

Stress Strategies

Skill Area(s): Behavior/Stress
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Level: intermediate, advanced

Goal: Students will be able to think of solutions to stressful situations that they encounter during the game and techniques to deal with stress

Materials needed: Game- Stress Strategies- Stress Education Corporation Liberty, Illinois includes game cards, board and dice

Activity: Students roll dice to see who goes first, lowest number starts. For the first turn, the player takes a card from the top of the stress card pile, reads it and keeps it. Play moves to the right. Players keep all cards during the game. Next round, players roll dice and do what is said on the board. When all players have moved to the meadow, they share their reaction to the game, what they have learned etc. Stress cards:

- Stress cards- when players land on shaded area across the bridge, they read their stress card aloud again. The player brainstorms one positive way to cope with the problem. The next time they land on the blank space they pick another student to suggest a coping strategy.
- Relaxation/sharing cards- read the card, follow the instructions and return card to the bottom of the pile.
- Canyon cards- when a player lands on a space that says fall into the canyon, they move to that part of the board and take a canyon card and read it to the group. Everyone stops playing and works together to come up with a solution to the problem. When the group comes to consensus, play continues, the player in the canyon waits for next turn to roll dice and get out of the canyon.