



Stress Management- Mandalas


Self-Management, Module 2



AGENDA




1. Brainstorm different healthy ways we currently use to relax.



2. Discuss what stress is and positive and negative examples.



3. Independently decorate a mandala.



4. Reflect: Did you find the process of decorating your mandala relaxing and calming? Do you think this is a strategy you might use again in the future?





BRAINSTORM



What healthy ways do you use to relax when you're stressed out?



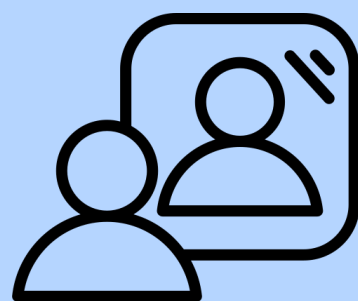


DISCUSS



What are some examples of stress that you've been dealing with lately?





DIVE IN



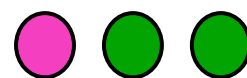
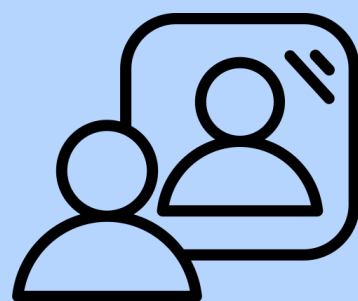
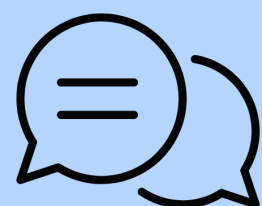
Stress can be both a positive and a negative experience. Why do you think you feel instances of stress?

Positive examples

Taking the shot and not knowing if you will make the game-winning point or preparing to go on stage for the opening night of a big drama performance.

Negative examples

Having a conversation with your parents about doing something that they might not approve of, or preparing for a big test.



ACTIVITY

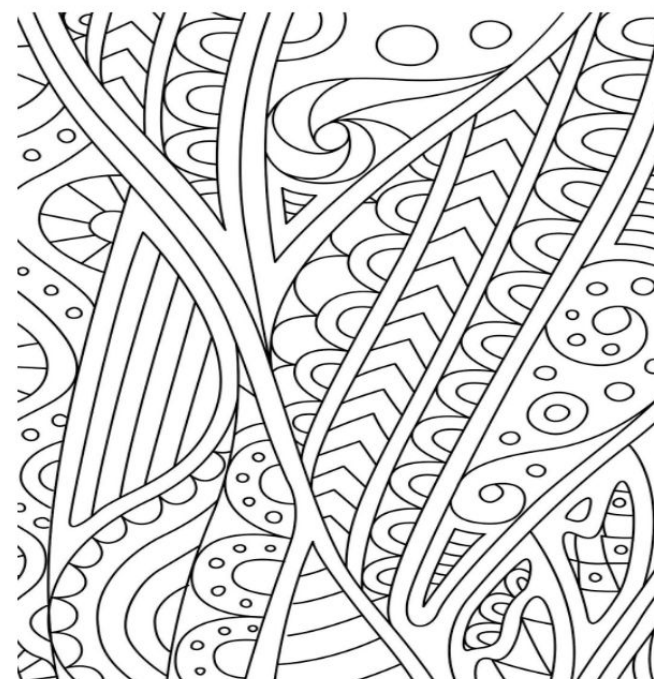


Too much negative stress can be bad for you and can cause physical and emotional problems. Fortunately, there are strategies that we can use to help manage stress such as making a mandala.



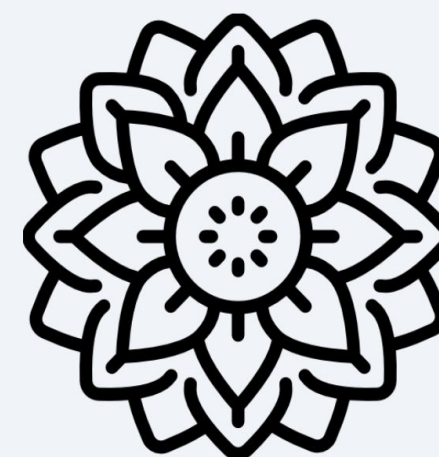
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Stress Management: Mandalas

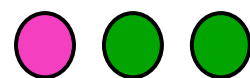
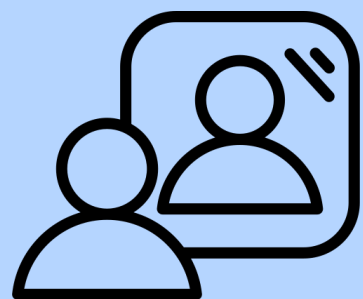
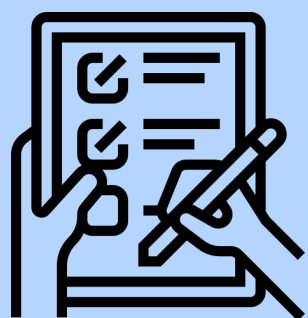


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A **mandala** is a patterned symbol which you can decorate to help you calm down and de-stress. Sometimes, people use mandalas as a way to meditate. The beauty of the mandala is in the simplicity of the shapes and the freedom you have to customize it however you want. Perhaps you'll use certain colors that signify something to you, or that make you feel calm and relaxed. Or, you may choose to add more shapes or patterns. The choice is all yours!



REFLECT



Did you find the process of decorating your mandala relaxing and calming?
Do you think this is a strategy you might use again in the future?



Extend & Enrich

Everyone has different ways of relaxing when they're stressed. Challenge your students to find their favorite healthy ways to de-stress and share them with the class. Possible examples include: Yoga, creating zentangles, practicing mindfulness, meditation, and exercising.



Home Connection



Home Connection

Stress Management

Dear _____,

Today in class, we learned about stress and how to manage it by decorating a mandala, a patterned symbol.

Please encourage your student to share their mandala with family members. Help them pick another relaxing strategy and practice using it at home to de-stress.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your favorite healthy ways to de-stress. What works best for you? Are there any unhealthy strategies that you'd like to replace?





Further Study

- Learn how to make a zentangle:
<https://zentangle.com/pages/learn>
- Yoga for Teens by Teens:
<https://wanderlust.com/yoga-for-teens/>
- Free Headspace access for teachers to build mindfulness practices:
<https://www.headspace.com/educators>





Lesson Complete!

