PE Methods
Relaxation Objectives

Cognitive:
1. By the end of the lesson, students will identify at least 4 of the characteristics of Type C personality.
2. By the end of the lesson, students will explain how the tape-guided relaxation activity would help to diminish the consequences of the Type C personality.

Psychomotor:
1. By the end of the lesson, students will participate in a tape-guided relaxation activity.

Evaluation
Cognitive:
1. Teacher directed question/answer
   What are 4 characteristics of the Type C personality?
   Characteristics: Denial and suppression of emotions, especially anger, pathological niceness, over-patience, harmonizing behavior, exaggerated social desirability, over-compliance, high rationality, rigid control of emotional expression, anti-emotionality
2. Teacher Q & A
   How do relaxation activities help in coping with the negative effects of a Type C personality.

Psychomotor:
1. Students will participate.