



Rio Grande Educational Collaborative Before and After School Program Lesson Plan

TITLE OF LESSON: Juggling Stress

DATE: _____

SITE NAME: _____

CLASS SIZE: _____

NAME(S) OF INSTRUCTOR: _____

DURATION OF LESSON: _____

CREDIT (website used/name of author): Phoebe De Villez

COMMON CORE STANDARDS: CCSS.ELA-LITERACY.SL.1, CCSS.ELA-LITERACY.SL..1.A

K-4 Benchmark 1: identify/describe/understand the relationships between personal health behaviors and individual well-being

LEARNING OBJECTIVES:

Students will understand the following:

- Students will be able to learn about teamwork, self reflection and self help.

ACTIVITY:

Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

1. Ask students if they ever feel stressed and if so ask them what usually stresses them out.
2. Write these stresses down on the balloons with a marker.
3. The students will then take turns coming to the center of the room. Have each student try to juggle the 5 balloons at the same time.
4. Let the students know that if they can't juggle all 5 balloons and need help that they can ask for help.
5. Explain to the students that juggling so many things by themselves can be hard and more stressful and asking for help is okay and everyone needs help sometimes
6. Explain that we are all here to help each other and we shouldn't have to do everything on our own.

MATERIALS:

The following materials or equipment needed for this lesson:

(Include special equipment request)

- Balloons
- Markers

SIGNATURE: _____ **DATE:** _____

SITE SUPERVISOR'S SIGNATURE: _____ **DATE:** _____

INSTRUCTOR'S REFLECTION:

Reflection on the lesson given:

1. How many students participated in the lesson given? _____
2. Name(s) of instructors participated. _____
3. How long did your lesson take? (Amount of time) _____
4. How did the students feel about the lesson? _____
5. Did the students like the lesson? _____
6. What part of the lesson did the students like? _____

7. What part of the lesson did the students not like? _____

8. Were the students interested in the topic of the lesson? _____
9. Was the content of the lesson difficult for the students? _____
10. What could you have changed to make the lesson interesting? _____

11. Did you have any trouble getting your lesson together? (Idea & Materials) _____

12. How do you rate your lesson? (1-10) Why? _____

SITE SUPERVISOR'S REFLECTION:

Reflection on the instructor's lesson:

1. How many students participated in lesson? _____
2. How many instructors participated in lesson? _____
3. Did the students enjoy the lesson? _____
4. What part did the students enjoy? _____

5. What part did the students NOT enjoy? _____

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____

