

Body Awareness

5TH GRADE

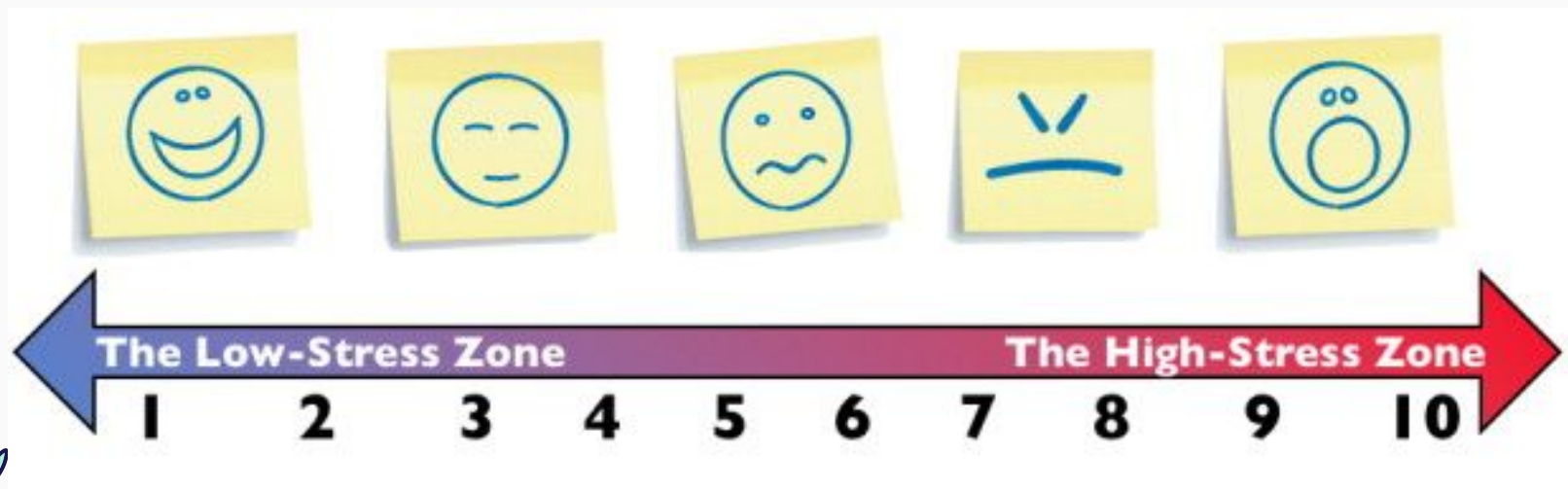
Good Stress vs. Bad Stress

5th Grade
Unit 1.3 - Neuroscience
Lesson 4



Class Connect

What is an activity that makes you feel lowest stress/highest stress?



Review



neuroscience

👏 neu·ro·sci·ence 👏

synonyms- brain science,
nervous system

antonyms - astronomy,
geology, mathematics

Today's Lesson

Body Awareness

Good Stress vs. Bad Stress

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Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- the body and mind's automatic reaction to a challenge, change, or demand
- the body's alarm system

stress



stress

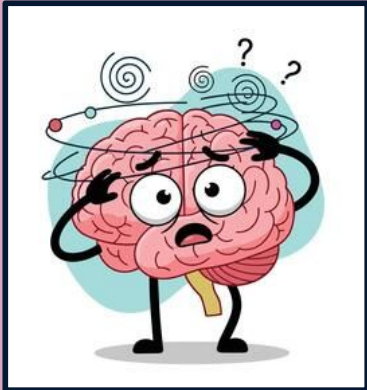


synonyms-
pressure, tension

antonyms-
relaxation, peace, calm

example

- nervous/excited for the big game or audition
- worried about a sick relative
- overwhelmed by too much school work



question

- Can stress be a **positive** thing? How and why?

non-example

- worry-free
- relaxing
- indifference, not caring one way or the other

Stress and Its Effect on the Body



Positive Stress (Eustress)

Source	Feelings	How it affects you
• Studying for a test • Auditioning for a talent show • Playing in the championship game	• Nervous • Excited • Anticipation	• Gives you energy • Motivates you • Builds resilience

Negative Stress (Distress)

Source	Feelings	How it affects you
● Feeling bullied ● Too much work to do with no break ● Sick family member	● Worried ● Anxious ● Overwhelmed	● Trouble sleeping ● Difficult to focus ● Less energy ● Nauseous

Why should we be aware of our stressors?

One builds you up, and one wears you down!

Being self-aware about the triggers for stress and how it affects you....

- Helps you know where your emotions come from
- Allows you to better understand how to manage those emotions
 - What coping strategies do you need?
- Helps you protect and take care of yourself!
 - How can you get rid of bad stress?

Activity Time

Can you identify which situations would fall under positive stress or negative stress?

Build body awareness! Put yourself in the shoes of someone in that situation. Would you feel stressed?

Name _____ Date _____

POSITIVE VS. NEGATIVE STRESS

Not all stress is bad stress! Some situations may motivate you, while others wear you down. The things that cause you stress may also be different from someone else. Can you determine if each situation would be positive or negative stress? Which situations stress you out?

Situation	Positive or Negative Stress? (P/N)	Would you feel stressed? (Yes/No)
Studying for a test		
Starting a new grade level		
Fights with friends		
Riding a roller coaster		
Being teased		
Trying out for a sport		
Having a sick loved one		
Not sleeping		
Making new friends		
Losing your homework		

Guardian Extension



- Explore what some sources of stress may be for your student and ways you can work together to help manage those feelings!

Teacher Extension



- Testing can be a big source of stress in the school setting! Review some strategies together for reducing test anxiety!

THANKS!

1 + 3



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