Anne Wenstrom | Grade Level: 10

Lesson: Relaxation

Objectives:
By the end of the lesson students will be able to perform stress management/relaxation techniques on themselves and their partner. Students will comprehend why these techniques are important and how they can improve their health by incorporating it into their daily lives. Students will use relaxation techniques as a health behavior to cope with stress so they can achieve personal wellness and well being. Students will also use a bio-dot in order to measure their relaxation levels.

Prior knowledge needed by Students:
Students do not need any prior knowledge of stress management.

Purpose:
The purpose is to provide stress management/relaxation techniques to students so that they can use these techniques in the future. Students are under a tremendous amount of stress. We are providing students with options to cope with their stress in a healthy way. Also with the use of the bio-dot, student will be able to measure their relaxation level and see if the relaxation techniques work.

Anticipatory Set:
We will review the lesson we covered the day before. We will reiterate what stress is and what causes it.
I will then explain the objectives for the day and how we will be covering stress management techniques/relaxation today. I will also tell them that we will be working on individual techniques and also techniques with a partner. I will then ask students, by groups of 5, to go wash their hands in the sink.

Methods/Strategies Used and Rationale:
I will have students involved in hands-on activities as they perform the techniques. We will also be working individually and in partners. I will also move around the room and help students who are not using proper technique or that need an extra explanation of the activity. Walking around the room will help me gauge how much time we should spend on each technique.

Chronology:
1. We will review the lesson we covered the day before. We will reiterate what stress is and what causes it. Students will answer this question.
2. I will then explain the objectives for the day and how we will be covering stress management techniques/relaxation today. I will also tell students that we will be working on individual techniques and also techniques with a partner. I will then ask students, in groups of 5, to go wash their hands in the sink that is in our classroom.
3. Once students have washed their hands, I will hand out the bio-dots and have students place the dots between their thumb and index finger on their non-dominant hand. I will tell students that the bio-dot is made out of lipid-crystals that measure the body temp. The deeper purple color you have, the more relaxed you are. The more yellow your dot is, the tenser you are. It works because when you are tense, the less blood flow you have to your limbs, and the more relaxed you are, the more blood flow you have to your hands. I will have students monitor their bio-dots throughout the class.

4. The first technique we will do is the technique of humor. I will share a joke with students, and then I will ask students to share a joke they know, but I will tell them to keep in mind that it has to be appropriate. The purpose of this relaxation technique is to use humor in order to have student relax and feel comfortable.

5. Next we will do a “Crazy Walk” improve in a circle (around the classroom). I will pick students to come up with different motions to do while we walk in a circle (i.e. walk like a monkey or do the “moonwalk”). This is also for humor effect and to get students to loosen up and laugh at themselves.

6. We will then sit back in our big circle. The next technique we will cover is individual messages. I will show students how to massage their “smart-bumps” (at the base of their skulls, where the skull meets the neck). We will then move onto message of the jaw (pressure point where the two jawbones intersect, by the ear). Then we will finish by messaging our foreheads (where the nose and eye sockets meet), which also helps relieve headaches. I will show students how to do the techniques and then I will observe the students while they perform the techniques, if students look like they need help or if they raise their hands, I will help or if they raise their hands, I will help them figure out how to perform the skill.

7. Have students observe their bio-dots.

8. Next we will move onto partner hand massages (I will demonstrate/explain everything first). One partner will perform circular motions, using their thumbs, on their partner’s palm. Then one partner will put pressure on their partner’s hand by firmly pinching the muscle between the thumb and the index finger. Then the students will continue massaging the hand by using circular motions. Students will then move onto massaging the fingers by drawing out the massage all the way to the fingertips. The same partner giving the massage will switch to their partner’s other hand and do the same procedure. Then students/partners will switch roles and perform the same techniques in the same order.

9. Have students observe their bio-dots.

10. I will then teach students the skill of deep breathing. (Breath in 2…3…breath out 2…3. Students can draw this to a four count if ready.)

11. We will finish the lesson by using a relaxation tape. (The tape is approximately 20 minutes; we will use the rest of the time in class for this activity.) Students will spread out and find a comfortable area in the room. I will direct students to lie on their backs and listen to the instructions of the tape. (If students are having trouble focusing on the tape or staying still (ADD), I will instruct them to daydream during the tape.)
12. Two minutes before the bell rings, I will calmly draw the attention of the class and instruct them to roll to their side and open their eyes as I count to five.
13. Before students leave I will ask at least 5 students what their favorite techniques was and why?
14. I will ask students if they say a major change in their bio-dots?
15. I will then assign student to do a 20 minutes of relaxation when they go home or teach one of the massage techniques to a parent/guardian or friend.

Assessment of Objective:
Observation of students’ performance.
Assignment: Do 20 minutes of relaxation or teach a massage technique to family or friends. (Tomorrow a question on this assignment will be a part of their journal entry.)

Materials/Resources Needed:
- Lesson plan
- Relaxation Tape
- Open area on the floor
Stress Management material from Gustavus Adolphus College.