



ACTIVITY 10

Refilling Your Heart

TEACHER TRANSCRIPT

Teacher: "Read the NEXT article, "Refilling Your Heart"."

Teacher: Start a brief discussion by asking if students think there is potential for them to feel anxiety and stress during their senior year. What kinds of things might cause this stress and anxiety? Ask students what they would do to ease stress and anxiety as they move through their senior year?

Teacher: Use index cards or small pieces of paper to write one of these coping strategies on each index card: deep breathing, exercise, mindfulness, healthy eating, quality sleep, social connection, set boundaries, take breaks, yoga and stretching, and meditation.

Teacher: "There are many ways to ease and regulate anxiety and stress. This activity will give you a chance to research some of these techniques, demonstrate to the class the technique if possible and explain why it will help to ease and moderate stress and anxiety."

Teacher: Divide the class so at least two students are working together on this activity. When you have completed this, allow each group to randomly choose one of the index cards. This will be their topic to research.

Teacher: Display the following on the board:

1. Research the coping mechanism you and your partner have chosen
2. Define the strategy
3. Explain why this technique will help with easing stress and anxiety this school year
4. If appropriate demonstrate the technique
5. Be sure to note all resources from which you have taken information from and submit these in APA format to teacher on an index card or piece of paper
6. Use whatever medium you and your partner agree upon which will leave your classmates with a lasting impression to possibly put your mechanism into practice. (PowerPoint, MS Word, video/audio, skit)
 (HINT: if possible, ask classmates to join you in one of the practices)



FLORIDA STATE STANDARDS

Strand ELA.12. R: Reading

Standard 2 ELA.12. R.2: Reading Informational Text

Strand ELA.12.C: Communication

Standard 2 ELA.12. C.2: Communicating Orally

ELA.12. C.2.1: Present information orally, with logical organization, coherent focus, and credible evidence while employing rhetorical devices where appropriate.

Standard 4 ELA.12. C.4: Researching

ELA.12. C.4: Conduct research on a topical issue to answer a question and synthesize information from a variety of sources.

TEACHER NEEDS

NEXT magazine article "Refilling Your Heart"

Laptop/computer with MS Word

Internet access

Whiteboard or Smartboard

Index cards with a coping strategy for each pair of students to use for activity

STUDENT NEEDS

NEXT magazine article "Refilling Your Heart"

Laptop/computer with MS Word

Internet access

Index card which tells you what coping strategy to research and present