

Pathways: Grade 6 — Lesson 1

Curriculum Focus: Religion and Family Life

Learning Goal: Students will be able to identify family related stress and reflect on ways to manage that stress.

Curriculum Links B3.2 Identify some day to day stresses and tensions that all families experience. B3.3 Describe some strategies for managing day to day family stress.	Materials Blackboard/Whiteboard <i>All About Me</i> online planner. Access to computers. Chart paper and markers. Paper and writing utensil.
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Minds On (Classroom) **This lesson deals with families and stress, be cognizant of the fact that students may share information that is sensitive. Be sure to closely monitor student responses.

1. Engage the class in a discussion about stress. “What is stress?” (Answers will vary but anything that refers to pressure, nervousness, anxiety caused by external/internal influences is acceptable). Co-create a definition for stress with the students and write on the board.
2. Ask the class: “What are some positive strategies for coping with stress?” (exercise, communication, sleep, prayer, counselling, friends, etc.)
3. Have the students turn to the person beside them and discuss the following question: “What types of things cause stress for you and your family?” Provide 5 minutes to discuss. After 5 minutes, have each pair join with another pair. Provide each group of 4 with chart paper and a couple of markers. Explain to class that they will be working in their groups to create a mind map with the words ‘Family Stresses’ at the centre. Have the students come up with as many examples as they can for the causes of family stress and list them on their mind map.
4. Once students have completed the task have 2 members from each group post their chart paper on the board and share them with the class. Keep each chart paper posted on the board for students to use later.
5. Once all groups have shared, have the students return to their groups and do the following. Using all of the examples on the board, choose 1 cause of stress and discuss how a family might find a way to help cope with the chosen stressful situation.
6. Have each group share their example and their strategy with the class.
7. Once all groups have shared, have the students independently complete the following response: “Families face many stresses in their day to day lives. Some good ways to cope with stress are . . .”
8. Have students hand in their responses. These will be distributed back to students when they use the AAM Online Planner.

Action (Computer Lab)

Once you have arrived in the lab, distribute the reflections done in the Minds On section of the lesson.

1. Have students login to the *All About Me (AAM)* planner.
2. Click on 'Add Box'.
3. Click on 'Personal' and click continue.
4. Have students title the box 'Dealing with Stress'. This would go in the smaller, upper box.
5. In the lower, larger box have students enter their responses from the Mind's on portion of the lesson.

Consolidation (Suggested)

1. Teacher circulates to ensure students are on task and have followed instructions effectively.