

ACTIVITY 1

Choose & Speak

Pick ONE topic. Speak for **40–60seconds**. Don't explain your choice — just go!

The biggest cause of student stress

Why students don't sleep enough

Something schools could do to reduce stress

Why exams create anxiety

Balancing study and personal life

How social media increases stress

ACTIVITY 2

Finish the Sentence

Complete each sentence quickly. **No pausing for more than 3 seconds!**

Students become stressed when...

One thing schools should change is...

Stress affects teenagers by...

The best way to relax after studying is...

Adults often misunderstand that students...

A healthy student lifestyle includes...

ACTIVITY 3

Opinion Swap

Defend the opinion **even if you disagree**. This is role-play 4 embrace it!

- *Homework causes more harm than good.*
- *Exams should be optional.*
- *Students are under too much pressure today.*
- *Social media is the main cause of stress.*
- *School schedules are unhealthy for teenagers.*

ACTIVITY 4

Speak As...

Choose one role and speak for **40 to 60 seconds**. Step into someone else's shoes.



A stressed university student



A school psychologist



A worried parent



A teacher trying to help



A student before final exams



A teenager with no free time

ACTIVITY 5

One-Minute Rant

You have **60 seconds to complain**. Don't stop, don't be rude, don't repeat yourself!

Too many exams

Lack of sleep

School pressure

Impossible deadlines

Balancing work & study

Stress before presentations