



“The Future Begins Today”

Project KA229 2018-1-PL01-KA229-050749

Workshop Plan

LENGTH OF TIME: 90 min.

TOPIC: Ways to deal with stress

OBJECTIVES:

The student is able to:

- express own emotions
- read the emotions of others,
- find a solution and the right emotions to deal with stress

TEACHING METHODS AND STRATEGIES:

- exercise,
- pantomime elements,
- brainstorming

RULES FOR TEACHING

- triggering creativity, initiatives
- building the sense of achievement in student

ASSIGNMENTS:

- individual work
- work in pairs,
- work in the small groups

MATERIALS NEEDED:

- paper sheets, pens

PROCEDURE:

1. Integration exercises:

- one person sends positive energy towards the selected person, he / she gives it to the next person, etc.
- we add our name to the exercise,
- modification - we throw a virtual object (pantomimic exercise)

2. Playing emotions: joy, sadness, anger, fear

3. Entering the rooms with feelings, playing emotions.

4. Creating a statue of feelings.

5. Building short scenes that depict feelings.

6. Showing and guessing emotions and feelings.

7. Brainstorming - what kind of stressful situations can a teacher meet at school and at home?

Difficult situations, e.g.

- reminder by the director
- aggressive student at the lesson
- family quarrel
- visitor at the lesson
- student addicted to a mobile phone
- indifference of others to your problems, loneliness
- child's illness

8. Division into groups. Ideas for relieving stress in the above situations, finding a solution. From negative feelings - to happiness.

9. Presentation of etudes.

10. Summary.

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