who could you talk to?</p>	<p>Starter: Jugs of water</p> <p>Show an empty jug of water.</p> <p>When we are stressed, it is like adding some water to the jug.</p> <p>What will happen if the jug is pretty full and we add some more water? What might this look like in real life?</p> <p>You might ask children to draw a jug with their current level of stress on it and a short explanation of why they have chosen that level.</p> <p>Activity 1: De-stress techniques</p> <p>There are things that we can do to reduce our stress levels.</p> <p>What techniques do children already know?</p> <p>As they mention one, you might want to model pouring out some of the water.</p> <p>You may want to ask children to research some of the following practices: meditation, mindfulness, yoga, breathing techniques.</p> <p>Different techniques will work better for different people, you need to find out what works for you. Some people might find music relaxing, others might need to run around outside etc.</p> <p>Explain that these techniques will not make stress disappear, but they will help us to manage it.</p> <p>Give children a blank hand (or ask them to draw around their own) and write down an activity to help them when they are feeling stressed on each finger.</p> <p>Activity 2: Where can I get help?</p> <p>What is the difference between stress and anxiety?</p>

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Explain that stress is a normal, short-term reaction to our circumstances. It should go away quickly. When stress lasts for a long time or becomes overwhelming, it can lead to anxiety. If our stress is overwhelming, we need to talk to someone in order to get some help to manage it. It is normal to experience mental ill-health sometimes and you can be helped.

There is an informative, animated video about panic attacks here: <https://www.bbc.com/teach/class-clips-video/pshe-ks2-panic-attacks/zvvqxyz>

You might want to point children to Childline/Samaritans as anonymous sources of help.

Plenary: Practice makes perfect

Have you learned any new techniques for managing stress today? Commit to trying a new one out this week and reporting back whether it helped.