

Skill Area(s): Stress/Behavior Feelings
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Stress Meter On The Floor

Level: beginner, intermediate, advanced.

Goal: to decrease stress and anxiety related to daily situations that children face.

Materials needed: red, yellow, blue, green, and orange pieces of construction paper. Age appropriate situations/problems related to the children in the group.

Activity:

Before doing this lesson you need to have completed the lesson on how to use the 5-point meter for stress and ensuring that the children understand it. Then lay the pieces of construction paper on the floor in the order they are on the children's paper meter. You can either present problems/situations that you developed or borrowed from books or have the children develop a list of their own. Use situations from both home and school environments. Either pick from a hat or randomly pick from the list and read the problem/situation out loud to the children. An example of a situation is: "you go home after school but can't find your key" or "you forgot about doing your homework". Have the children go stand on the color that represents how they would feel in each situation. Discuss how people feel differently in the same situations. Then discuss problem-solving solutions and ways to decrease their stress level during these different situations. That may include preparing ahead of time, taking calming breaths so they can decide what to do, developing back up plans for situations, etc... This is a great time to incorporate the SODA (Stop, Observe, Decide, Act) strategy if you have taught this to the group. Please refer to the SODA lesson for help with this.