



## Lesson Plan 2 A SPOT OF STRESS

		Learning Styles	Timings	Resources Available from <a href="http://www.clearasil.co.uk/schools">www.clearasil.co.uk/schools</a>
<b>Starter</b>	Introduce the learning objectives. Whole class discussion both student and teacher led.	KAV	5 Mins	
<b>Episode 1: Whole class activity</b>	Thought shower on the key words using either the IWB or on sheets in groups.			<ul style="list-style-type: none"> <li>IWB and Lesson Plan Support Presentation* – <i>A Spot of Stress</i></li> <li>OR</li> <li>Whiteboard and blank sheets of paper*</li> </ul>
<b>Episode 2: Individual activity</b>	Students write out the stress they feel they have gone through and hand in. Read out students' stresses, demonstrating to the students that they are not alone and that student stresses during exam time will often be very similar.			<ul style="list-style-type: none"> <li>Blank sheets of paper for each student</li> </ul>
<b>Episode 3: How do you revise/ Understand yourself</b>	Show examples of the ways students might revise on the IWB or by using Student Handout – <i>A Spot of Stress</i> .			<ul style="list-style-type: none"> <li>IWB and Lesson Plan Support Presentation – <i>A Spot of Stress</i></li> <li>OR</li> <li>Student Handout – <i>A Spot of Stress</i></li> </ul>
<b>Episode 4: How to manage your stress</b>	Show examples on the IWB.			<ul style="list-style-type: none"> <li>IWB and Lesson Plan Support Presentation – <i>A Spot of Stress</i></li> <li>OR</li> <li>Student Handout – <i>A Spot of Stress</i></li> </ul>
<b>Episode 5: Learn to your strengths and manage your time</b>	Student led thought shower on the IWB as to what they think their strengths are. Next show the 3 main learning types.			<ul style="list-style-type: none"> <li>IWB and Lesson Plan Support Presentation – <i>A Spot of Stress</i></li> <li>OR</li> <li>Student Handout – <i>A Spot of Stress</i></li> </ul>
<b>Teacher led discussion Skin facts and the effects of cleansing</b>	Discuss skin facts and the effects of cleansing using prompts from the IWB or Skin Facts Sheet.			<ul style="list-style-type: none"> <li>Fact Sheet – Skin Facts</li> </ul>
<b>Plenary</b>	Five things learned.			
<b>Evaluation</b>				

**Subject:** PSHEE

**Year:** \_\_\_\_\_

**Key Stage:** 3 and 4/Secondary S1 – S4  
Male and Female

**Grouping:** Mixed ability

**Learning Objectives:**

- Understand stress and its effects on you!
- Understand how to manage stress
- Understand how to manage your time and revise to your strengths

**Key Words:** Revise, Stress time, Effective, Positive thinking, Thought showers, Visual, Auditory, Kinaesthetic.

**Resources:** IWB, Lesson Plan Support Presentation and Student Handout – *A Spot of Stress* with *Clearasil StayClear Skin Perfecting Wash sample*, Student Task and Fact Sheets.  
Available from [www.clearasil.co.uk/schools](http://www.clearasil.co.uk/schools)

**Role of Supporting Staff:** To support those students who need help with text written on the board and with those who feel uncomfortable with topic. All groups to be mixed ability so that students can all work successfully as a unit and less able students are not isolated; also students of similar ethnic and religious persuasions are intermixed in group settings.

\* can be used to support all episodes of the lesson.

**Curriculum links for PSHEE**

**England:** KS 3 1.1 b,c 1.2 a,b,c 1.3 b,c 1.4 a,c 1.5 a,b 2.1 d,e,f 2.2 a,b,d,f 2.3 a,b,c,d,e 3 b,c,d,f,i,j,l,n 4 d,e,f,g,h **KS 4** 1.1 a,b,c 1.2 a,b,c 1.3 b,c 1.4 a,b,c 1.5 a,b 2.1 a,b,c,d,e 2.2 a,b,d,e 2.3 a,b,c,d,e 3 b,c,d,e,g,j 4 a,b,c,d,e,f,g,h,i