

## Year 4 - PSHE

<b><i>Subject</i></b>	<b>PSHE</b>
<b><i>Class/Division</i></b>	<b>Year 4 A-F</b>
<b><i>Week</i></b>	<b>27 (28<sup>th</sup> FEB- 4<sup>th</sup> MAR 2021)</b>
<b><i>Work sent to students via</i></b>	<b>ZOOM</b>
<b><i>Total number of lessons per week</i></b>	<b>1</b>
<b><i>Unit</i></b>	<b>UNIT 6- Coping with Stress</b>

**Lesson 1**

**Topic: Coping with Stress**

**Learning Objective-**

Propose ideas on how to deal with worries and problems.

**Learning Outcome-**

- Identify causes of stress
- Explore ways to avoid stress

**Resources –**

**PSHE file, PPT (Coping with stress)**

**Will be posted on GC for reference**

Tr discusses the following pointers with students about the importance of exercise.

Some students may show their stress by crying or whining, withdrawing, or acting out for a brief period before settling down to do their school work. Sometimes, children find it easier to talk to other adults rather than their parents. Professional help may be needed to help get them get back to normal more quickly, and to prevent or reduce the harmful effects of prolonged stress reactions.

Here are some ways to relieve and tackle stress.

- Body relaxation (Just relax for a while and calm yourself down)
- breathing techniques (Take deep breathes in and out and try to put away all your distractions and worries aside)
- yoga (This will help you distress and relax the muscles of your body)
- workout routine (doing exercise will keep you physically and mentally fit)
- Meditation (by meditating you will be able to draw positive energy towards you and this will help you eliminate all negative thoughts )
- Counseling (Speaking to a counsellor can help you find solutions to your problems there by reducing your levels of stress)

***Task-***

- **Talk therapy (talking to your friends, parents and dear ones can make you feel at ease, it is like a therapy that can help you cope with your levels of stress)**

**Discussions and questioning will be conducted during the zoom sessions.**