

LESSON PLAN

COPING WITH STRESS WITH RUBY

HOW TO BEST USE THIS VIDEO:

1. Explain to the class that you are going to be watching a short video about Ruby, who is resilient. If they aren't already familiar with TEAMology, explain that Ruby has a super strength and, with the other TEAMmates, hangs out at the TEAMology House.
2. Tell the class that the TEAMology house is a place of unity and respect where anyone can come be part of the TEAM. Everyone in the house is expected to treat each other with respect, have each other's backs, and celebrate each other's differences.
3. Have a discussion with students about stress to see if any of them have heard of it, know what it is or have been experiencing it. Explain stress if they do not know what it is.
4. Ask students if they think they have any ideas on how you could help yourself feel better if you are feeling stressed.
5. Watch the video together.
6. You can pause the video at points throughout to ask about different things that are causing kids stress and ask if any of them have ever felt those ways.
7. After the video ask students what they learned about stress. See how many ideas they remember from the video about ways to handle stress.
8. Write down all the ideas shared in the video.
9. Ask students to think of other things they would do to handle stress now that they know more about it.
10. Additional Discussion Questions:
 - What are some things that cause you stress?
 - Why is it bad to have too much stress?
 - What are some things in your life that could be affected when you are dealing with stress?
 - Why is it important to manage your stress?

FOLLOW UP ACTIVITY: STRESS BUSTING STRETCHING

1. Talk to students about how stress can make our bodies feel really tense and tight. You can talk about all the different muscles that can be affected by stress.
2. Explain to students that stretching out all those muscles can help both our bodies and our minds feel better.
3. Walk the class through several stretching exercises:
 - a. Neck Stretches – Chin to neck and hold for 5-10 seconds, relax, then head back, chin and hold for 5-10 seconds
 - b. Face Stretches – Open mouth real wide, then scrunch up face, then make silly faces
 - c. Should Stretches – Roll shoulders forward a few times then backward a few times
 - d. Wrist Stretches – Bend forward and backwards a few times
 - e. Palm Stretches – Stretch fingers out as far as possible then make fist
 - f. You can do any other stretches that you think are appropriate
4. Explain to students that they can do these stretches anytime they are feeling stressed and even before they start feeling stressed like before a test, presentation or other big event.

TIME NEEDED:



TIME NEEDED:

