

## Coping with Challenges (PSHE) 'STRESSBOX'

Key Stage:  
3,4 or 5

<b>Available Formats</b>   	1 hr assembly/talk	20min assembly followed by optional teacher-led lesson (student & teacher packs available)
	Classroom Lesson	1 hr lesson

This is a lesson dealing with challenges and promoting good mental health. The lesson looks at good and bad types of pressure, gives tips on better coping mechanisms and looks at eight practical ways of promoting good mental health. Not designed to be given in isolation but part of a planned approach to teaching younger students about better exam and homework study techniques. With older students, a broader approach to time management and activity prioritisation.

<b>Learning Objectives</b> Students learn: <ul style="list-style-type: none"> <li>• That pressure is both positive and negative</li> <li>• 4 practical tips to better coping mechanisms</li> <li>• 8 common practical <i>tips</i> for better mental health</li> </ul> 	<b>Learning Outcomes</b> By the end of the lesson, students will be able to: <ul style="list-style-type: none"> <li>• Define how some pressure is positive but too much is harmful.</li> <li>• Identify how planning can help cope better.</li> <li>• Analyse how life challenges can be beneficial</li> <li>• Differentiate between an event and the preceding anticipation.</li> <li>• Differentiate between the tension of external activities and internal decision-making thinking.</li> <li>• List personal challenging activities.</li> <li>• Apply how they could better prepare</li> <li>• Describe ways to promote good mental health.</li> </ul> 
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Activity	Description	Outcome
Are challenges a good thing?	Opening question	Test baseline assumptions
Perception picture/video	Students consider and comment on a picture that appears 3D.	Consider how our perception of the world can be wrong
Challenge box activity	Demonstration of how pressure can build up slowly over time.	Better planning and learning to delegate or reprioritise activities when dealing with life's events.
Pressure v Performance	How pressure and performance relate to each other. Fight, flight, fawn or freeze.	Students see that some pressure is good but too much is harmful.
Famous person & certificate	Examples of how facing challenges can lead to achievement	Students see how being motivated can help to succeed.
Balloons	Examples of how our thoughts can unintentionally increase a minor activity into a major problem	Students consider how a minor situation can be preceded by greater anticipation
Decision Process	Examination of where pressure comes from and the benefits of planning better	Students differentiate between external demands and internal responses.
Common Life Activities	Students choose which they find most/least difficult to face and explain why.	Students analyse and discuss how they could practically change to improve a situation.
8 tips for good mental health	8 practical suggestions on how to improve our mental health	Students to consider what changes they could implement to improve their mental health.