



Targeted Teaching Topic

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Summary of Topic:

Stress and How We Handle It

Main Curriculum Tie:

Use this activity to help students experience negative stress.

Required Materials for Lesson:

Handout of assignment.

Background for Teacher:

Understanding of positive and negative stress and how it affects a person.

Student Prior Knowledge:**Intended Learning Outcome:**

Students learn how stress affects them physically, emotionally, and mentally.

Instructional Procedure:

- Hand out assignment for a term paper due in one week.
- Students must work on their own time.
- The paper has several requirements including must be documented with all resource and will count for a large portion of their grade.
- After assignment is given and questions are answered, teacher announces this was a fake assignment and then discuss as to how different students handled the stress (some angry, some nearly in tears, some would do it willingly, some don't care).

How to Measure Outcome:

Discuss how stress is handled differently by different people.