



## Social Emotion Learning and Drama

*A creative approach to building school and life skills*

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HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

### STRESS

**DESCRIPTION:** Students express various forms of stress and relaxation through drama, guided by teaching artist Mr. Jonathan.

**GRADE LEVEL FOCUS:** 4-6

**SEL FOCUS:** Stress Management (Self-Management)

NHES.7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

**ACTIVITY:** Create frozen statues with the body, and a little action, too

#### **TO PREPARE:**

- Preview the video before sharing it with your students to best help you introduce the activity.
- Let students know the HTY teaching artist will guide them to create frozen statues and movement in order to express ideas about when they feel stressed. They can create the movement either sitting or standing, whatever makes them comfortable to participate. Encourage them to be honest and bold with their choices and to enjoy.



Four-and-a-half-minute activity