

Flow Chart

Undress Your Stress

Opening Game – How Many Dots Can You draw in 15 Seconds

A Question for the Class: What do you think stress is?

Game – Sweet and Sour

Story: The Unusual Witness, *Simply Me – Surviving Primary School, Body Language, Intuition, & Leadership*, p. 37.

Story: The Sleepover, *Simply Me* Podcast.

**What Stresses Me Out? Worksheet,
Simply Me – Surviving Primary School, Body Language, Intuition, & Leadership, Writing About Myself, p. 58.**

Main game – What Stresses Me Out?

So how do we deal with stress?

What helps us to relax, and reduce our stress levels?

1. Recognizing the pattern.

2. Relaxation Games.

3. Meditation by Progressive Relaxation – The Jacobson Method.