Conceptual category: Stress

How do you deal with stress?

School year: 9

Achievement: give tools to comprehend and understand what stress is and how to deal with it.

What is Stress?

There is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others. We allreact to stress differently.

What situations make you fell stress?

How can you deal with stress?

Final activity

Write a letter to a friend giving him advices on how can he deal with stress, and let him know that you have been true this.