



*GMS SEL Lesson*

12/8/2023



# Warm Welcome

Who would be the  
best sidekick/buddy?



A

Grogu



B

Mike  
Wazowski



C

Stitch



D

Dobby



THE FIRST FIVE

PRESENTED BY edtomorrow



# *Winter Fine Arts Assembly*

## Student Expectations

- Students should bring their belongings to the gym to be ready for their next class or lunch.
- Electronic devices should be set on silent & put away.
- Students should enter & leave the gym calmly & orderly with their teacher.



(Cont'd)



# Winter Fine Arts Assembly

## Student Expectations

- Students should listen attentively during each performance.
- Booing, yelling, stomping, & whistling are not acceptable ways to show appreciation during fine arts performances.
- Unless you have something nice to say, don't say anything at all!  
Remember to thank your friends & fine arts teachers for their time & hard work!!!





Tiger Esports is looking for players for the spring season!  
Tiger Esports has joined Vanta League Texas to compete weekly against other Texas schools.

### DETAILS

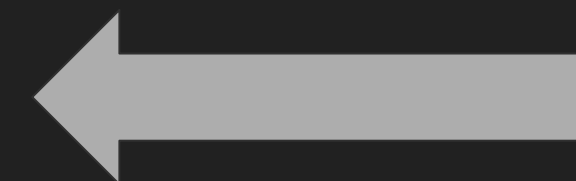
- Free to join (must try out)
- Games: Smash Bros, Valorant, Chess, and Rocket League.
- Must be a 7th or 8th grader to join.
- Requires attendance to one practice and one game a week.
- Season begin in January



**TIGER**  
ESPORTS

To try out for a spot on the team, go to the URL below.

<https://TigerEsportsATX.com/compete>



type exactly  
as shown!



Today we're talking  
about **STRESS**





# what is stress?



# Managing Stress

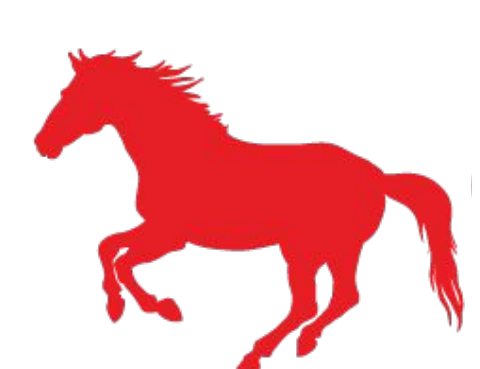
Students will:

- learn how the 7 steps of the stress cycle can help us move to a place of regulation and safety

Time: ~30 min

Prep/materials:

- none

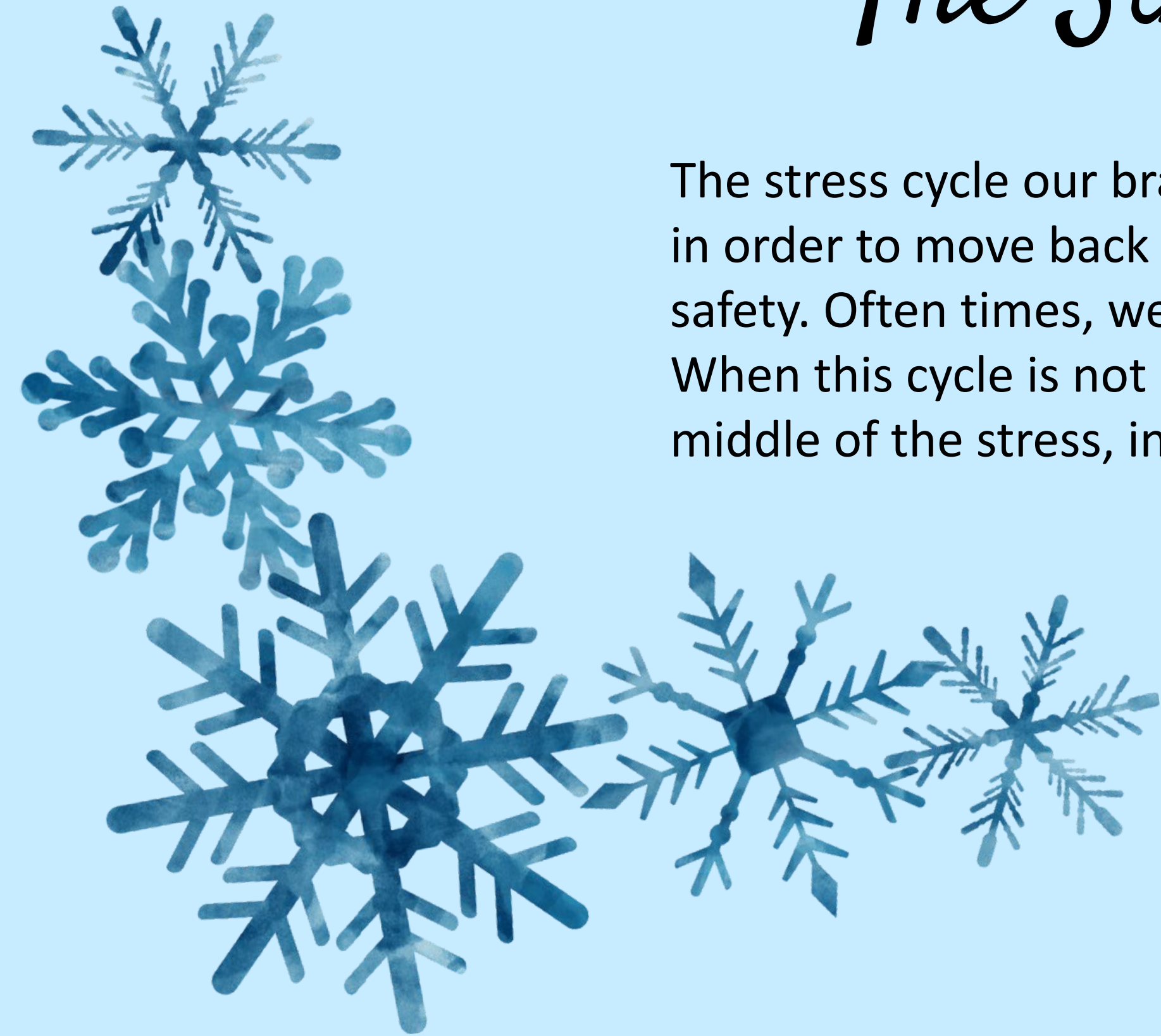


**Many thanks to the brilliant educators at O Henry MS for sharing this advisory activity!**



# *The Stress Cycle*

The stress cycle our brains and bodies move through in order to move back into a space of regulation and safety. Often times, we do not complete this cycle. When this cycle is not completed, we get stuck in the middle of the stress, in the middle of an emotion.








# Stressor VS Stress


**Stressor:** These are external (sometimes internal) things and experiences that activate the stress response in our bodies

**Stress:** The chemical reaction that occurs in your body in response to the stressor. This is designed to help us survive.

Just because the stressor is removed does not mean the stress cycle is complete **Stressors are separate from stress.** Moving through the seven steps helps relieve the lingering stress neurochemicals inside of us.







# 7 steps to complete the stress cycle, informed by research & neuroscience

## ONE


### **Physical Activity**

Any movement of the body.  
Running, walking, dancing,  
yoga, squeezing all muscles and  
relaxing them, anything to help  
your body process the stress.


## TWO

### **Breathe**

Deep, slow breaths activate the  
parasympathetic nervous  
system (think of this as the  
brakes on a car), aiding in the  
regulation of your nervous  
system.







# 7 steps to complete the stress cycle, informed by research & neuroscience

## THREE


### **Positive social interaction**

This is an external indicator that reminds your body the world is and can be a safe place. We are relational beings who need relationships to move through hard moments back into safety.


## FOUR

### **Laughter**

"Laughter is an ancient evolutionary system that mammals have evolved to make and maintain social bonds and regulate emotions."  
- Sophie Scott, Neuroscientist







## 7 steps to complete the stress cycle, informed by research & neuroscience

### FIVE


#### **Affection**

Seeking affection from those who know how to show care toward you in hard moments, through bonding and connection.


### SIX

#### **Cry**

Crying is a physical expression of stress that helps release the emotion when it takes hold of your body.








# 7 steps to complete the stress cycle, informed by research & neuroscience

## SEVEN

### **Creative Expression**

The act of taking something difficult occurring inside of you and moving it outside yourself. You do not have to make something for it to be creative expression - visualizations and imagining are a part of this too!

Examples: writing a jotry or poem, random doodling, visualizing getting stronger while urnal enmoving your body, imagining the world you want to live in.





# Reflection

Have you experienced any of the seven steps in your lifetime?

How will you express yourself creatively?

Which of the steps do you think helps you the most when you are feeling stressed?

*This information about the stress cycle and seven steps to help manage stress was taken with express permission from the Instagram page of Elizabeth Buckley, LPC intern, [@eab.therapy](https://www.instagram.com/eab.therapy). She cites Emily and Amelia Nagoski's book Burnout as a source for the 7 steps of the stress cycle. Pro Tip for online citizenship: Don't forget it's important to cite the source of any information you find online or in social media posts!*





# Optimistic Closure

What is something that made  
you laugh this week?

