

Classroom Activities for Secondary Teachers

These stress management lessons were created by Health and Physical Education interns at Western Carolina University with support from faculty. They have been presented at both NC SHAPE and SHAPE America National Convention.

Breathing Exercises

Cleaning Out

Cognitive Distortions

Communication Skills

Gratitude

Medication

Music

Natural Breathing

Physical Touch

Positive Self-Talk

Random Acts of Kindness

Reframing

Relaxation

Sleep

Time Management