

Lesson 5: Anxiety 101

Grade 6 | Unit 2

GUIDING QUESTION:

What is anxiety?

Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question.

- ✓ **Learn:** Anxiety 101 Video Lesson
- ✓ **Discuss:** Anxiety (noun) - A feeling of worry, nervousness, or unease about something with an uncertain outcome.

What is one strategy that helps you cope with feelings of anxiety?

- ✓ **Reflect:** Anxiety 101 Activity

Student Objectives

After completing Unit 2, students should be able to:

- ✓ Establish and work toward the achievement of positive and realistic goals (both short- and long-term)
- ✓ Analyze how current decisions may impact goal achievement
- ✓ Identify sources of stress and anxiety
- ✓ Begin to analyze how making use of school and community supports and opportunities can contribute to school and life success
- ✓ Identify behaviors that are within their control

Competency and Standard

CASEL Competency

- Self-Management - The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Learning Standard and Benchmarks

- Identify and manage one's emotions and behavior.
 - Analyze factors that create stress or motivate successful performance
 - Apply strategies to manage stress and to motivate successful performance

Key Terms

Anxiety

Coping Skills

Fight or Flight Response

Self-Compassion

Community Engagement

Unit Theme: Respect

People show respect through their actions and their words. Use this unit as an opportunity to encourage students to not only treat others with respect, but also kindness, fairness, and politeness despite differences.

- ✓ Have students look up the definition of respect.
- ✓ Then, have students create a list of people who they think are respectful.
- ✓ Have a classroom discussion on why students added these people to their list and how they can personally contribute to the community as respectful individuals.