

**Name/Title:** Stress Hot Potato

**Purpose of Event:** The purpose of this activity is to help students understand and identify what causes stress in their lives, and recognize that their peers go through similar events.

**Suggested Grade Level:** 3-5

**Materials Needed:** Radio, appropriate cd, several different size playground balls.

### Description of Idea

First a brief description of stress is given to the class with an emphasis on distress and eustress. Be sure to describe the differences and give examples of both. Next a description of the emotional and physiological changes a body goes through in preparation for the fight or flight reaction. After the students have an understanding of stress, you are going to start the stress hot potato activity. Have the students get into groups of 4 or 5 standing in a circle formation. Explain that the students are going to pass the small playground ball around when the music starts. When the music stops the student with the ball is going to describe a daily or small stressor to his or her group. Then start the music again. After several rounds move up to a larger size ball. This will represent a large stressor in his/her life. After several rounds call the students together and discuss the stresses that affect their lives and how the students go through similar events in their lives.

### **Assessment Ideas:**

#### Quiz on Stress

1. What are the two types of stress (Fill in the blanks).

\_\_\_\_\_ and \_\_\_\_\_

2. True or False: A rapid heart rate can be a result of stress (circle answer below)

True

False

3. Fill in the blank: Scoring the winning goal in a soccer match would result in a feeling of euphoria or \_\_\_\_\_ bad.

4. All of the follow can result in good stress EXCEPT:

A. Fighting with a sibling.

B. Receiving a good grade on a test.

C. Completing a task that seemed hard or overwhelming.

D. After a good work.

5. True or False: Stress can lead to lead to bodily and mental damage (circle answer below).

True

False

Write a sentence or two about how you would deal with the stress of getting a poor grade on a math exam.

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Submitted by **Michael Stomiany** who teaches at The College of new jersey in Ewing, NJ. Thanks for contributing to PE Central! **Posted on PEC: 3/2/2007**. Printed 2982 times since 4/19/2006.

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