

*Week 3, July 25th, 2020*  
*9-10 Year old Campers*  
*River Hayes and Lindsay Shi*  
*Lesson Plan 3*

Introduction

- Welcome and reminder about point system
  - Show [points](#)
- Ask about everyone's plants for those who planted them
- Exercise: [exercise wheel](#) (River)
- Mindfulness drawing activity (Lindsay) (3-5 min) [remind to bring a pencil and paper]
- Recipe: banana and almond butter ice cream (watch Asanya's [video](#)) ← Asanya will remake video before Saturday

Part 1 (River)

- Lindsay and River will act out stressful situation (parent being mad at child for not cleaning room)
  - If you were in this situation, how would it make you feel?
- What is stress?
  - Is stress good or bad?
    - What are good types of stress and what are bad types?
  - Good type examples
    - Roller coaster
    - Scary movie
    - Watching sports
    - Motivation to do a task
  - Bad type examples
    - Having too much to do, etc.
  - What can stress do to your body?
    - Can lead to disease, heart issues
    - Can harm memory
    - Can cause physical pain
- What stresses you out?
  - Everyone brainstorms things that stress them out and we write them on the [slide](#)
- Acting exercise
  - Everyone will choose one stressful situation, either from the slide or a new one, and act it out — everyone else will have to guess what it is. (For points!)
    - If you don't want to act it out, you can draw it!
- How do we identify stress?
  - In order to destress, we need to know how to identify when we're stressed!

- Let's name some signs of stress. This can be an emotion that you feel, a way that you act, or a reaction that happens to your body. (Write on [slide](#))
  - After you say your sign of stress, pick someone else who hasn't gone yet to say something next
  - I'll start: when I'm stressed, my face gets hot and my cheeks get really red (call on someone else)
- 1 minute stretch/water break
- And now we're going to go to Lindsay, who's going to talk about how to destress!

#### Part 2 (Lindsay): create a whiteboard

- Exercise
  - As we did at the beginning of class
  - Introducing a few poses: child pose, downward dog, tree, mountain pose
- Listen to calming music
  - Play music for 2min
  - <https://www.youtube.com/watch?v=rBF35invXZc>
- Meditation and taking deep breaths
  - Lindsay led "Rose and Candle"
- Take breaks and relax
- Spend quality time with your family and friends
- Sleep well
- Eat well
- Dream and visualize
- Think about the present
- Let out by doing your hobbies: art (drawing, playing music)

#### Review

- Ask them to name things from each slide category without looking
- For points!

#### Ending

- Ask them to come back next week with a story of a stressful situation and how they dealt with it