



# Guide to Thrive

Inspire students to leap into Year 7

## Classroom Activity:

### Whole Group Discussion:

## Coping with Stress

Ask students: "What do you do when you feel stressed?"

Transition – ending and starting school – are periods of change, which can be really hard and stressful. This activity will help you think about, talk about, and understand how you cope with stress.

Tell students, there are several useful ideas we can employ to help us cope with everyday stressors.

### Group Work:

Have students get into groups of 3-4. Where possible, try to encourage students from different language/cultural backgrounds to work together, to learn about and reflect on change.

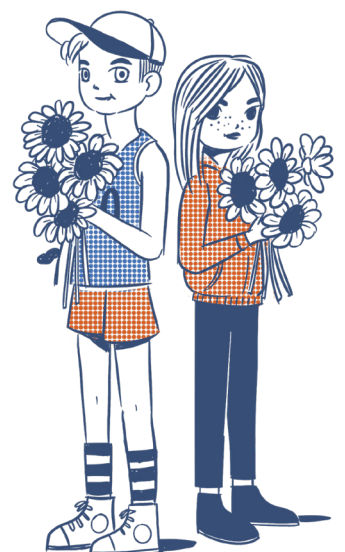
This activity could also be adapted for individuals.

Tell students you will be working in small groups to think about ways to cope with stress, and to consider ways to reduce the impacts of stress on our brains and bodies.

Ask students to work in groups to with a list of strategies to that can help them cope with stress.

The below has examples to help them get started. Tell students to be creative, as there is no one right way to reduce stress. Tell students they need to work out what is best for them.

## Strategies to help



Some students may prefer to draw pictures of things that help them feel less stressed.

### Whole Group:

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Ask students to share their ideas.

Is there anything that is particularly interesting that they have never thought of?

Have they tried any of these things before?

### Optional Task/Homework:

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*Grounding*

Talk to students about grounding.

Grounding techniques are also useful for settling ourselves when we're feeling overwhelmed.

If you find yourself stuck with a strong emotion, these simple and powerful techniques take just a few minutes and can be practiced at any time. They can help you to feel connected to the present and restore balance in your body and mind.

Encourage students to consider ways to stay grounded. The following activity is an example.

### Activity:

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Look around the room and name five things you can see, then five things you can hear, then five things you can feel. Repeat the exercise by finding four new things, then three, two and one thing.

Ask students to share ideas for other ways they can reflect on other ideas for staying grounded.

### Homework:

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Encourage students to talk to their parents and carers, a sibling, or a friend, about their reflections on coping with stress.

1. Can they think of any more grounding techniques?

2. Encourage students to add extra information to their stress management strategies after their discussions with family/friends.

Encourage students to listen to the podcast: Short & Curly: Are you the boss of your emotions? on Apple Podcasts. Tell students to reflect on the podcast with family or friends. Are they really in charge of their emotions?

