

Lesson plan - stress

Lesson title: Stress Subject: Health and social care	
Lesson objective: for students to be aware of the effects of stress on a person's health and wellbeing	
Number of students:	Time:
Assumed previous knowledge: Be aware of definitions of health and wellbeing and positive/negative factors affecting health.	
Starter: Students are seated in class. Show the PowerPoint 'Stress'. Students need to stand up and say snap when they think the event shown would make them snap, lose it or get annoyed. (5 minutes)	
Main: Draw a diagram on the board that shows who would snap when – what does this show? Are some people more patient than others, are some affected by every day events. (7 minutes) Hand out the case study called Hubert. In pairs students underline the events that they think are stressful. Students can write the main points on the board, or if you have access to an interactive whiteboard could underline main points and explain to class. (10 minutes) Ask students if they think Hubert is stressed. What physical symptoms do they think he could have and what emotional or psychological symptoms could he show. These could be written on the board. (Symptoms such as lack of sleep, bad diet, depression, high blood pressure, pupils dilate, heart beat quickens.) Ask if students can see how factors are linked together and if their client has one of these factors how it could be linked to another one. (20 minutes) Hand out diagram of the body and ask students to show how stress affects the individual using the ideas from the discussion.	
Plenary: How will the information be useful for next part of portfolio work? (5 minutes)	