

Teq Lesson Plan Activity

Design Challenge: Stress Reduction

Description: Students design a product that can be used as a stress reliever.

Essential Question: What are some healthy channels for stress relief?

Objective(s): Students will create a stress-relieving object.

ISTE/NGSS Standards:

4c: Students develop, test and refine prototypes as part of a cyclical design process.

5c: Students break problems into component parts, extract key information, and develop descriptive models to understand complex systems or facilitate problem-solving.

MS-ETS-1.1: Define the criteria and constraints of a design problem with sufficient precision to ensure a successful solution, taking into account relevant scientific principles and potential impacts on people and the natural environment that may limit possible solutions.

MS-ETS-1.2: Evaluate competing design solutions using a systematic process to determine how well they meet the criteria and constraints of the problem.

Materials:

- Balloons
- Cotton Balls
- Cardboard
- Pipe cleaners
- Glue
- EDP Graphic Organizer

<https://docs.google.com/document/d/1UYqqzT3aMgdNVb6-zog02Q4mY686WuM-2iHSEfsyLps/edit>
<https://docs.google.com/document/d/1JZOJU7ZI0AwuAY7aYmbaJrjN65H1PljlsTGVUaexTTA/edit>

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Do-Now: How do you relieve stress?

Lesson:

1. Students read through a modified version of the article "Stress Toys: Mindlessness with a Purpose?"
2. Students will list a variety of toys and products popularly used to relieve stress (fidget spinners, coloring books, silly putty).
3. Using materials in the room, students will design and create their own stress-relieving device, working either in a group or independently.
4. Students should be tracking their process with the graphic organizer.
5. When done, each group will present their finished product and explain the possible benefits.

Closure: Students will complete the closure activity in the graphic organizer and put away all materials.

Extension: Students will discuss one strategy that may help them stay focused and relieve stress and explain why this is useful for them.