GAME : Stress

Age: 7 to 12 years
Creator : Média'Pi

Competences :

- ***Determine that one of the most effective ways of combatting stress is to focus on breathing***
- ***Select the correct videos***
- ***Take the time to watch everything before choosing your answers(s)***

European Competences
https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=uriserv%3AOJ.C_.2018.189.01.0001.01.ENG&toc=OJ%3AC%3A2018%3A189%3ATOC

Specific vocabulary / keywords : ***explode, hide or breathe, control your breathing.***

Lesson outline;
After viewing and sharing the « How to manage your emotions » video at:
http://opensign.eu/thematic_topics/59
Place questions to your students while playing game: http://opensign.eu/multiplechoice/81

Resources:
A computer and an internet connection.

Focus on sign language:
Find key vocabulary in the language of your country to name the 3 actions of the character. Facial expression is also an important input of information and can be worked upon in this lesson.

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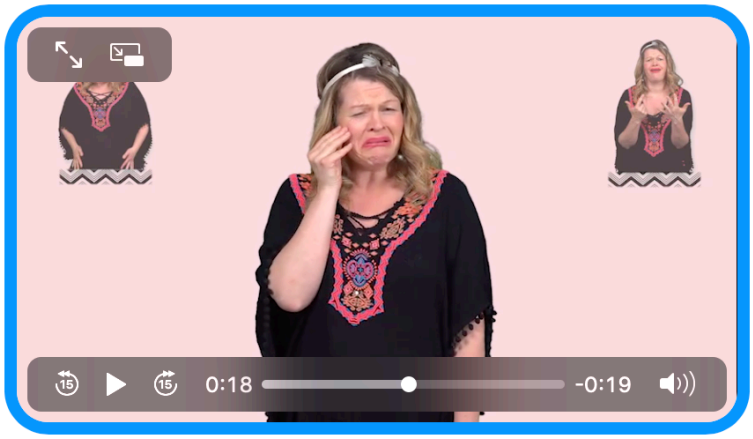
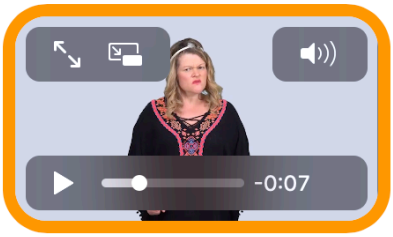
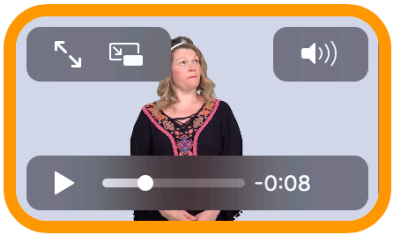
OPEN SIGN

I. Game: Stress: http://opensign.eu/multiplechoice/81

Tick the box if you have succeeded on the first try or note the number of tries.







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II. Extend / Enrichment / Prolongation Web links with other digital tools :

1. Vidéo: « How to manage our Emotions » : http://opensign.eu/thematic_topics/59
2. Game : Stop the stress ! : http://opensign.eu/sequence/82
3. Game : Stress : http://opensign.eu/multiplechoice/81
4. DIY Open sign: http://www.opensign.eu/manual_activities_videos
5. Film Vice et versa : https://fr.wikipedia.org/wiki/Vice-versa_(film,_2015)