

Stress Charades

Objectives

- Identify things that make you feel stressed out.
- Visualize stressors by acting them out.
- Recognize that others experience stress.
- Learn alternative coping strategies for handling stress.

Materials

- Paper
- Paper Strips (5 per Student)
- Large container

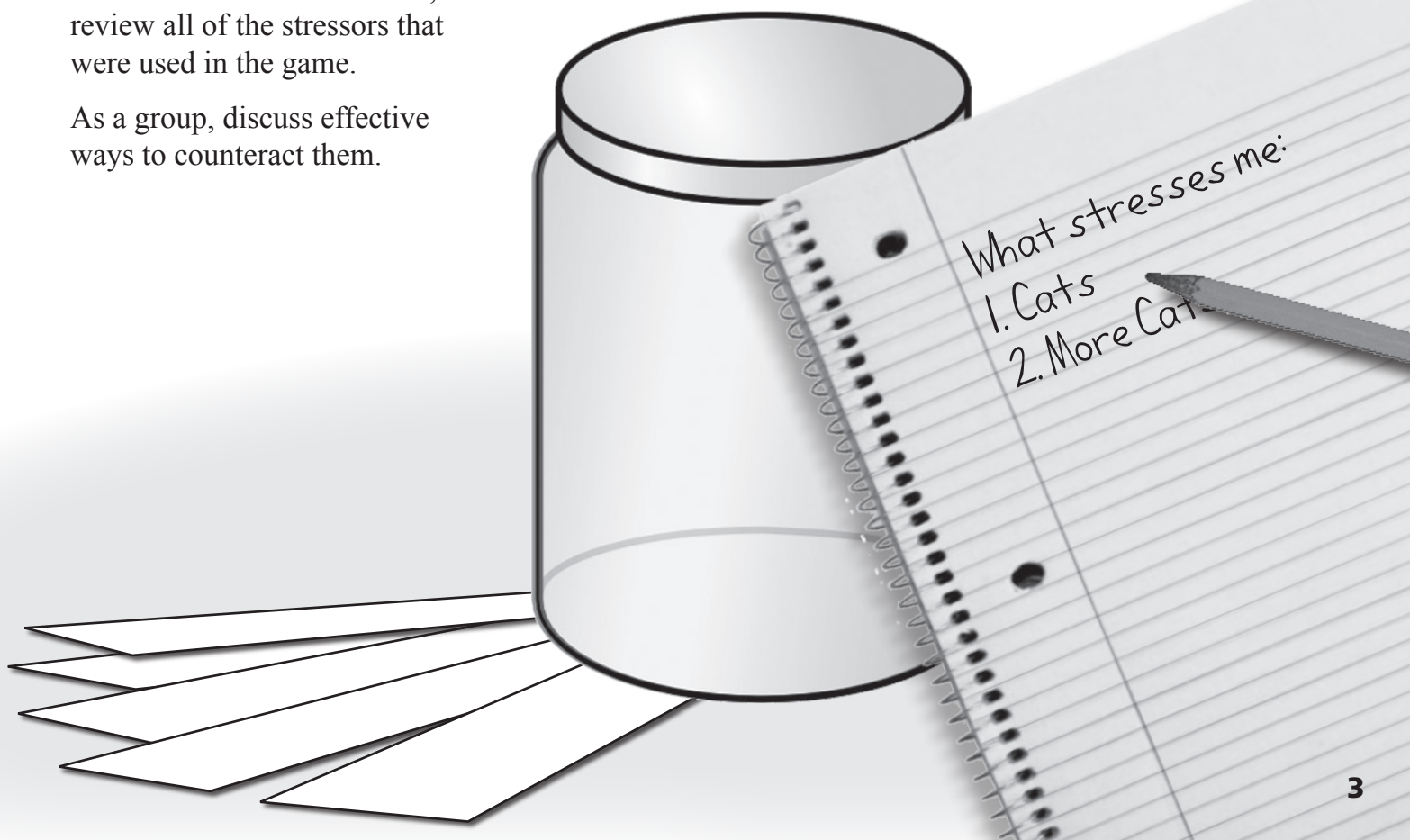
Directions

1. Make a list of all of the things that stress you out on a sheet of paper.
2. Select your top five stressors from the list and circle them.
3. Copy each of your five stressors onto strips of paper and fold them up.
4. Place your folded strips into a jar or container along with everyone else's and mix up.

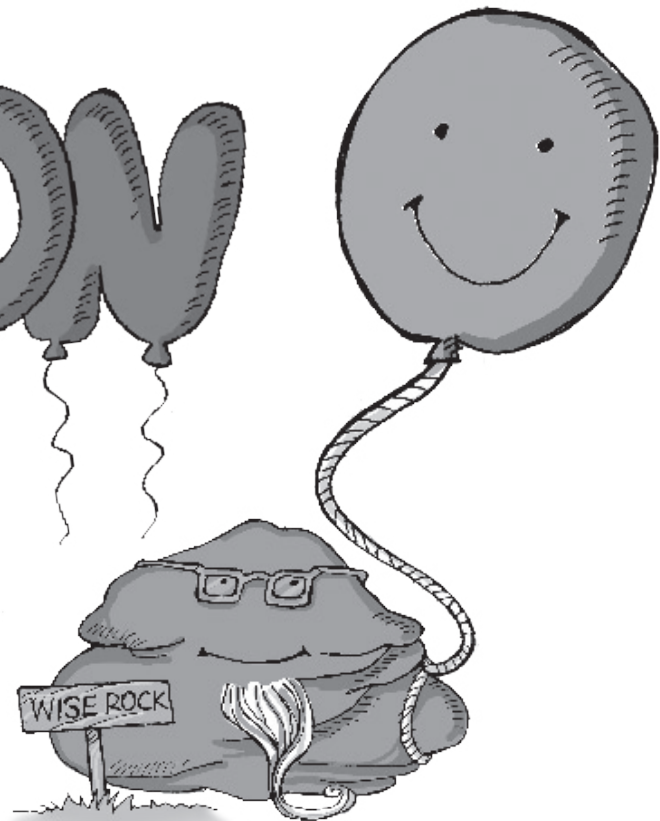
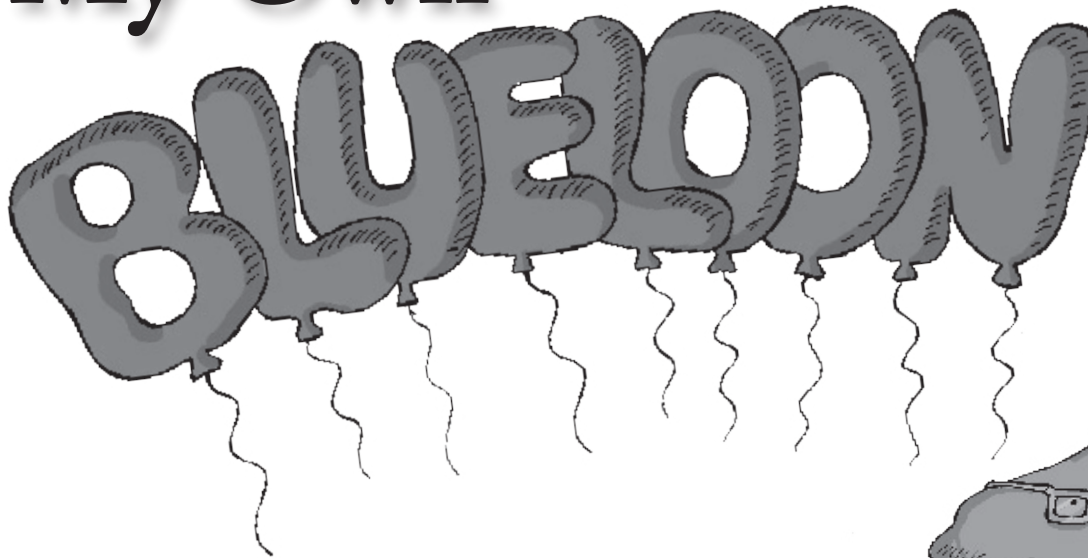
Divide your group into two teams. Have the first member of Team One draw a strip from the jar and act out that stressor for his/her team. If a teammate guesses the stressor, then Team One gets the point. If after 90 seconds, Team One has not guessed correctly, Team Two can gather together, discuss an answer and make one guess. If they get it correct, then Team Two gets a point. Write the stressor that was drawn on the board for all to see. Next have Team Two draw a strip and repeat the process. The first team to five points wins.

Once a winner is determined, review all of the stressors that were used in the game.

As a group, discuss effective ways to counteract them.



My Own



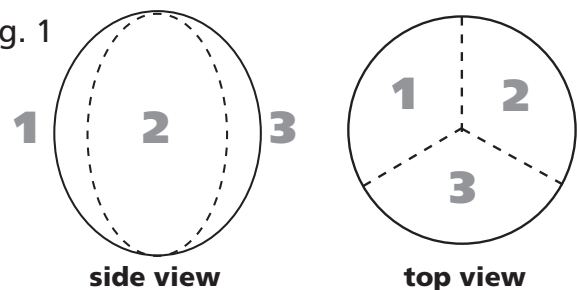
Objective

Use a balloon to re-enact, identify and connect with the Blueloon storybook.

Directions

1. Blow up balloons and close them with a twisty tie. (This will make it possible to let air out and blow more air in.)
2. Tie a string to each balloon.
3. Divide the balloon into thirds as shown (Fig. 1). Draw 3 faces on each balloon (sad face, happy face, and neutral face.)
4. Play with the balloon as you act out and discuss the Blueloon storybook.

Fig. 1



Materials

- One round balloon for each person
- One wire baggie tie for each balloon
- One piece of string for each balloon
- Black Magic Marker



The Goal Chain

Objective

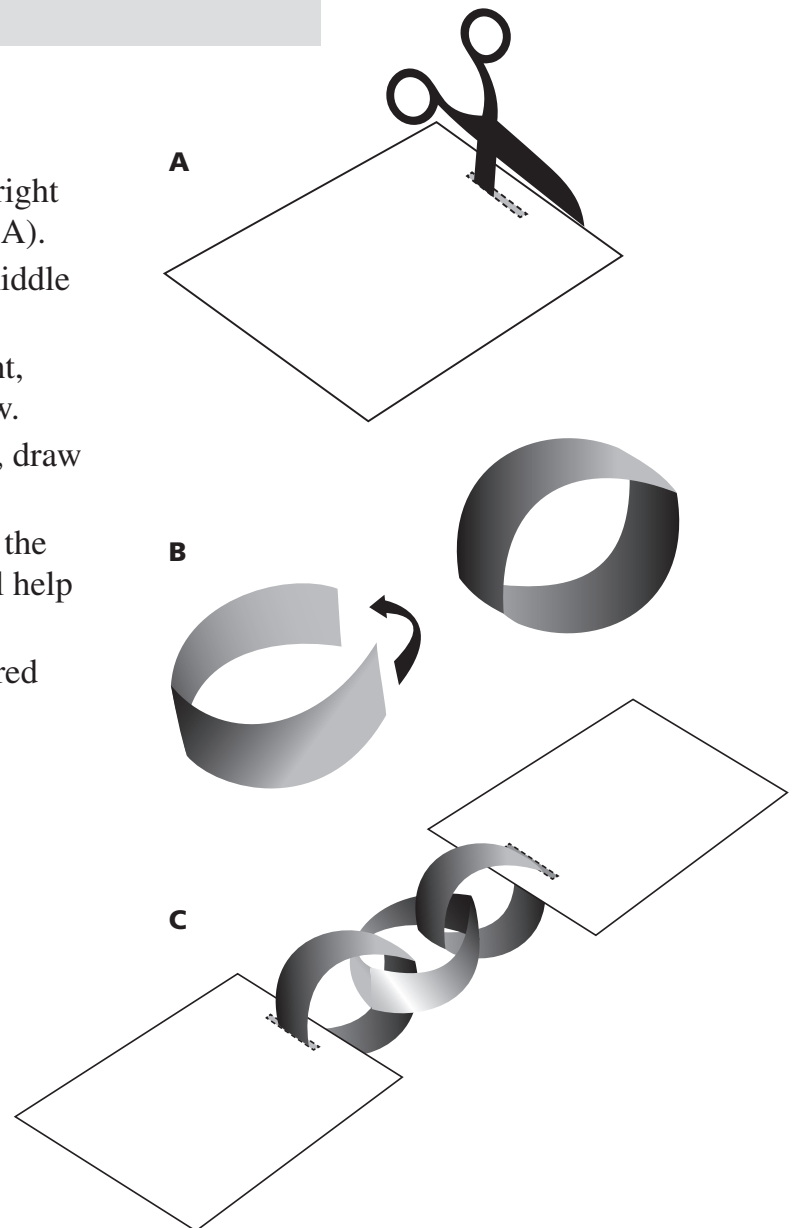
Develop a realization that setting small, related, attainable goals is significant when trying to reach bigger goals. When reaching the bigger goal seems overwhelming, break it up into smaller parts.

Materials

- (2) 5" x 8" index cards per person
- Sheet of paper
- Pencils or markers
- Multi-colored paper strips 3/4" wide and 6 inches long.
- Scissors or an Exacto knife
- Stapler or glue

Directions

1. Make a 1" x 1/8" slit in the middle of the right edge of one of the 5" x 8" cards as shown (A).
2. Repeat with the other 5" x 8" card in the middle of the left side.
3. On the 5" x 8" card with the slit on the right, draw a picture of where you are in life now.
4. On the 5" x 8" card with the slit on the left, draw a picture of where you would like to be.
5. On the sheet of paper, make a list of all of the things you need to do/accomplish that will help you get where you want to be.
6. Write down each thing on a different colored strip of paper.
7. Connect the first strip to the 5" x 8" card (through the slit) and glue or staple the ends together (B).
8. Attach the other strips to the first strip, attaching the final strip to the 5" x 8" card with the slit on the left (C).
9. You now have a visual for what it takes to get from where you are to where you want to be!
10. Discuss how each link in the chain is important and necessary.



Goal Pizza Pie

Materials

- Pencil
- Markers
- Scissors
- White Paper

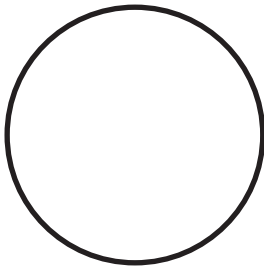
Objective

Help people avoid the “whole pie” syndrome.
Identify small steps for success.

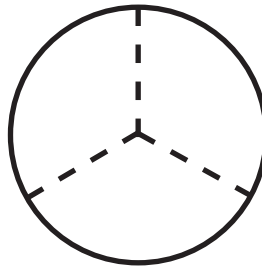
Directions

1. Draw three circles using a separate sheet of paper for each. The first circle will be whole (A), the second divided in thirds (B) and the third circle divided by sixths (C). Cut out the whole circle and the parts to each of the other two circles. Set aside.

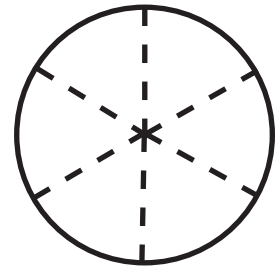
A.
Whole
circle



B.
Divided
into thirds



C.
Divided
into sixths



2. Write down an achievable ultimate goal that you would like to achieve in the top box of the flow chart below (A).
3. Write down three medium-sized goals that will help you accomplish your ultimate achievable goal in the next three boxes (B).
4. Write down two small goals that will help you accomplish each of your three medium-sized goals in the boxes (C).

A.					
B.		B.		B.	
C.	C.	C.	C.	C.	C.

5. Draw a picture of your ultimate achievable goal and label it on the whole circle paper.
6. Draw pictures of each of the 3 medium-sized goals and label them on the 1/3 circle pieces.
7. Draw pictures of each of the small goals and label them on the 1/6 circle pieces.

Use this pizza model to visualize that your big goals are easiest to achieve and accomplish if you can break them down into smaller goals. Just like pizza...it's hard to eat the whole thing in one sitting. Eating one small piece at a time makes it much easier!