



School District of Horicon

Course Outline

Learning Targets

Stress Management

UNIT 1: Introduction to Stress

- Students will be able to define and explain the difference between Eustress & Distress.
- Students will be able to demonstrate the understanding of the Fight, Fright, or Freeze Response.
- Students will be able to identify how a person's mind and body react to stress.
- Students will be able to identify effects of acute & chronic stress on the body.
- Students will be able to analyze their own life stressors.
- Students will demonstrate the understanding of the importance of stress management.

UNIT 2: The Brain

- Students will be able to identify the different parts of the brain.
- Students will be able to explain functions of the different parts of the brain.
- Students will be able to identify and explain the different stress hormones.
- Students will be able to analyze the effects of stress on the Brain.

UNIT 3: Emotions

- Students will be able to identify the basic emotions.
- Students will be able to identify emotions of other people through facial expressions and body language
- Students will be able to explain why someone loses control of their emotions
- Students will be able to demonstrate emotional regulation techniques
- Students will be able to connect emotions to stress level and control.

UNIT 4: Self Awareness

- Students will be able to define 'self-awareness'
- Students will be able to explain the importance of 'self awareness' and 'emotional regulation' in regards to stress management.
- Students will be able to identify emotions within themselves
- Students will analyze their current awareness.
- Students will compare growth vs. fixed mindset.
- Students will reflect on current and future goals.

UNIT 5: Mindfulness

- Students will be able to define Mindfulness
- Students will be able to identify different types of mindfulness
- Students will be able to analyze the importance and benefits of mindfulness
- Students will demonstrate mindfulness

UNIT 6 (ongoing): Resilience

- Students will be able to organize & prioritize a daily/weekly schedule.
- Students will analyze time-management and how it relates to stress.
- Students will be able to analyze their own stress level.
- Students will be able demonstrate and analyze the effects of a variety of stress relievers
- Students will analyze current research relating to stress

Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.