THE LUNCH BAG

'Empowered, Educated Eating'

Coping strategies

Lesson: Finding coping strategies to deal with difficult times.

Date: As used

Time: As used

Class: 1st and 2nd Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'What makes you happy?' resource as the introduction to the lesson, use the 'Coping strategies' video as the lesson, use the 'Let's put it into practice' resource as the assessment for this lesson, and the 'Box breathing technique' resource as the activity sheet for the lesson.

Learning Objectives

1. Begin to develop strategies to deal with any worries or difficulties that he or she may encounter (Disappointments, bullying or peer pressure).
2. Understand and appreciate what it means to be healthy and to have a balanced lifestyle with regards having a positive outlook.
3. Realise the importance of caring for and having respect for themselves.

Introduction/Stimulus

The 'What makes you happy?' resource is used to introduce the lesson. This introduction allows for students to be at ease at the beginning of the lesson but also allows them time to think about their current coping strategies prior to getting into the other strategies explained in this lesson.

Development

- The lesson is introduced by stating the fact that no matter what issue may arise, there is **ALWAYS** a way to deal with it. The rest of the lesson is then spent on exploring in more detail, the different techniques to deal with the issues.
- Getting your thoughts on a page is the first technique explored for students. The reasoning behind using this technique is to get thoughts out of their heads and

down on to a page. This helps to avoid overthinking and instead allows you to make sense logically of issues. The idea of thinking about two things that students are thankful for is also explained to students to encourage them to think positively and not just about their worries.

- The next coping technique is to speak to somebody about any worries or fears they may have. The different options for students to talk to are highlighted - varying from parents, to family members, to teachers or friends.
- Box breathing is next explained to students. The reasoning behind using this technique is so as to centre their thoughts on controlling their breathing rather than focusing on their worries or fears. This is one of the most important techniques to reduce stress and anxiety for students as science shows it can help to reduce cortisol (stress hormone) levels in the blood.
- Lastly, the importance of doing something you enjoy is explained to students. Its importance is highlighted with regard to its role in reducing stress, improving mood and helping to make friends all being explained to students.

Conclusion

The lesson is concluded with the 'Let's put it into practice' resource and the 'Box breathing technique' resource. The 'Let's put it into practice' resource acts as a call to action for students to think about people they can trust with private information and to build a worries box to deal with any worries they may have. The 'Box Breathing Technique' exercise allows for a nice, relaxing way to finish the lesson.

Assessment	The 'Let's put it into practice' resource allows for the students to recap on two of the learnings of the lesson which are journaling things that you are both happy and sad about. This allows for the further consolidation of the learnings.
Linkage/Integration	**Linkage:** - **Developing Self-Confidence;** Having the ability to ask for help when it's needed. - Becoming more confident in coping with change and situations that are unfamiliar. - **Self-awareness;** Begin to recognise and discuss individual personality traits. **Integration:** - **Personal Care;** the use of meditation and journaling are both integrated into this lesson to improve students understanding around personal care. - **Listing;** With the use of the 'Let's put it into practice' resource, this allows for the integration of listing into this SPHE resource.