GLYNN’S INTEGRATION OF SYSTEMS THINKING
A Waters Foundation Grant Project

STRESS on the
1st Day of Middle School

6th grade
Language Arts

Sixth Grade Teachers at
Jane Macon Middle School

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STRESS on the First Day of Middle School
A Systems Thinking/System Dynamics Lesson Plan

GRADE LEVEL/SUBJECT: 6th grade Language Arts

TEACHERS: 6th grade teachers at Jane Macon Middle School

OBJECTIVES: To introduce students to BOTGs
To start a dialogue about Middle School and how it is different from Elementary School.

LESSON SUMMARY: Students use a BOTG to tell the story of their stress/anxiety on the first day of Middle School. The students then share their feelings about the first day and write a paragraph about it. This helps start a dialogue about the differences between Middle and Elementary school. Two weeks later they repeat the activity and share their changed feelings.

TIME ALLOTMENT: two to three class periods

INTEGRATION AREAS: BOTG’s can be used in all subjects to extend the use of time lines. They can also be used as a pre-writing activity.

MATERIALS NEEDED:
STUDENT MATERIALS: BOTG stress, pen
TEACHER MATERIALS: BOTG transparency, own stress graph

EQUIPMENT: Overhead Projector

PREPARATION: draw your own first day stress graph to share with students

BACKGROUND INFORMATION: Teachers should share their own graph of first day stress to demonstrate how to do a BOTG.
PROCEDURES:

1) Introduce the blank BOTG and share its pieces.
2) Share your graph of stress and explain your thinking on why you drew it.
3) Have students draw their graphs.
4) Have students share their graphs.
5) (optional) Assign students to write a paragraph about their graphs.
6) (optional) Redo the activity two weeks later and discuss changes.

CLOSURE: Have a discussion about the idea that if we know what causes us stress, then we have a better chance of controlling it.

ASSESSMENT: BOTG’s and paragraphs

EXTENSIONS: Causal Loop introduction activity. Drawing of causal loops or a Stock/Flow diagram dealing with STRESS.
STRESS on the 1st day of Middle School BOTG

Behavior/Variable

High

Stress Level

Low

Ride to School  Cafeteria/Homeroom  1st period  2nd Period  3rd Period  4th period  Lunch  5th period  6th Period  7th Period  Ride home

TIME