

Voki Lesson Plan



Class Title: Health

Lesson Title: Coping with Stress

Grade Level: High School

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Description: Students explore the issue of stress in school and daily life to understand that it is an issue many people have to cope with. Students make lists of things they have to do during the week and organize them in a way to try and reduce stress. The class discusses different ways to cope with stress and decrease it in daily life. The teacher will lead the students in a meditative yoga practice at the end of the lesson. Students will create a Voki that talks about how they plan to deal with stress in the future.

Objectives:

Students will:

1. Understand the components of stress.
2. Organize their tasks and activities to create a less stressful week.
3. Learn about different techniques to cope with and reduce stress.

Materials:

1. Paper and Pen
2. A computer for each student
3. Voki.com or Voki Classroom (example:
<http://www.voki.com/pickup.php?scid=5210945&height=400&width=300>)

Class Duration: 2 Days

Activities:

DAY 1

1. Teacher asks students if they ever feel stressed and when they feel stress the most. Students take turns answering in an open discussion format.
2. Teacher asks students to describe what causes stress in their lives.
3. Teacher asks students to write down a list of things that they have to do during the week.
4. Teacher tells students to organize the list in a schedule using dates and times.
5. Teacher and students talk about the importance of time management in order to help reduce stress.
6. Teacher asks students what things they do to relax and de-stress.

7. Students take turns sharing their information. Teacher should point out that sometimes, people do things they think will help them cope with stress but in reality, certain things may just cause someone to delay dealing with stress.
8. Class brainstorms techniques for coping with and reducing stress; teacher writes ideas on the board for all to see. Some examples are as follows:
 - a. Do yoga and meditate.
 - b. Follow a schedule and take breaks.
 - c. Go outside for a walk.
 - d. Play music.
 - e. Make art.
 - f. Read a book.
 - g. Go to a happy or funny movie.
9. Teacher then tells students that they are going to do a short yoga and meditation practice. Teacher can use the internet to instruct or guide students in meditation. Various resources are available online such as <http://yogainmyschool.com/2010/02/09/four-ways-to-help-your-kids-become-stress-free/>
10. Afterwards, the teacher asks students to go home and try a new technique for reducing stress. They will be asked about it in the following class.

DAY 2

12. Students create a Voki that describes the technique they used to cope with stress and how it worked.
13. Was it effective? Would they recommend it to someone else? What would they do differently?
14. Students share their Vokis and discuss what they want to try next.
15. If the class uses Voki Classroom, students can turn in their Voki for approval.