

Know yourself

Learn to deal with stress



BEYOND

- Put the expression 'feeling stressed' on the board. Explain if needed.
- Ask students to think about when they feel 'under pressure' (introducing a synonym here).
- Elicit some examples.
- Ask students to trace around their hand on a piece of paper. Get them to think about what they do to manage their stress and write four key words (or short phrases) in the palm of their hand.
- In pairs/small groups, students should share ideas and add any new, useful ideas in their palm.
- Give students time to decide individually on the top five ideas to use next time they experience a stressful situation. E.g. sleep more, exercise, eat more greens, ect. They should write one next to each of the fingers.
- To focus on language, you could elicit/highlight the structure the students in the clip used (imperatives for advice).

