Welcome to SOC102

The goal of this course is to provide tools and techniques to manage the inevitable stresses in children’s lives, to help children so that they may be more resilient, and ultimately to create a more positive atmosphere in the classroom. Teachers may benefit personally by using these techniques throughout the day to manage their own stress.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Recognize various sources of stress
- Distinguish between the different types of stress
- Recognize symptoms of stress and anxiety
- Identify techniques teachers can use to help with stress
- Identify ten strengths to build resiliency in children
- Identify anti−stress activities that help children cope with stress
- Understand the steps to conflict resolution
- Recognize key elements of the temporal and physical environment that build self−esteem in children

References:


Other Resources:


Introduction to Stress

What is the definition of stress?

List common sources of stress:

List and describe the 3 different types of stress:

Symptoms of Stress

List 10 different symptoms of stress:

Anxiety Disorder

Define anxiety:

List and describe the three ingredients of whether a child develops an anxiety disorder:
What Can Teachers Do?

What can you do as a teacher to manage the stress of children in your classroom?

Supporting Children who Experience High Levels of Stress

What can teachers do in each of the following areas to help relieve stress in children?

Quiet time and personal objects:

Noise and music:

Physical activity and outdoor play:

Choices:

Creative expression:

Calming activities:

Routines:

Rest and nutrition:

Professional help:
**Tips for Working with Parents**

What can you do to work with parents to address their child’s stress?

**Community Values**

List the 10 strengths to building resiliency in children:

**Anti-Stress Techniques and Activities**

List the steps for Conflict Resolution:

How does the environment contribute to children’s learning?
Checklist for a Stress-Free Environment:

**Classroom Activities and Learning Experiences**

List activity ideas that can be implemented in the classroom to relieve stress:
SOC102 Activities

Below you will find the Try This! slides from the course. Keep these resources handy to help you implement new activities in your classroom.

Try This!

Share some of the excellent children's books featuring characters who learn to cope with stressful situations, including:

- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst
- *Tear Soup* by Pat Schweibert, Chuck DeKlyen, and Taylor Bills
- *Dinosaurs Divorce* by Marc Brown and Laurene Krasny Brown

Try This!

Teach children to use the following simple steps for conflict resolution. Enact a role-play with make-believe conflicts in order to practice using these steps.

1. Look at the other child and state the child’s name. This will promote listening.
2. Give an "I" message, such as “I feel sad when you don’t share.”
3. Tell the other child what you want: “Let’s share the truck.”

Try This!

Ask the children to get into a position that is comfortable, either sitting or lying down. Say the following words as you help children relax:

*Now, close your eyes and relax in this position. Breathe normally. Pay attention to how your body feels. Feel the breath go in and out, in and out, in and out....*

*Notice how you draw your breath in. This is called inhalation. With each breath you receive oxygen and energy.*

*Notice how you breathe out. This is called your exhalation. Each exhalation is your release, a letting go. Feel the tension leave your body as your exhale.*
Try This!

4–2–4 Breathing
This breathing technique is very easy to master and offers a number of benefits, like keeping our nervous system healthy and calming the emotions.

Have children sit on the floor with legs crossed. Ask them to keep their backs straight. Have them imagine a string pulling up from the top of their head, straightening their spine. Tell them to use deep, slow breathing.

As children are sitting on the floor, breathing deeply, say:

- *Close your mouth and slowly breathe in for a count of four.* Feel your chest lift as you inhale. (You can count out loud for them.)
- *Hold your breath for a count of two.* Keep your shoulders relaxed rather than letting them rise up toward your neck.
- *Place the tip of your tongue on the roof of your mouth right behind your teeth.* (You may want to practice this before this exercise.) *Breathe out of your mouth for a count of four.*
- *Feel the chest fall and return to a resting state.* This completes one breathing cycle.
- Repeat the 4–2–4 breathing pattern in smooth flowing cycles.
- You can also vary the length of inhales, holds, and exhales (e.g., 4-1-4, 5-2-5, or 4-4-4).

Holding the breath increases the utilization of oxygen in the body system. Ultimately, the children and you will be more relaxed.

Try This!

Modified Child Pose
This posture helps to stretch out the muscles along the spine and lengthen it:

- Have the children sit on a chair with their spine straight and the crown of their head pressed upward, feet separated slightly and planted firmly on the floor. Tell them to look straight ahead and let their arms hang at their sides, palms in.
- Tell them to inhale deeply and on the exhalation, slowly lower their chest to their thighs. Next they can let their head and neck hang forward over their knees and let their hands drop to the floor, like a rag doll.
- Ask them to stay in this position, breathing deeply. Their chest will sink further to their thighs with every exhalation.
- When the stretch feels complete, have them inhale then slowly come back to a seated position as they exhale. Encourage them to stay in this position for a few moments before moving on.