



Rapid Relievers

Description

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A fun hand-clapping game where students brainstorm ways to beat stress.

Supplies

- No supplies needed

How to Play

1. Talk to your students about stress. Explain that stress is when you are worried or uncomfortable about something. It can make your mind and body feel bad. Today we will be sharing some different things we can do to help ourselves if we are feeling stressed.
2. Have students sit in a circle and teach them the following chant:
“Rapid relievers getting rid of stress, which stress reliever do you like best?”
3. Have all the students hold out their hands with palms facing up, and all students’ left hands resting on top of the right hand of the student sitting next to them.
4. Choose one student to start by raising their left hand and clapping the student’s hand that is sitting next to them and is resting on top of their right hand.
5. For each clap, a word from the chant is said and whoever the last word “best” lands on, that student must name something specific they can do to relieve stress.
6. Once that student names a way to relieve stress, you choose another student to start the chant again.
7. Tell the students that they can not repeat something previously said.
8. If a student can not come up with a stress reliever, they have to hop on one leg around the circle and then rejoin the group.
9. This activity continues until time is up.

Activity Prompts for Reflection

- Did anyone hear someone say something that they also do to relieve stress?
- Has anyone felt stress at any point today? Can you share what caused this stress?
- What happens to your body when you feel stress?
- What might happen if you don't take care of the stress you feel?

Other Ways to Play

- Instead of a hand-clapping game, play this like Duck-Duck-Goose, have the person say the chant as they walk around the circle, and whoever they land on chases them around and then shares a stress reliever.
- Make this activity into a memory game, where students must say all the stress relievers that have been said before their turn.
- Make this activity more active by having the students jump rope. Students can say the chant and when a student messes up on the jump rope they must say a stress reliever.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 10-15 minutes

Themes

1. No Supplies Needed