

## PRESSURE PERSON

- Focus** To increase awareness of internal and external reactions to stress.
- Group Size** Entire class
- Time Required** Two, 15 minute sessions
- Materials** Overhead or Chalkboard  
Pen or Pencil  
Student Handout: Pressure Person
- Setting** Standard classroom
- Process** **Prior to Class**  
On an overhead transparency or chalkboard, complete your own personal answers to the Pressure Person handout to share with the class.

### **Session 1: (15 Minutes)**

1. Distribute student handout, Pressure Person. Share your own answers to the Pressure Person handout with the class to model the activity. Ask students to complete the Pressure Person handout using the following guidelines:
  - a. In the bubbles above Pressure Person, list all the people, events, jobs, chores, things, etc. in your life.
  - b. Inside of Pressure Person, write down how your body reacts to stress internally (i.e.-tight chest, headaches, colds, fatigue, etc.)
  - c. Outside of Pressure Person, write down how your body reacts to stress externally (i.e.-yelling, quietness, crying, sleeping, etc.)
  - d. In the bubbles below Pressure Person, list all the people, events, jobs, chores, things, etc. that are usually the first to be dropped when you are under stress.

### **Session 2: (15 Minutes)**

Have students share their answers to the Pressure Person handout through a class discussion.

- What are some ways you deal with stress?
- What are some favorite “presents” you like to give yourself when you know you have been under stress?
- What are some ways you can limit the negative stress in your life?
- When is stress a positive force in your life?
- When is stress a negative force in your life?
- What healthy choices can you make when under a lot of stress?

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