**STRESSBUSTE** **RS!**



**Stress can help fuel us along and achieve our goals, but if we’re not looking at it the right way, it can impact us negatively and hold us back. To prevent that from happening, it’s important to take breaks by doing something you enjoy!**

* Compile a list of stress busters that you already know about - things we’ve done in class, or things you do on your own. What works for you? What doesn’t?
* Now…. Start adding **new** stress busters to your list. You can research on the Internet, in magazines, or from other people you know. Believe it or not, your parents and teachers experience stress sometimes too!
* **HOMEWORK**- talk to your parents about healthy ways to handle stress. Find out what they do. Tell them about some of the stress busters you have learned about.
* Then identify your **top 4-5 stress busters**
* **STRESSBUSTER VIDEO!**

Now you are going to think about how you want to share your favorite stress busters with others in a video.

This is your mission:

1. First create an **OUTLINE** on your computer (make sure you write dialogue so you can practice what you’re going to say before you begin filming!) Your video will consist of three parts and should be 2-3 minutes long:

-**INTRO:** Create an **introduction** for your video-talk about stress and get the audience prepped for what they’re going to learn about in your stress buster video

-**EXPLANATION**: Come up with ideas on how you’re going to **explain** to people 4-5 stress busters you use. Remember to use props, media, text, etc. to help get your message across! Be creative and have fun!

-**CONCLUSION:** Finally, you’re going to create a **conclusion**, reminding your audience of the 4-5 stress busters you use and encourage the audience to try the stress busters out too!

2. COLLECT PROPS! Gather any materials that are going help the audience better understand your stress busters.

3. BEGIN FILMING: start filming your Stress buster Video

4. EDITING: Begin editing your video, adding images, text and music to ensure the audience’s eyes will be glued to the screen when you show your Stress buster video!

5. SHOWCASE your awesome to the class!

**Have fun with this project kids!!!!**