



FOR EXCELLENCE IN MIAMI-DADE PUBLIC SCHOOLS

**2022-2023**

# Ideas with **IMPACT**



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## **De-Stress For The Test**

# De Stress for the Test

*Happy Mind, Happy Testing*

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# Goals & Objectives

- Educate teachers in the science and impact of stress
- Integrate breath work and body awareness to reduce stress and anxiety
- Understand what mindfulness is and what a deliberate mindfulness practice looks like
- Learn how to define and measure positive classroom management outcomes and to evaluate a stress management practice

# Florida Special Skills Standards

SP.PK12.US.3.4

Apply skills that promote self-awareness and goal setting to meet educational and personal needs to increase self-determination, including use of accommodations and assistive tools, as appropriate.

SP.PK12.19.1b Identify personal emotions and feelings and their impact on physical and mental well-being.

SP.PK12.19.7b

Demonstrate self-esteem, self-confidence, and pride, such as through self-affirmations, persistence, and self-monitoring.

SP.PK12.US.20.3

Identify and maintain behaviors that build positive relationships with peers and adults, including friendships, family relations, and cooperating with peers.

# Rationale

“De-stress for the Test” is a series of experiential activities to help students relax and become more self-aware by practicing proven methods of Mindfulness Based Stress Reduction (MBSR). According to Yale University Center for Emotional Learning, “mindful, deep breathing is considered one of the most effective ways to reduce anxiety”. Test anxiety can cause students a lot of mental, emotional, and physical stress. Research shows that stress directly impacts lack of attention, memory, and learning. Scientists say, “stressed out students and teachers go into survival mode---not teaching and learning mode”. Furthermore, “areas of the brain responsible for learning literally get cut off when under high levels of stress”. Students deserve to know the signs and symptoms of stress, and the impact of stress on their physical and mental wellbeing. Numerous studies support the notion that breathing techniques are effective for reducing stress. Breathing deeply decreases heart rates, and the body’s response to stress. Students are taught to “tune in” to their bodies and notice physical sensations, such as elevated heart rates, sweaty palms, nausea, tiredness, and tight muscles. They practice 1-3 minutes of deep breathing, softening any parts of the body that might feel anxious, relaxing tense muscle groups, and focusing

on developing a growth mindset by reciting positive affirmations such as “I can, I will”.

## Lesson Activities

Pre/Post Wellness Survey (given at beginning/middle/end of academic year)

Link to google doc survey template:

[https://docs.google.com/forms/d/e/1FAIpQLSf2pLtUhFOI-8OHTQeMIPtwX5tmm2W80-8\\_wL8ZNdX4Arz35A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf2pLtUhFOI-8OHTQeMIPtwX5tmm2W80-8_wL8ZNdX4Arz35A/viewform?usp=sf_link)

### 3-4-5 Deep Breathing

(Inhaling for count of 3-Holding for count of 4-Exhaling for Count of 5) practiced throughout the year and especially weeks leading up to testing

## Mind/Body Connections

(Practicing mind/body awareness to reduce stress and anxiety with simple, but powerful grounding techniques) inviting students to connect with their senses by seeing, listening, feeling, and smelling.

Name 5 things you can see...3 things you can hear...2 things you can touch...1 thing you can smell.

Link to Calm in the Classroom lesson sample:

[https://1drv.ms/b/s!AiYy\\_EZXzsAQoSmjgSIAm4-LWzoH](https://1drv.ms/b/s!AiYy_EZXzsAQoSmjgSIAm4-LWzoH)

## Goal Setting & Visualization

(Kicking data chats up a notch with SMART goals that are Specific, Measurable, Achievable, Realistic, Time Bound and Visualized)

## Positive Self Talk & Growth Mindset

(Using affirmations and a "champion" mindset to boost self-confidence and increase mental & physical wellness)

**\*See Resources for activities easily adaptable for any age groups**

## Resources

Calm in the Classroom (Free for Educators)

<https://www.calm.com/schools>

Headspace (Free for Educators)

<https://www.headspace.com/educators>

GoNoodle Channels-

<https://www.gonoodle.com/tags/WwJzlw/flow?tab=videos>

- Flow
- Brainercise
- All the Feels
- Think About It

Yale Center for Social Emotional Intelligence,  
Online Course- "Managing Emotions in Times of  
Uncertainty and Stress"