Stress Management

Performance Assessment: As a peer coach, you will design two scenarios and create a goal setting plan. Your scenario will be focused around primal emotions that trigger distress with a parent/teacher/peer (e.g. fear, embarrassment, anger). You will address the question: Who/What/Where/When of a stressful situation (e.g. fear/embarrassment and anger) you have experienced with a teacher, a parent and/or a peer, etc.? so students can make connections to everyday stressors in their life.

As a small group, you will perform a role play which guides a fellow student through an unexpected stressful situation. You will perform an impromptu role play to a scenario in which, you will demonstrate positive coping strategies (e.g. breathing and positive self-talk) to help one improve his/her overall sense of wellbeing and positive health. (http://www.parentcoachplan.com/role_playing.php#.Va-3GeKUzGc, Role play scenario examples)