



Stress Management: Zentangles


Self-Management, Module 2



AGENDA




1. Brainstorm different healthy ways we currently use to relax.



2. Discuss what stress is and positive and negative examples.



3. Independently create a zentangle.



4. Reflect: Did you find the process of creating your zentangle relaxing and calming? Do you think this is a strategy you might use again in the future?



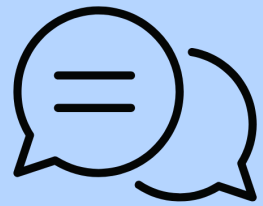
BRAINSTORM



What healthy ways do you use to relax when you're stressed out?



DISCUSS



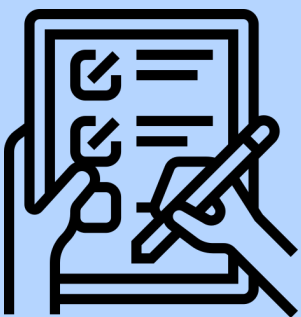
Positive Stress:

Taking the shot and not knowing if you will make the game-winning point or preparing to go on stage for the opening night of a big drama performance,



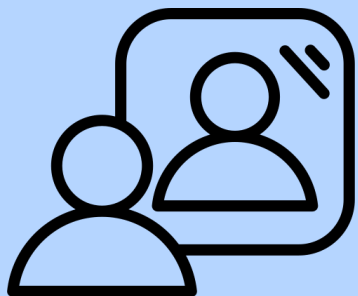
Negative Stress:

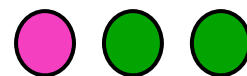
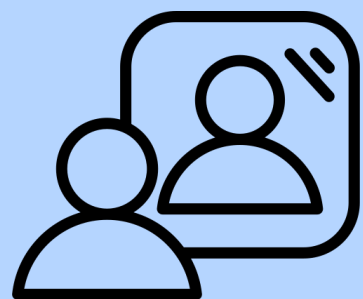
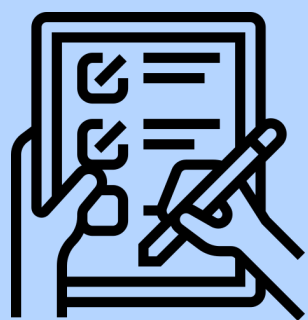
Having a conversation with your parents about something that they might not approve of, or preparing for a big test.



Stress

Can be a normal human reaction when we feel worried, frustrated, nervous or overwhelmed.





DIVE IN



A **zentangle** is a patterned symbol which you can create to help you calm down and de-stress. Sometimes, people use zentangles as a way to meditate. The beauty of the zentangle is in the simplicity of the shapes and the freedom you have to create it however you want. Perhaps you'll use certain shapes or patterns that signify something to you, or that make you feel calm and relaxed. Or, you may choose to add different colors. The choice is all yours!



ACTIVITY



Individually, create your own zentangle on your worksheet.



High School

Worksheet

Name: _____

Date: _____

Stress Management: Zentangles

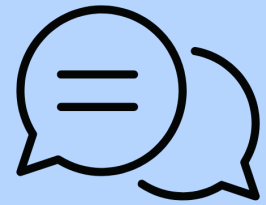
Sample Zentangle



Source: Trinity Verlag in der Scorpio Verlag GmbH & Co.KG

Use the space below to create your own!

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REFLECT



- Did you find the process of creating your zentangle relaxing and calming?
- Do you think this is a strategy you might use again in the future?
- Share class results from the Independent reflection.



Extend & Enrich

Everyone has different ways of relaxing when they're stressed. Challenge your students to find their favorite healthy ways to de-stress and share them with the class. Possible examples include: Yoga, creating mandalas, practicing mindfulness, meditation, and exercising.



Home Connection



Home Connection

Stress Management

Dear _____,

Today in class, we learned that **stress** is the feeling you get when you are worried, frustrated, or overwhelmed. We learned that a **zentangle** is a patterned symbol that you can create to help you calm down and de-stress. We then created our zentangles and shared them with the class.

Please encourage your student to share their zentangle with family members. Help them pick another relaxing strategy and practice using it at home to de-stress.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your favorite healthy ways to de-stress. What works best for you? Are there any unhealthy strategies that you'd like to replace?





Further Study

- Learn how to make a zentangle: zentangle.com/pages/learn
- Yoga for Teens by Teens: wanderlust.com/yoga-for-teens/
- Free Headspace access for teachers to build mindfulness practices: www.headspace.com/educators
- Mindfulness Zentangle Day 1 <https://youtu.be/A5J16X0Wq10>





Lesson Complete!

