

Action video note

Instruct Ss to make their own videos about tips to manage stress.

- **Make the video:** Have Ss make their videos.
- **Option:** If Ss enjoy working with video, they can edit their videos and add any music or graphics they like.

Write the script

- **Preview the activity:** Tell Ss they will make a video about tips to manage stress. Explain that Ss can make their video about something they know or they can research a method of reducing stress. With the class, brainstorm methods of reducing stress and write them on the board.
- **Write the script:** Go over the sample script below. Then have Ss write their scripts. If applicable, encourage Ss to share their own successful methods or those of their friends or family members.

Sample script

Hi! My name is Alex, and I am often stressed out. I'm usually busy with my classes, my part-time job, and my friends. Because I'm a person who always tries to do everything perfectly, I feel tense all the time. I wish I could relax more.

I started doing yoga to help me. It's amazing. Since I'm a perfectionist, I enjoy doing the poses correctly. But in yoga, you also do a lot of deep breathing. Taking deep breaths can calm you down. So even though I'm worried about doing a pose correctly, I can still relax because of the breathing.

Yoga can make you flexible, too! I never used to be able to do this, but now I can. Look! (poses) Isn't that great? I think everyone can benefit from doing yoga.

- **Check the script:** Have Ss rehearse their scripts. Go around the room and give help as needed.

Make the video

- **Plan the video:** Have Ss plan where and how they will make their videos. Point out that they may want to demonstrate the activity.

Share the video

- Ss share their videos with the class.
- **Option:** Have a group or class discussion about the videos. Find out if any Ss have tried any of the tips to manage stress that were presented in their classmates' videos. Ask whether or not they worked. See if there were any new ideas in the videos that Ss would like to try.