

9)



a) Read - ONE PAGER - Overview



Why am I so Stressed?

All around me are: Noises; Glares and Electronics Overload.
Let's see, how Science helps us to De-Stress in Three Steps.

Stress Less

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Stress Less - in 3 Steps

Lesson Plan

PREP

- a) Read ONE PAGER.**
- b) Read Lesson Plans**
- c) Watch the Video**
- d) Read Teacher Guide.**
 - Prepare class presentation**
- e) Copy pages for the Students.**

PRESENTATION

- f) Present overview to the Students**
 - including ONE PAGER and Hand-outs.**

POST

- g) Students do "Try This!" assignments.**
- k) Do "scI-Q Summary -Integrate Science".**



b) Watch Video
Stress Less - in 3 Steps



**See the eBook, "Science Enlights"
for the Script of this Video.**

Stress Science

Stress is how my brain and body respond to mental and physical pressures.



Under Stress our bodies release, fight or flight or feel good chemicals called hormones.

1) Noisy Sounds

Ears don't have off switches.
We are surrounded by noisy sound makers.



Noises are Sound Waves

TRY THIS! - Noise

Question?

Search the Internet for examples
what causes Noise near me.

Cut and paste below.

2) Light Glares

All around us are visual floods of glaring lights.



Light is made of photon particles and Waves.

TRY THIS! - Light Sources

Question?

Search the Internet for examples
what causes Light Glares around me.

Cut and paste below.

3) Electronics Overload

Everyday our digital devices are nearly everywhere.



All these sounds, sights and screens can cause electronics overload and stress.

TRY THIS! -Digital Deluge

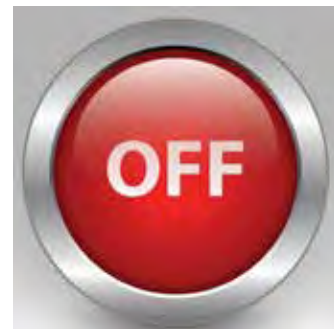
Question?

Search the Internet for examples
electronic, digital devices in my life.
Cut and paste below.

Stress Cures

We Stress Less when we balance:

- 1) Sounds and Quiet Times
- 2) Light Bulbs and Sun Light
- 3) Electronics and Off Switches.



Conclusion, Stress Less - in 3 Steps

0) Our senses send inputs to our brains. Too much input leads to stress.

1) Sound makers surround us. Tech objects make lots of noise too.

2) People made lights are all around us. This includes screens and light bulbs.

3) Our world is filled with everyday electronics. We can't lose sight of the Sun and Nature in our sea of silicon screens.

4) We Stress Less when we have:
. Quiet Time;
. Sunny Sights;
. and Off Buttons.



scI-Q Summary

STRESS LESS - in 3 Steps

Our senses turn sounds, sights, smells, tastes and touches into electrochemical signals that get sent to our brains. Our brains have about 100 billion (Giga) brain cells called neurons. Sometimes, all the inputs cause our brain to overload and we feel stress. We can stress less when we learn to manage the amounts and types of data we deliver to our brains. Using the off-buttons on our digital devices is a good start. Even with Video Games, we need "game off" time.

