

Year 4 - PSHE

<i>Subject</i>	PSHE
<i>Class/Division</i>	Year 4 A-F
<i>Week</i>	28 (7 TH - 11 TH MARCH 2021)
<i>Work sent to students via</i>	ZOOM
<i>Total number of lessons per week</i>	1
<i>Unit</i>	UNIT 6- Coping with Stress.... continued
<i>Lesson 1</i>	<p><u>Topic:</u> Coping with Stress</p> <p><u>Learning Objective-</u></p> <p>Propose ideas on how to deal with worries and problems.</p> <p><u>Learning Outcomes-</u></p> <ul style="list-style-type: none">• Identify causes of stress• Explore ways to avoid stress <p>Tr discusses the following pointers with students about the importance of exercise.</p> <p>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.</p> <p>Here are some ways to deal with stress in our daily life.</p> <p>Sleep well.-</p> <p>Sleep is essential for physical and emotional well-being. Experts recommend nine to 12 hours of sleep a night for 6- to 12-year olds. Teens need eight to 10 hours a night. Sleep needs to be a</p>

priority to keep stress in check. To protect shut-eye, limit screen use at night and avoid keeping digital devices in the bedroom.

Exercise-

Physical activity is an essential stress reliever for people of all ages. The Department of Health and Human Services recommends at least 60 minutes a day of activity for children ages 6 to 17.

Talk it out-

Talking about stressful situations with a trusted adult can help kids and teens put things in perspective and find solutions.

Make time for fun —

Just like adults, kids and teens need time to do what brings them joy, whether that's unstructured time to play with building bricks or uninterrupted hours to practice music or art. Also, while some children thrive bouncing from one activity to the next, others need more down time. Find a healthy balance between favourite activities and free time.

Get outside-

Spending time in nature is an effective way to relieve stress and improve overall well-being. Researchers have found that people who live in areas with more green space have less depression, anxiety and stress.

Write about it-

Research has found that expressing oneself in writing can help reduce mental distress and improve well-being. Some research has found, for example, that writing about positive feelings—such as the things you're grateful for or proud of — can ease symptoms of anxiety and depression.

Learn mindfulness-

In a study of a five-week mindfulness training program for 13- to 18-year-olds, researchers found that teens who learned mindfulness experienced significantly less mental

<p><i>Task-</i></p> <p><i>Resources -</i></p>	<p>distress than teens who did not.</p> <p>Discussions of the above and questioning will be conducted during the zoom sessions.</p> <p>PSHE file, PPT (Coping with stress) Will be posted on GC for reference</p>
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