



Sweating Out The Stress

Description

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Students work out to help relieve some stress.

Supplies

- No supplies needed

How to Play

1. Have students stand up 3 feet in between each other.
2. Tell them they will be led through an exercise routine to help them de-stress.
3. Teach students an acronym S-T-R-E-S-S to help them have strategies to use to stay calm.
 - S- Stand back and remove yourself
 - T- Take a deep breath
 - R- Relax, find something that relaxes you
 - E- Exercise, do something that gets you moving
 - S- Sleep, make sure you are getting enough sleep
 - S- Speak to someone
4. Call out each letter of S-T-R-E-S-S and the exercise/action they will do to de-stress for that letter.
5. Review the letters and the exercises with the students.
 - S- two jumps backward
 - T- take 3 deep breaths
 - R- strike a yoga pose of your choice
 - E- 5 jumping jacks

- S- yawn and lie your head on your hand
 - S- move fingers and hands as if they were talking
6. Review the letters and exercises/actions by having students practice the movements while you call out the letters.
 7. After practicing the exercises and corresponding ways to relieve stress, stand up at the front and call out letters.
 8. Students must stay focused and try to remember the different movements.
 9. If a student messes up they can move to the side but continue to do their movements.
 10. The last student standing in the middle, without messing up is the winner!

Activity Prompts for Reflection

- What are some things that cause you to feel stressed?
- How do you feel after completing our exercise routine?
- Which one of the stress relievers that we talked about is your favorite?
- What part of this activity made it difficult for you to control yourself?

Other Ways to Play

- Have students work together as a group at the beginning of the activity to make up their own actions for each letter.
- Make this activity more challenging by calling out the stress relievers at a faster pace.
- Have a trustworthy student come to the front to help call out the different stress relievers.
- Instead of having students who mess up move to the side, have them get a high five from another student and they can join back in!

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. 15 minutes

Themes

1. Exercise
2. No Supplies Needed