

EPIISODE **4**

High Anxiety

Theme:
PERSPECTIVES



Lesson Snapshot

Tap Prior Knowledge 3 MINS

- Introduce Episode 4 and Vocabulary

Word Work 7 MINS

- Model *Vocabulary Four Square*

Collaborative Activity 15 MINS

- *Guided Meditation Activity and Word Art*

Check for Understanding and Connection to Gameplay 5 MINS

- Essential Question and Connection to Gameplay

PREPARE

LESSON DURATION

30 minutes

LESSON OBJECTIVE

I can accurately define and use the term *anxiety*.

ESSENTIAL QUESTION

What can you do to help yourself if you're experiencing anxiety?

21ST CENTURY LEARNING COMPETENCIES

Life and Career Skills

- Social and Cross-Cultural

MATERIALS

- Chart paper
- Markers and crayons
- Blank unlined paper
- *Vocabulary Four Square* Graphic Organizer
- Word Art
- *Vocabulary Four Square* Answer Key
- *Word Art* Examples

EDUCATOR PREP

- Display *Vocabulary Four Square* on whiteboard, or copy the model on chart paper.
- Display episode vocabulary in the classroom.
- Print *Vocabulary Four Square* for each student.
- Print *Word Art* for each student.

EPISODE CHALLENGE

A young woman, Sofia Reyes, has a variety of vague symptoms (headaches, trouble sleeping, stomachache) and has been having difficulty at work. She is convinced she has an obscure medical disorder she read about on the Internet, but Marianne thinks she's suffering from anxiety. Students must determine how to best address Sofia's concerns and get her the help she needs.

EPISODE VOCABULARY CONCEPT

Health Insurance

OTHER VOCABULARY WORDS

- Compulsive
- Assumption
- Self-Diagnosis
- Obsessive
- Credible
- Scan
- Meditation
- Psychotherapy


These vocabulary words appear during the in-game assessment. Students click on the word to read the definition.

Tech Tip

Share resources on Google Classroom and have students complete electronically or have students complete in Google Docs.




TAP PRIOR KNOWLEDGE (3 mins)



-  **Say:** *In Episode 4, a young woman, Sofia, is suffering from a variety of vague symptoms, such as headaches, trouble sleeping, and a stomachache. She is also having difficulty at work and has not been her usual cheerful self. Sofia’s convinced that she has an obscure medical disorder she read about on the Internet. Marianne thinks Sofia’s symptoms are related to anxiety. Anxiety causes people to become filled with fear, panic, or worry in situations with uncertain outcomes. As the medical director you will have to determine how to best address Sofia’s concerns and get her the help she needs. During this lesson I want you to think about how you can help yourself when you feel anxious. Everyone experiences anxiety at varying degrees and we should never be ashamed of our feelings. It’s good to ask for help when we need it.*

WORD WORK (7 mins)

Support

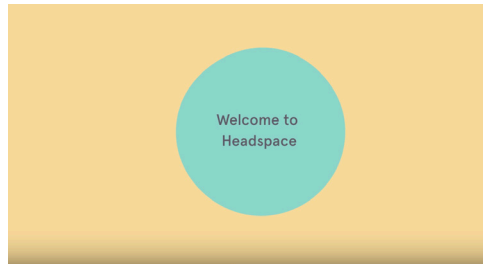
- Anxiety and the reasons children experience it can be a very stressful and sensitive topic. Show empathy by letting students know their feelings are normal, they are safe here, and can ask for help.



- Display and introduce *Vocabulary Four Square*.  **Say:** *The purpose of Vocabulary Four Square is to help you understand the meaning of a word, term, or idea. Today we will use Vocabulary Four Square to understand the word “anxiety.”*
- As you model how to complete the graphic organizer, have students complete their own copy. Use *Vocabulary Four Square Answer Key* to guide you.
- **Step 1: Write** the word in the middle.
- **Step 2: Write** the definition: *Anxiety causes people to become filled with fear, panic, or worry in situations with uncertain outcomes.*  **Say:** *“Anxious” is another form of the word “anxiety”. For example, you feel anxious, you have anxiety.*
- **Step 3: Write** a sentence: *I feel anxious about getting all of my work done.*
- **Step 4: Write** a synonym of the word: *Nervous, worried, uneasy, fearful.*
- **Step 5: What can you do when you are feeling anxious?** Have students share out some strategies and then complete the list with other ideas:
 - Identify the thoughts that are making you feel anxious
 - Think realistically through a situation
 - Talk out your fears with someone you trust
 - Breathe deeply for 10 seconds
 - Exercise
 - Say positive statements to yourself
 - Go to a favorite/comforting place
 - Spend time outdoors
 - Rest

COLLABORATIVE ACTIVITY (15 mins)

- **Say:** *Together we'll practice one way to help lower anxiety by being mindful of our breath.*
- Show the accompanying video for this lesson, which can be found at the following link:



**Mini Meditations:
Let Go of Stress
Accompanying Video**

- After the video is complete, instruct students to spend one quiet minute reflecting on how they feel after engaging in meditation. Students may also make jot notes.
- **Turn and Talk:** *What effects did this technique have on you? What are some times you can use this technique to help you manage your anxiety?* Have students spend 2–3 minutes talking with a partner. As time allows, invite student pairs to share the gist of their discussions with the class.
- Pass out *Word Art*. **Say:** *Now you will create word art for the word “anxiety.” The goal of this assignment is to draw a picture of the word that fits the definition. Your picture might represent how the word makes you feel or ways to help yourself when you start feeling anxious.* (Examples attached)
- To set expectations, display examples of word art with various vocabulary words.
- Review all directions for *Word Art*.
- Have students complete independently or in pairs.

Tech Tip



- Invite students to download a free mindfulness app like Headspace as one way to calm their minds and bodies.

 Headspace

CHECK FOR UNDERSTANDING AND GAMEPLAY CONNECTION (5 mins)

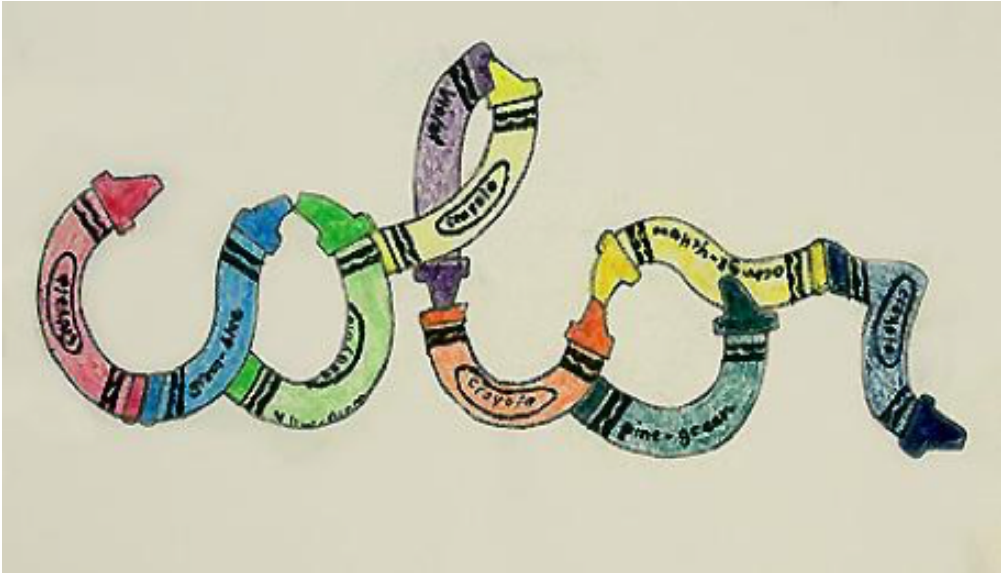
- **Ask:** *What can you do to help yourself if you're experiencing anxiety? Use your word work to assist you in your discussion.*
- **Connection to Gameplay.** **Turn and Talk:** *If Sofia is experiencing anxiety, how might you help her as the medical director?*

VOCABULARY FOUR SQUARE ANSWER KEY

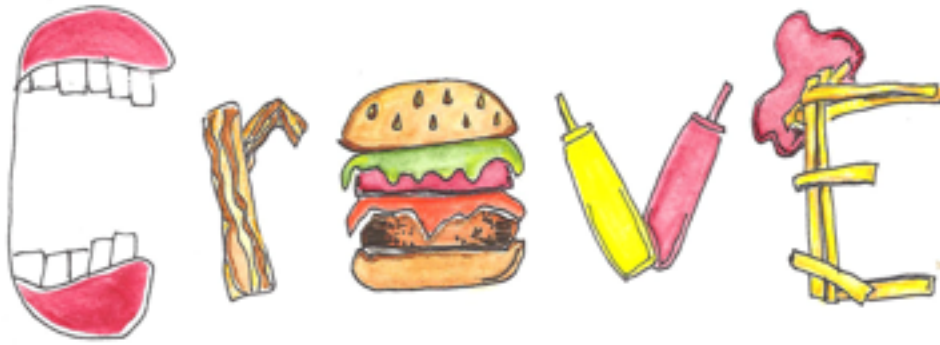
<p>Definition</p> <p><i>Anxiety causes people to become filled with fear, panic, or worry in situations with uncertain outcomes.</i></p>	<p>Sentence</p> <p><i>I feel anxious about getting all of my work done.</i></p>
<p>Synonym</p> <p><i>Nervous, worried, uneasy.</i></p>	<p>What can you do when you are feeling anxious?</p> <ul style="list-style-type: none">● <i>Identify the thoughts that are making you feel anxious</i>● <i>Think realistically through a situation</i>● <i>Talk out your fears with someone you trust</i>● <i>Breathe deeply for 10 seconds</i>● <i>Exercise</i>● <i>Say positive statements to yourself</i>● <i>Go to a favorite/comforting place</i>● <i>Spend time outdoors</i>● <i>Rest</i>

anxiety

WORD ART SAMPLES



WORD ART SAMPLES



VOCABULARY FOUR SQUARE

<p>Definition</p>	<p>Sentence</p>
<p>Synonym</p>	<p>What can you do when you are feeling anxious?</p>

anxiety

WORD ART

Directions: Create word art for the word “anxiety.”

The goal of this assignment is to draw a picture of the word that fits the definition. Please complete on a blank of 8½ x 11 sheet of paper.

In your drawing you must:

- Clearly be able to see each letter of the word.
- Spell the word correctly.
- Contain enough detail that someone viewing the drawing understands what the word means.
- Write large enough to fill the size of the paper.
- Include color.