

**Topic: Friend or foe – what is stress and how to deal with it?**

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## Lesson description:

In this lesson students will learn more about stress, stress reactions and ways of dealing with stress. Step by step the students will be prepared to create their own, simple, stress-management plan.

## Key objectives:

- learning about the sources of stress, how it makes us feel and how we can deal with it
- learning about what stresses teenagers and how they deal with it
- preparing a simple, personal stress-management plan

## Materials:

- Video lesson including the Gateway 2nd Edition Life skills video content (Level A2, Unit 1)
  - PowerPoint presentation
  - Student's worksheet
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## LESSON STAGES

### Lead-in

1. Ask your students to work in pairs or groups of four and to decide what three things they find the most difficult to do and what three things they like doing. Ask students to compare their lists.

Right before you play the video, tell the students that while watching the video they need to listen carefully and collect information because they will be asked to answer several questions referring to its content and do some extra task after the lesson.

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BEFORE



2. The students guess the topic of the lesson. They look at six pictures and are asked two questions: How do you think the people in the pictures feel? Do the people have anything in common?

**Answer:** The pictures show people in difficult situations (girls watching a horror film, a girl dealing with a difficult client, a boy having an argument with his mother, a woman skydiving, students taking a test) that cause some kind of stress

3. What makes you stressed? - the students watch the first part of the video and note which of the following reasons for stress do the speakers mention.

**Answers:** doing school work on time, going shopping with parents, taking care of younger sisters or brothers, having school and work at the same time.

4. How do you deal with stress? - the students watch the second part of the video and match the ways of dealing with stress with the speakers.

**Answers:**

- **Kieran** - plays the piano and the guitar, goes out and takes photos
- **Amelia** - relaxes by walking
- **George** - plays games, goes for a run or to a sports centre, speaks with friends

5. Wrap up – students do a simple true and false activity to revise what they already know about stress.

**Answers:**

1. Stress is always good for you. FALSE
2. Stress can't help to you survive in a dangerous situation. FALSE
3. When you feel stressed it's important to find time to do your favourite activities. TRUE
4. It can be difficult to sleep when you are stressed, but it's important to rest. TRUE
5. Stress can make it difficult for you to concentrate and learn. TRUE

6. The students are invited to prepare their own stress-management plan – see task 3 in the Student's worksheet.

DURING

AFTER

## Suggestions for follow-up activities or further practice:

1. Ask your students to download the student's worksheet and do the exercises. Let your students discuss their homework at the next lesson.