Activity: Dealing with Stress

Themes: Health and Wellbeing

1. As a class, view the clip, *Sacrifices*, where Sammy is forced to make an important decision. This decision will inevitably upset either his father, or himself, and creates so much stress that Sammy becomes physically ill. Stress is felt physically and mentally and can be managed in a number of ways.

2. Ask the students to brainstorm stressful situations they have experienced. As a class, discuss possible strategies to counteract or diffuse the stress. Ask students to respond to the following questions:

   a. How can stressful situations be managed?

   b. What are some everyday things that people can do to manage stress and the pressures of life?

   c. Explain how food can have an impact on the way our body manages stress?

3. Choose three stressful situations and have students create a slogan suggesting a solution.

4. As a class, vote for the slogan most likely to succeed. Discuss with students their ideas about what makes a slogan succeed.

5. In groups, ask students to complete **Student Activity Sheet E5.5: Design a Campaign** as a template to design a campaign around their slogan, offering support for people in a particular stressful situation.

6. Invite students to present their campaign to a "panel of experts". The experts might include other teachers, students, psychologist, social worker, medical practitioner.

Download

- Student Activity Sheet: 5.5 Design a Campaign

Useful resources

- [Ausdance Factsheet 6, How Dancers Avoid Burnout](#)
- [Ausdance Factsheet 13, Safe Spaces for Dance](#)
- [Ausdance Factsheet 7, Safe Dance Floors](#)
- [Headspace – Is it just me?](#)
- [Beyond Blue – The Facts](#)
- [10 tips for coping with stress and anxiety](#)
- [ABC TV Gruen Planet – The Pitch](#) (**Warning:** The Gruen Planet is rated PG. Some material on the website may contain coarse language and is recommended for mature audiences. Teachers are advised to preview The Pitch video clips to ensure content is age appropriate for your class.)

Student Activity Sheet: E5.5 **Episode:** Real Men Don't Dance
Activity: Dealing with Stress **Clip:** Sacrifices

Design a Campaign