

## Lesson 6 • Ways to Manage Stress

| <b>My Stress-Management Plan Activity Sheet</b>                       |  |   |  |  |
|---|--|---|--|--|
| <b>Objective</b>  | <b>4</b>   | <b>3</b>  | <b>2</b>   | <b>1</b>   |
| <b>1. Effective Strategies for Dealing with Stress</b>                | Clearly and correctly describes 1 or more negative responses to 3 different personal stressors and explains why these responses would be ineffective or problematic.<br><b>AND</b><br>Clearly and correctly describes 2 or more specific positive ways to respond to each of the 3 identified stressors.   | Correctly describes 1 negative response to 2 different personal stressors and explains why these responses would be ineffective or problematic.<br><b>AND</b><br>Clearly and correctly explains 2 specific positive ways to deal with 2 of the identified stressors.  | Correctly describes 1 negative response to 1 personal stressor and explains why this response would be ineffective or problematic.<br><b>AND</b><br>Correctly explains 1 general positive way to deal with 1 or 2 of the identified stressors.   | Does not correctly describe negative responses to personal stressor or explain why the responses would be ineffective or problematic.<br><b>AND</b><br>Does not correctly explain positive ways to deal with the identified stressors. |
| <b>2. Applying Stress-Management Techniques to Personal Stressors</b> | Correctly and clearly explains how various stress-management techniques learned in class would help reduce the stress from 3 specific personal stressors.  | Correctly explains how stress-management techniques learned in class would help reduce the stress from 2 specific personal stressors.   | Vaguely explains how stress-management techniques learned in class would help reduce the stress from 1 or 2 specific personal stressors.   | Does not correctly explain how stress-management techniques learned in class would help reduce the stress from personal stressors.   |
| <b>Stress-Management Techniques Practice</b>                          |  |   |  |  |
| <b>Objective</b>  | <b>4</b>   | <b>3</b>  | <b>2</b>   | <b>1</b>   |
| <b>3. Practicing Stress-Management Techniques</b>                     | Participates willingly and cooperatively in the small group practice for all 3 of the stress-management techniques: <ul style="list-style-type: none"> <li>• Deep breathing</li> <li>• Progressive muscle relaxation</li> <li>• Guided imagery</li> </ul> <b>AND</b><br>Clearly and competently leads the group practice session for his/her assigned technique. | Participates willingly in the small group practice for 2 of the stress-management techniques: <ul style="list-style-type: none"> <li>• Deep breathing</li> <li>• Progressive muscle relaxation</li> <li>• Guided imagery</li> </ul> <b>AND</b><br>Somewhat clearly and competently leads the group practice session for his/her assigned technique. | Participates unwillingly or uncooperatively in the small group practice for 1 or 2 of the stress-management techniques: <ul style="list-style-type: none"> <li>• Deep breathing</li> <li>• Progressive muscle relaxation</li> <li>• Guided imagery</li> </ul> <b>AND</b><br>Vaguely or poorly leads the group practice session for his/her assigned technique. | Does not participate in the small group practice for the stress-management techniques.<br><b>AND</b><br>Does not lead the group practice session for his/her assigned technique.   |

**Scale:** **4** = Exceeds expectations   **3** = Meets expectations   **2** = Mostly meets expectations   **1** = Does not meet expectations