

ACTIVITY 3.2

My Stress Response in Memes

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CONCEPT

During this unit of study, students will be learning about the physiological and psychological components of stress. Learning is more meaningful when we use the self-reference effect and think deeply about the material. It's also important that students are able to apply what they are learning in class to their own stress response, so that they become aware of how stress affects them psychologically and physiologically. This knowledge of how our bodies individually respond to stress can be empowering and build self-awareness; it will also be helpful when we move into building coping skills and resilience.

MATERIALS

- Access to the internet
- *Our Stress Response as told in Memes Worksheet*
- Access to a free online Meme generator. Below are examples. Depending on your school's security, one may be blocked, but usually at least one of these websites will work:
 - » memegenerator.net
 - » imgflip.com/memegenerator
 - » www.kapwing.com/studio/editor
- Technology (Chromebook, laptop, computer, etc.)
 - » Template for students, below (if using Google Slides, [here](#) it is)
- Rubric for grading purposes
 - » If you are uploading the rubric into Google Classroom, here is the [Google sheet](#)
 - » Rubric is also attached

INSTRUCTIONS

This activity should take students about 30 minutes to complete.

- Students will need to have access to technology (a laptop, Chromebook, etc.) to complete this assignment. This can be shared with students to complete as a word document/Google doc or as a PowerPoint/Google Slides assignment.
- Explain to the students that now that they understand the physiological and psychological impact that stress can have on us, we want to apply this to our own experience with stress, by having them recall a situation that caused stress, and having them tell their story of their stress response in memes.
- If sharing a template online, share the Google slides template or Google docs template with your students.

OUR STRESS RESPONSE AS TOLD IN MEMES WORKSHEET

Directions

Think of a situation that causes you stress. In the boxes below, you will be creating Memes to describe your physical and psychological responses to stress. Your memes need to be appropriate for a school setting.

Meme generators that are FREE and online. If one is not working, try another.

- memegenerator.net
- imgflip.com/memegenerator
- www.kapwing.com/studio/editor

Create a Meme to explain a situation in which you experienced stress	Insert Meme Here: (you can copy and paste it)
Brief description of the situation and explanation of the Meme:	
Create a Meme to explain your physiological response to the stressful situation	Insert Meme Here: (you can copy and paste it)
Brief description of the response and explanation of the Meme:	

Create a Meme to explain your affective response to the stressful situation	Insert Meme Here: (you can copy and paste it)
Brief description of the response and explanation of the Meme:	
Create a Meme to explain your behavioral response to the stressful situation	Insert Meme Here: (you can copy and paste it)
Brief description of the response and explanation of the Meme:	
Create a Meme to explain your cognitive response to the stressful situation	Insert Meme Here: (you can copy and paste it)
Brief description of the response and explanation of the Meme:	

Reflect on your appraisal of the situation:

How did you appraise the situation? Controllability, predictability, severity, coping ability? Do you think this impacted your response to the situation?

Rubric for My Stress Response in Memes

Meme for situation			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Description for situation			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Meme for physiological response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Description for physiological response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Meme for affective response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Description for affective response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Meme for behavioral response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Description for behavioral response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Meme for cognitive response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted
Description for cognitive response			
3 Student mastered this	2 Somewhat mastered this	1 Did not master this	0 Was not attempted

Appraisal reflection					
5	4	3	2	1	0
Thorough response; demonstrates understanding of psychological impacts of stress; appropriate response		Demonstrates basic understanding of the psychological impact of stress; somewhat appropriate response		Response does not demonstrate an appropriate response or understand to the psychological impact stress could potentially have	Not attempted