011516

Wellness unit—Reading, thinking, and talking about stress: What is it? Why do we get it? How can we manage it?

Background to the speaking activity

Begin by brainstorming what we know about stress. Make a vocabulary web on the board. Students usually talk about worry, bills, health, sleep problems, kids, etc.

Read article about stress and work on vocabulary. Talk about the idea of “good stress.” Do we agree that stress can be good? Can we think of examples of good stress in our own or our family’s lives?

Break out into four groups. Each group reads a short story about someone with a stress problem. The groups need to come up with 4 strategies of what s/he can do about the problem. It will take them about 5-8 minutes to read the story and another 8-10 to discuss and prepare their ideas.

Each group presents their story and ideas to the rest of the class. One person reads or tells the story. Each member of the group presents one strategy. The class asks questions and offers other possible solutions. Teacher can scribe some of the strategies students bring up.

When all groups have presented, review the strategies we talked about. Have we tried them in our own lives? Are we going to try them in the future?

Follow-up lessons include reading articles on managing stress.

<http://www.breakingnewsenglish.com/1512/151204-anxiety-2.html>

<http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-2.html>

<http://www.breakingnewsenglish.com/0511/051126-dolphins.html>

(The last article is a little old, but funny.)

Writing prompt: Things I usually do when I feel stressed out and things I’m going to try in the future.