

Objective

By the end of this lesson, Norah will have learned various stress management techniques that can help her cope with stress effectively.

Materials and Prep

- Pen and paper
- Comfortable clothing for physical activities
- Access to a computer or tablet for research
- Prepare a quiet space for relaxation exercises

Activities

- **Art:** Create a stress-relief jar by decorating a mason jar and filling it with positive affirmations or quotes.
- **English:** Write a journal entry about a stressful situation Norah experienced and how she managed to overcome it.
- **History:** Research historical figures who used meditation or mindfulness techniques to manage stress, and create a short presentation about one of them.
- **Math:** Calculate the time Norah spends on different activities each day and identify areas where she can allocate more time for relaxation.
- **Music:** Listen to calming music and practice deep breathing exercises for relaxation.
- **Physical Education:** Learn and practice yoga poses that help in reducing stress and improving flexibility.
- **Science:** Research the effects of stress on the body and brain, and present findings in a creative way such as a poster or infographic.
- **Social Studies:** Explore different cultures' approaches to stress management and discuss how they compare to Norah's current methods.

Talking Points

- *"Stress is a normal part of life, but learning how to manage it can make a big difference in how we feel."*
- *"Taking deep breaths and focusing on the present moment can help calm our minds when we're feeling overwhelmed."*
- *"It's important to find activities that bring us joy and relaxation, like drawing, listening to music, or spending time in nature."*
- *"Exercise, like yoga or going for a walk, can release endorphins that make us feel happier and less stressed."*
- *"Talking to someone we trust about our feelings can help lighten the burden of stress and provide new perspectives."*