

# Stress & Mindfulness

## Class Lesson & Activity

6<sup>th</sup>-  
8<sup>th</sup>

### Grounding Techniques & Guided Breathing

- Grounding techniques are meant to help you feel “grounded” with the present moment
- Guided breathing is a similar coping strategy, in which another person “guides” you through a breathing exercise



### Stress & Mindfulness

Mindfulness is the quality or state of being conscious or aware of something. Learning how to be mindful can be essential in reducing and relieving stress

Benefits of Mindfulness

Health and the Brain

Stressors and Warning Signs

Grounding Techniques & Guided Breathing

Mindful Breathing

Positive Self-Talk

Self-Care

Emotional Awareness

Students learn about stress & mindfulness and practice techniques throughout a flip book



Kylie the Creative  
Social Worker



# Thorough intro to stress & mindfulness

## PowerPoint 2+ 30 min. sessions

### Grounding Techniques & Guided Breathing

- Grounding techniques are meant to help you feel “grounded” with the present moment
- Guided breathing is a similar coping strategy, in which another person “guides” you through a breathing exercise



16 slides, text  
editable

### Health and the Brain

- Cortisol is a stress hormone
- Released in response to fear or stress as part of the fight-flight-freeze mechanism

Fight

Flight

Freeze

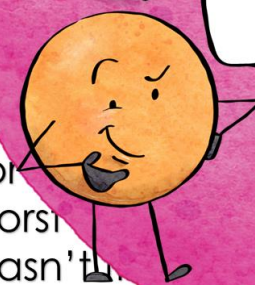
### Stressors & Warning Signs

- Just like any other feeling, your body may give you warning signs when you are feeling stressed
- It is important to pay attention to those signs to help you make changes or use strategies that could help



### Positive Self-Talk

- Self-talk
  - Telling
  - Be n
  - Refr
  - str
  - over
  - For
  - worst
  - wasn't
  - better
- In your flipbook, reframe the negative self-talk
- the  
today  
now will be



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# Guided notes for each slide

## Discussion:



What do stress and mindfulness mean to you and how do you think they are related?

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## Benefits of Mindfulness

- Decrease stress
- Improve sleep
- Improve attention and working memory
- Reduce anxiety
- Lower blood pressure
- Improve overall well-being
- Improve mental health



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## Mindful Breathing

- Mindful breathing is simply focusing your attention on your breath.
- Doing so can improve your focus and help you to be present in the moment



## Self-Care

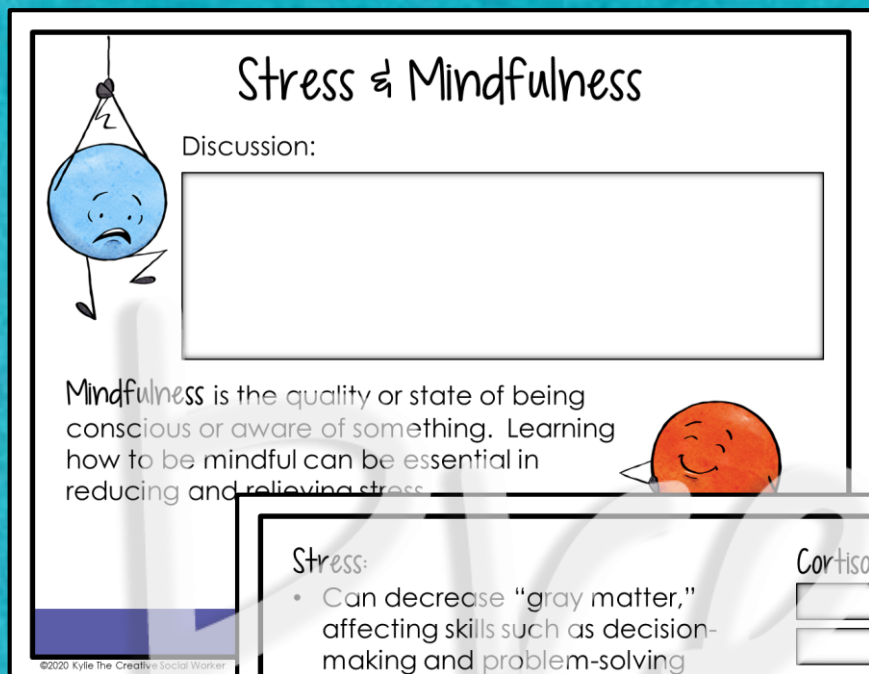
- Self-care includes caring for your body and can range from basic needs to activities and other things you enjoy
- Prevents stress and exhaustion and is a helpful strategy for reducing stress

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# Flip book to follow along with mini completion activities

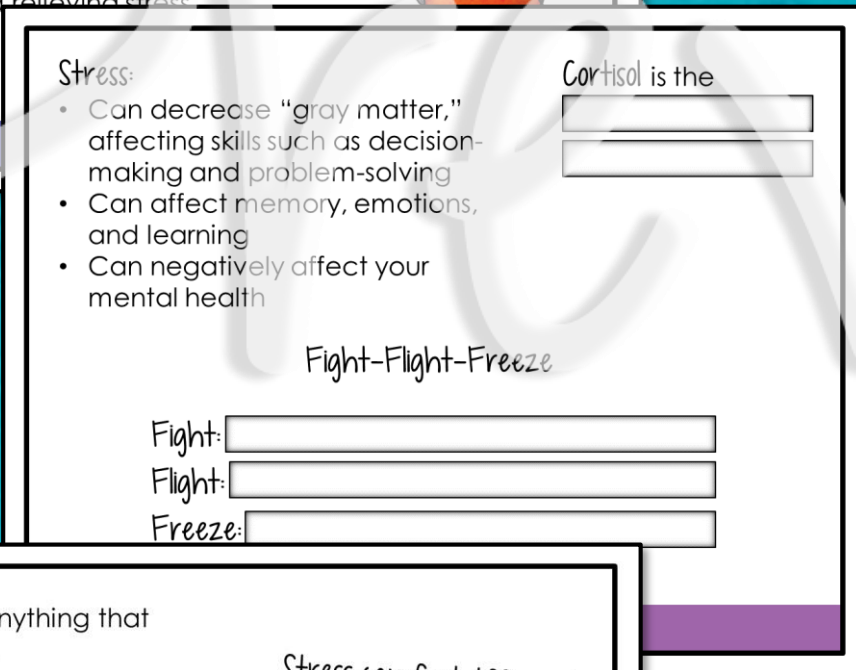


**Stress & Mindfulness**

Discussion:

Mindfulness is the quality or state of being conscious or aware of something. Learning how to be mindful can be essential in reducing and relieving stress.

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**Stress:**

- Can decrease "gray matter," affecting skills such as decision-making and problem-solving
- Can affect memory, emotions, and learning
- Can negatively affect your mental health

**Cortisol is the**

**Fight-Flight-Freeze**

Fight:

Flight:

Freeze:



A stressor is anything that causes stress.

My stressors include:

- 
- 
- 

Stress can feel different for different people. Check your warning signs ✓

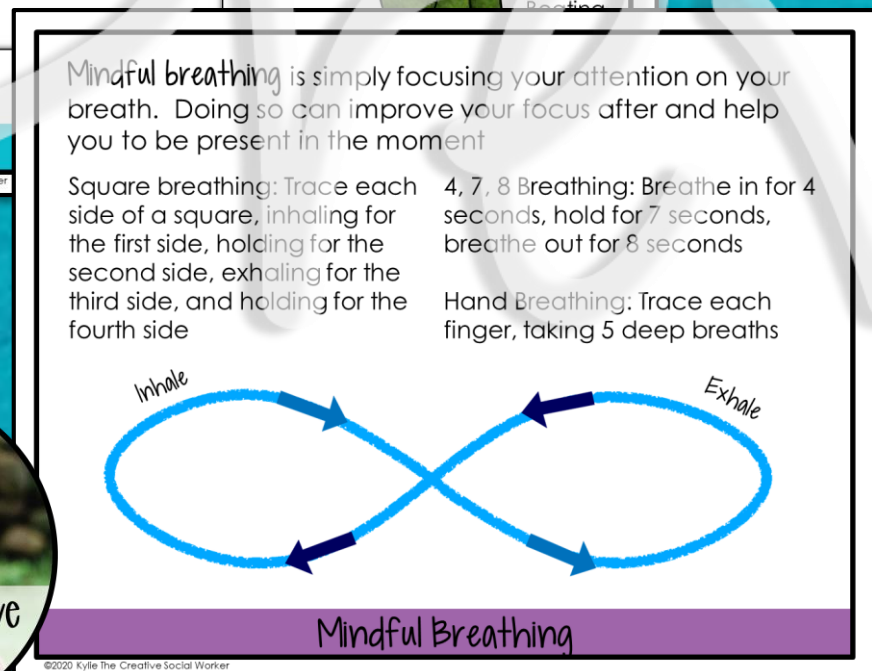


Racing Thoughts

Biting nails

Heart Racing

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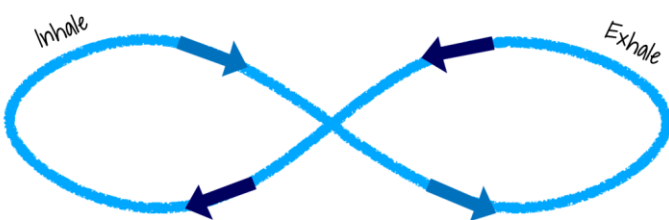


**Mindful breathing** is simply focusing your attention on your breath. Doing so can improve your focus after and help you to be present in the moment

**Square breathing:** Trace each side of a square, inhaling for the first side, holding for the second side, exhaling for the third side, and holding for the fourth side

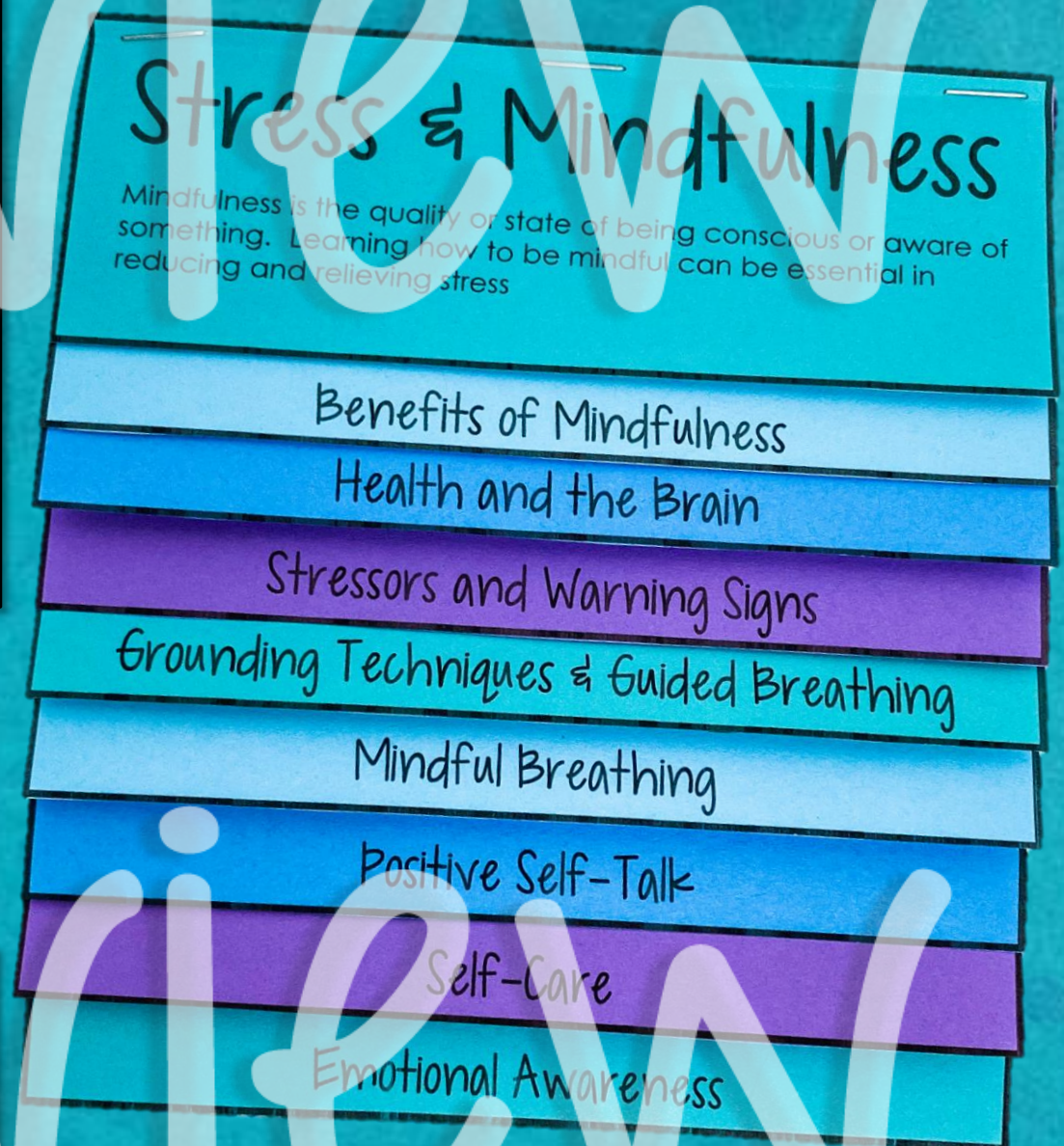
**4, 7, 8 Breathing:** Breathe in for 4 seconds, hold for 7 seconds, breathe out for 8 seconds

**Hand Breathing:** Trace each finger, taking 5 deep breaths



**Mindful Breathing**

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## Printable & digital

