

FAMILY STRESS

Senior High

Description

All families endure stress. Learning coping strategies and resources will help students deal with stressful family situations. In addition, understanding the affect stress has on one's health physically, emotionally and mental will provide the student insight on themselves and others. Resources need to be readily available for students and families to help them manage stress.

Family and Consumer Sciences Classes

- Child Development
- Family Living

Classroom Activities

- Research stress management and develop a parent newsletter on findings.
- Develop family fun nights and have information on stress management available.
- Complete a Families First Project on balancing time with young children and incorporate a service learning project into it by providing daycare for parents at parent/teacher conferences or parenting classes.

Class Connection of FCCLA Projects

- Community Service
- Families First
- STAR Events--Illustrated Talk, Focus on Children
- Mentoring

Resources

- ECFE Coordinator
- Families First Handbook, FCCLA
- LIFT Handbook and Individual Mentoring

Connection to Minnesota Graduation Standards

- Resource Management--Personal/Family Resource Management

Submitted by

Laura Cronan