

A Children's Book and a Simple App: Stress Relief for Teachers & Students

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**Please download the ChatterPix app
to your mobile device.**

Grazie!

LIVE FLORENCE, ITALY

STRESS TV

KEEP STRESS AWAY

2019

DON'T GO CRAZY DUE TO UNCONTROLLED STRESS

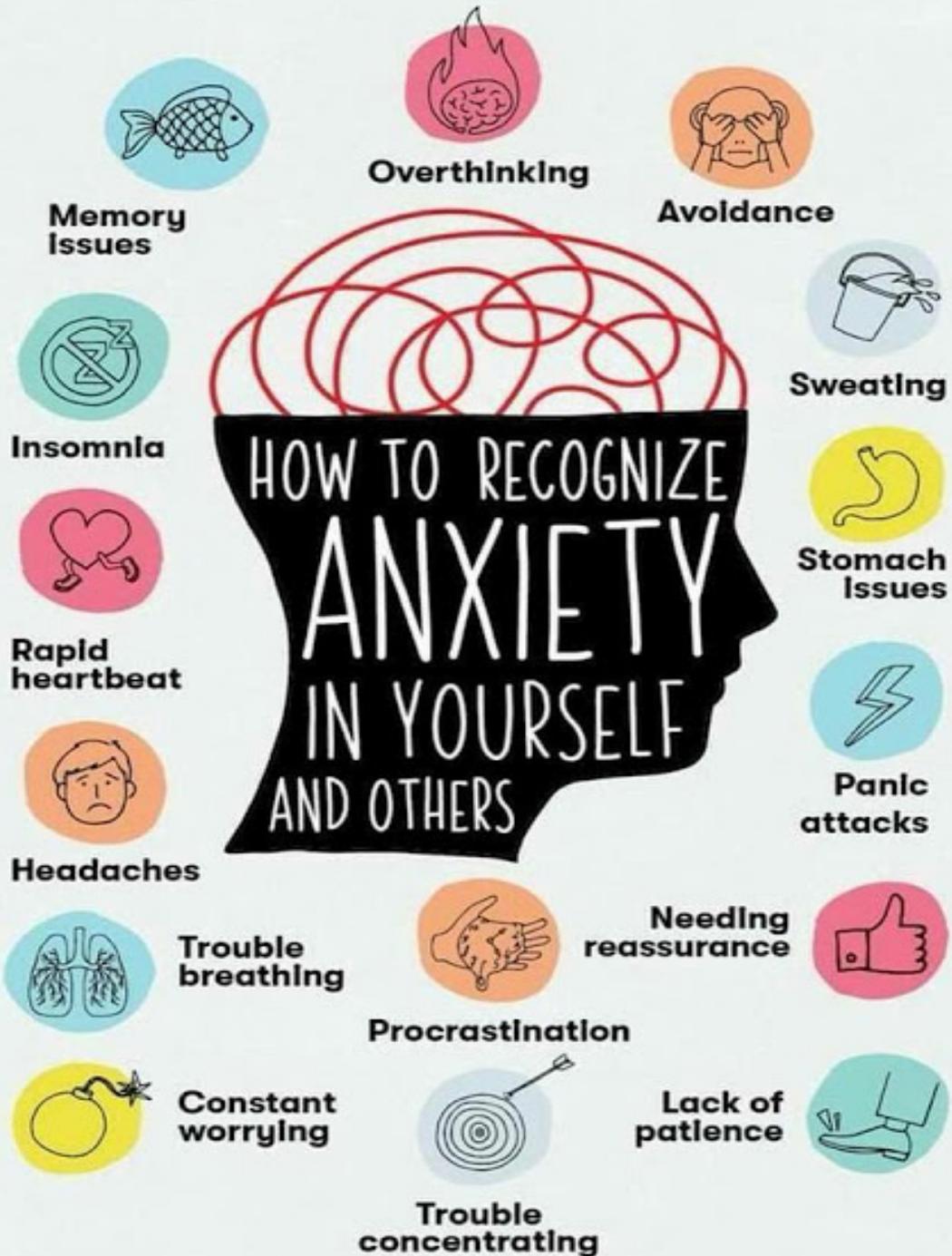
classtools.net

Use the **Headline** tool from **classtools.net**

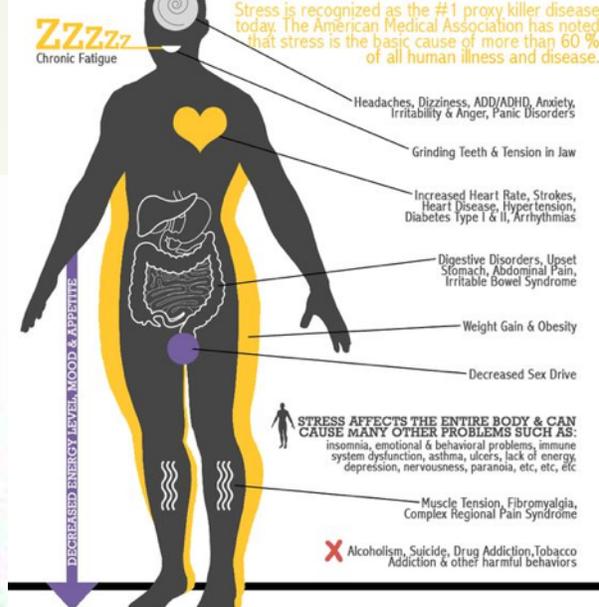
(1982, Billy Joel's
Pressure)

WE have to deal with Pressure (and so do our students)





HOW STRESS AFFECTS THE BODY



STRESS FACTS

Understanding the mechanics of stress gives you the advantage of being more aware of and sensitive to your own level of stress and knowing when and how to take proactive steps. This increased awareness also helps you to better care for your family, friends and colleagues. Here are a few stress facts that many people are unaware of.

FACT #1: YOUR BODY DOESN'T CARE IF IT'S A BIG STRESS OR A LITTLE ONE.
The human body doesn't discriminate between a BIG stress or a little one. Regardless of the significance, stress affects the body in predictable ways. A typical stress reaction, which most of us experience dozens of times each day, begins with a cascade of 1,400 biochemical events in your body. If these reactions are left unchecked we age prematurely, our cognitive function is impaired, our energy is drained, and we are robbed of our effectiveness and clarity.

FACT #2: STRESS CAN MAKE SMART PEOPLE DO STUPID THINGS.
Stress causes what brain researchers call "cortical inhibition." The phenomenon of cortical inhibition helps to explain why smart people do dumb things. Simply said, stress inhibits a small part of your brain and you can't function at your best. When we are in coherence — a state where we are cognitively sharp, emotionally calm, and we feel and think with enhanced clarity — the brain, heart and nervous system are working in harmony. This state of coherence facilitates our cognitive functioning — we are actually operating at peak performance mentally, emotionally and physically.

FACT #3: PEOPLE CAN BECOME NUMB TO THEIR STRESS.
We can be physiologically experiencing stress yet mentally numb to it because we've become so accustomed to it. Some have become so adapted to the daily pressures, irritations and annoyances of life that it starts to seem normal. Let the small stresses accumulate quickly and we may not realize how much they're impairing our mental and emotional clarity and our overall health until it shows up as a bad decision, an overreaction or an unwanted diagnosis at the doctor's office.

FACT #4: WE CAN CONTROL HOW WE RESPOND TO STRESS.
We don't need to be victims to our own emotions, thoughts and attitudes. We can control how we respond to stress and we can become more sensitive to stressful situations and how they are affecting us before it manifests as a physical, mental or emotional complaint. There are simple, scientifically validated solutions to stress that empower people to rewire their own stress response.

FACT #5: THE BEST STRATEGY IS TO HANDLE STRESS IN THE MOMENT.
The best way to manage stress is to deal with it the very moment you feel it come up. Millions of Americans unsuccessfully use the binge-and-purge approach when it comes to stress. They stress out all day, believing that they can wait until later to recover when they go to an evening yoga class, go to the gym or chill out when they take the weekend off. Unfortunately, when we put off going for our own inner balance our bodies have already activated the stress response and it's our health that suffers.

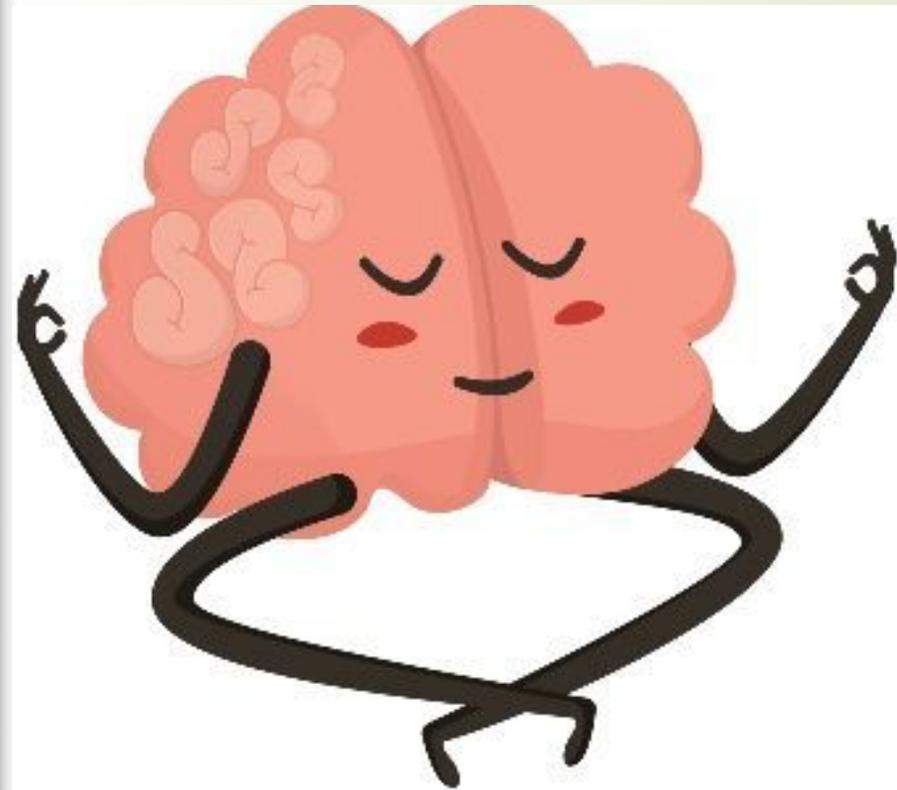


HeartMath's research shows how emotions change our heart rhythm patterns. Positive emotions create coherent heart rhythms, which look like rolling hills — it's a smooth and ordered pattern. In contrast, negative emotions create chaotic, erratic patterns. Using a heart rhythm monitor, you can actually see your heart rhythms change in real time as you shift from stressful emotions like anger or anxiety to positive feelings like care or appreciation. Coherent heart rhythm patterns facilitate higher brain function, whereas negative emotions inhibit a person's ability to think clearly. Coherent heart rhythms also create a feeling of solidity and security.



KEEP
CALM
AND
TEACH
ON

But
how?



Thousands of
web sites with:
music
nature sounds,
breathing,
colors,
inspirations,
etc.



How to do Deep Breathing

Therapist Aid
YouTube - Sep 19, 2014



15 Minute Deep Breathing Exercise | City of Hope

City of Hope
YouTube - Jan 16, 2015



3 Deep Breathing Exercises to Reduce Stress & Anxiety

Meghan Livingstone
YouTube - Apr 29, 2016

[How Do I Practice Deep Breathing for Anxiety? - Verywell Mind](https://www.verywellmind.com)

<https://www.verywellmind.com> > Disorders > Social Anxiety Disorder > Coping ▾

Nov 29, 2018 - **Deep breathing** means using the diaphragm rather than taking shallow breaths from the chest. Learn how to use diaphragmatic breathing to ...

[6 Breathing Exercises to Relax in 10 Minutes or Less - Greatist](https://greatist.com/happiness/breathing-exercises-relax)

<https://greatist.com/happiness/breathing-exercises-relax> ▾

Sep 15, 2015 - Here are six expert-approved ways to relax using **breathing** ... The goal: Six to 10 **deep, slow breaths** per minute for 10 minutes each day to ...

[3 Deep Breathing Exercises to Calm Down From Every Stressful ...](https://blog.bulletproof.com/deep-breathing-exercises/)

<https://blog.bulletproof.com/deep-breathing-exercises/> ▾

Here are three do-anywhere, easy **deep breathing** exercises to help bring your stress response down a few notches so you can relax.

Searches related to deep breathing

deep breathing **benefits**

deep breathing **exercises for stress**

deep breathing **exercises for anxiety**

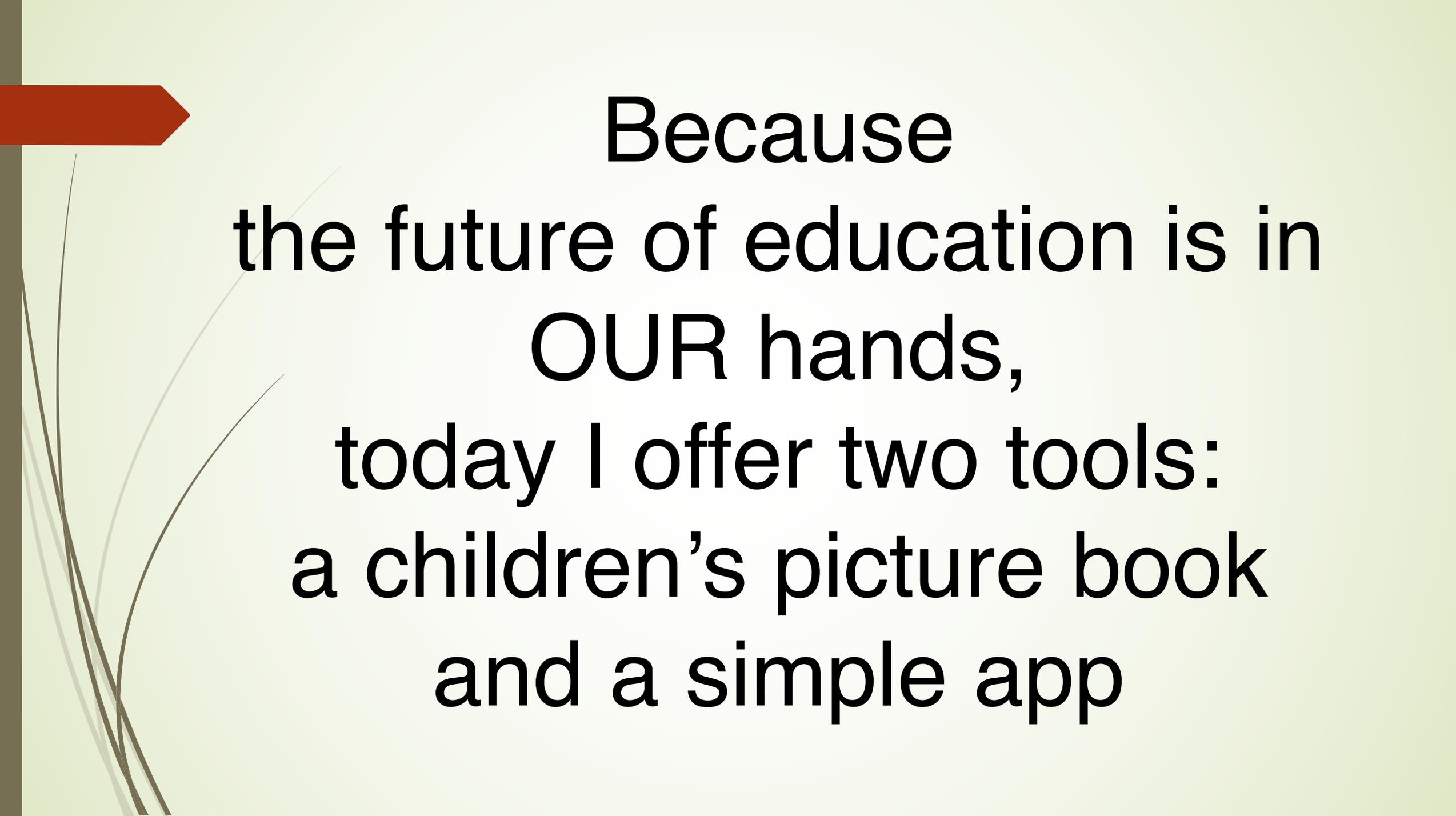
deep breathing **yoga**

deep breathing **meditation**

is deep breathing good for you

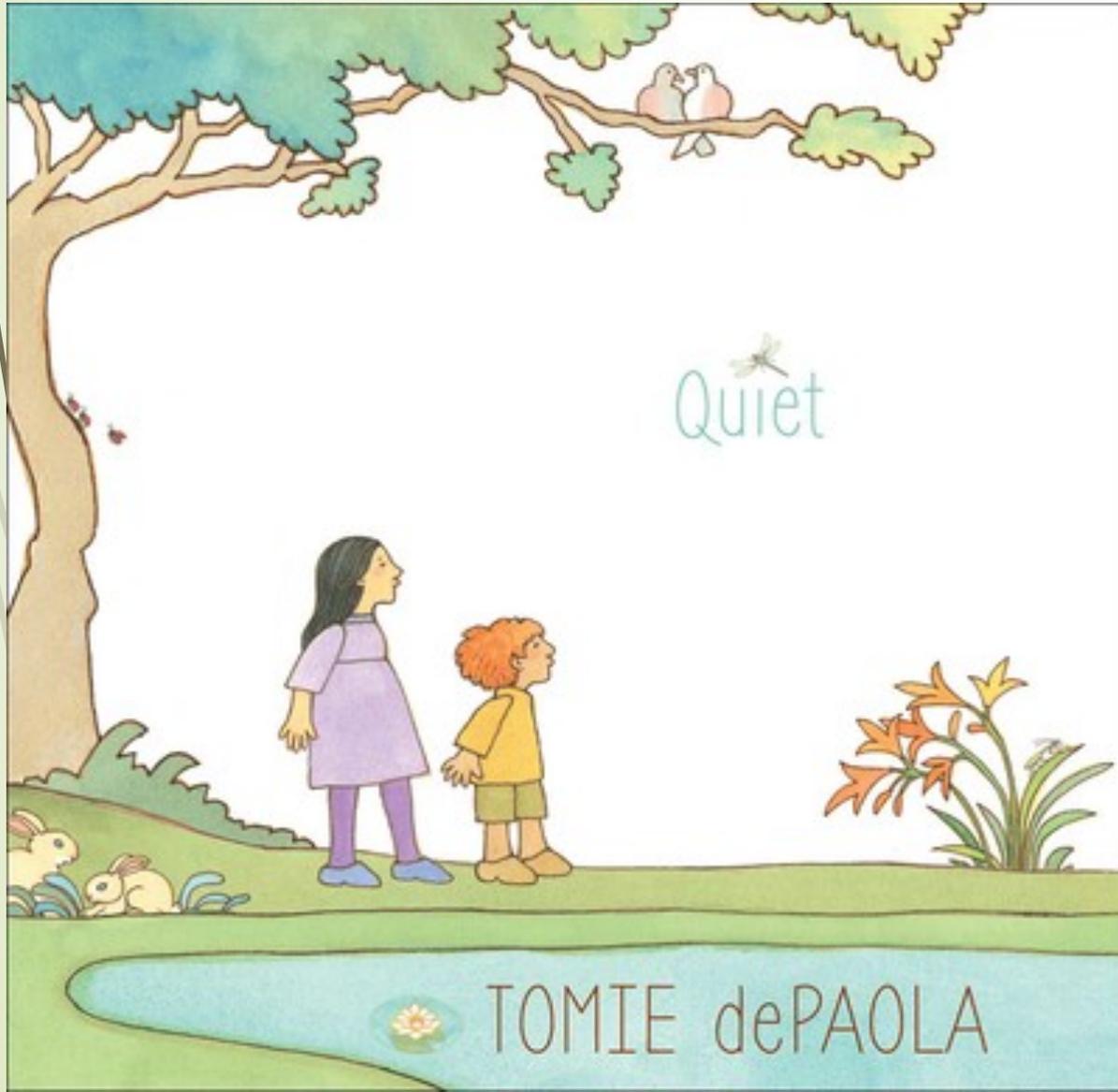
benefits of deep breathing before sleep

how to teach deep breathing exercises



Because
the future of education is in
OUR hands,
today I offer two tools:
a children's picture book
and a simple app

Use these materials and about 5 minutes...



**Please download the
ChatterPix APP
to your mobile device,
if you have not already.**

Chatterpix

- **FREE app that makes anything talk -- pets, friends, doodles, and more!**
- **Use ANY photo, draw a line to make a mouth, and record your voice... that's it!!**
- **Share with friends, family, or your boss!**

<http://www.duckduckmoose.com/educational-iphone-itouch-apps-for-kids/chatterpix/>

Prepare to...





- Deep Breathing

- Read Aloud: *Quiet* by Tomie dePaola

- (Due to USA Copyright laws, I am unable to share the book here. I offer a book trailer by the publisher. However, I suggest reading the book aloud is the best method).

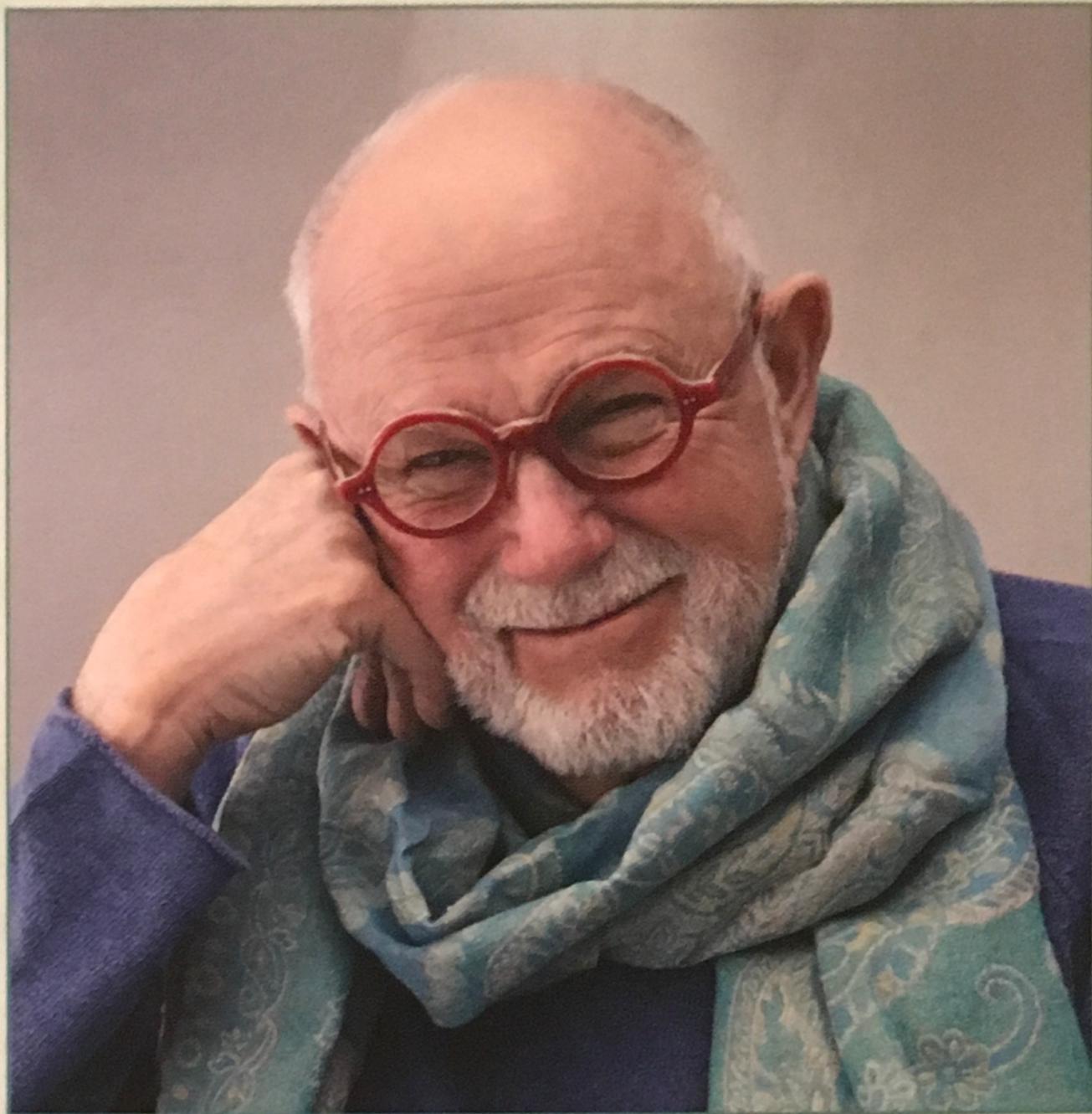
- https://www.youtube.com/watch?v=xCKJYn_A3eU

SAMPLE PAGE FROM PICTURE BOOK



“Let us be quiet, like all our friends.
Quiet and still.”



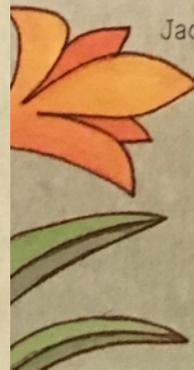


Tomie dePaola is one of the most popular children's book authors and illustrators of our time and the recipient of the 2011 Laura Ingalls Wilder Award, among other lifetime achievement awards. A Newbery Honor award recipient, he has written and illustrated a number of books for Simon & Schuster, including Caldecott Honor Book *Strega Nona*, as well as *Oliver Button Is a Sissy*, *Charlie Needs a Cloak*, *Michael Bird-Boy*, and *Andy, That's My Name*. A native of Connecticut, Mr. dePaola studied at the Pratt Institute in Brooklyn, New York, and now lives in New London, New Hampshire. Visit him online at tomie.com and tomiesblog.blogspot.com.

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Manufactured in China



SIMON & SCHUSTER
BOOKS FOR YOUNG READERS

Simon & Schuster • New York





How do you feel?

What did you notice?

What were you imagining?

Where were you?

How might your students react?

Talk to your neighbor for 1 minute. [Comments...](#)

Directions are within the app.

This PDF version will not provide the active links, so go to the ChatterPix web site to see how it works.

<http://www.duckduckmoose.com/educational-iphone-itouch-apps-for-kids/chatterpix/>



Using Chatter Pix

CHATTER PIX OR CHATTER PIX KIDSBY DUCK DUCK MOOSE - AVAILABLE FROM APPLE APPS

IMAGINE GIVING A VOICE TO ANYONE!



Step 1

Decide who will Speak

(a book character, a famous person, an animal, a geometric figure, etc.)

Move to Step 2

STEP 2: Find or take a photo - Drop it into your gallery.



Step 3: Think about what you want to say.



STEP 4: Jot down your information. Edit. Check your facts. Think about how you want the voice to sound (think of tone, speed, volume, inflection, etc.). Revise your script as needed.

STEP 5: Follow the directions in the App to upload your picture, draw the dotted line for the mouth, and advance to the record page.



STEP 6: Rehearse your script several times. Remember you will have 30 seconds to record.



STEP 7: RECORD!!! FOLLOW THE APP DIRECTIONS, WHICH WILL COUNT DOWN FROM 3

STEP 8: LISTEN AND WATCH YOUR RECORDING. EDIT AS NECESSARY.



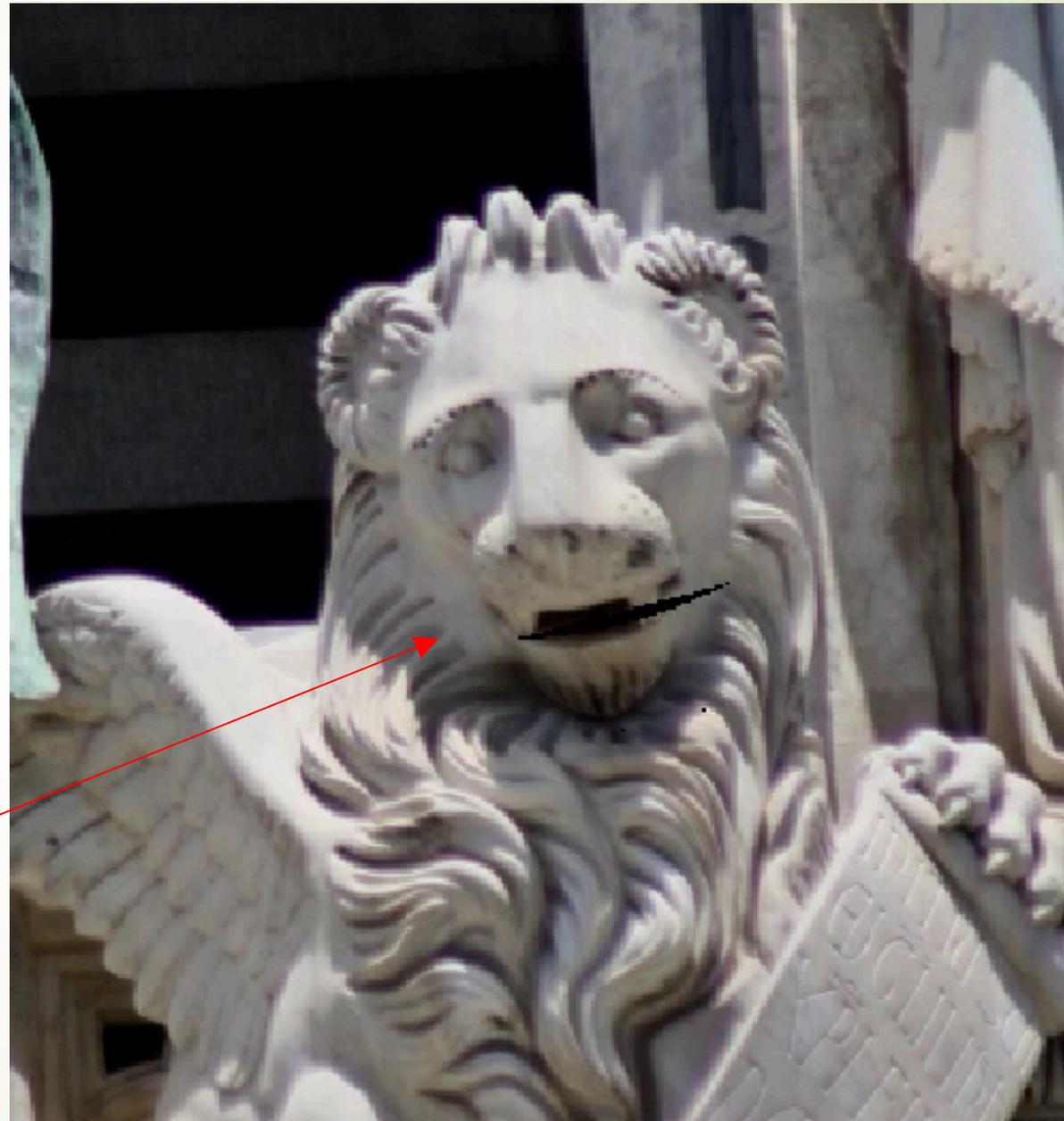
STEP 9: FOLLOW YOUR TEACHER'S DIRECTIONS ON PUBLISHING YOUR CLIP!



Thanks, Dr. Marciano



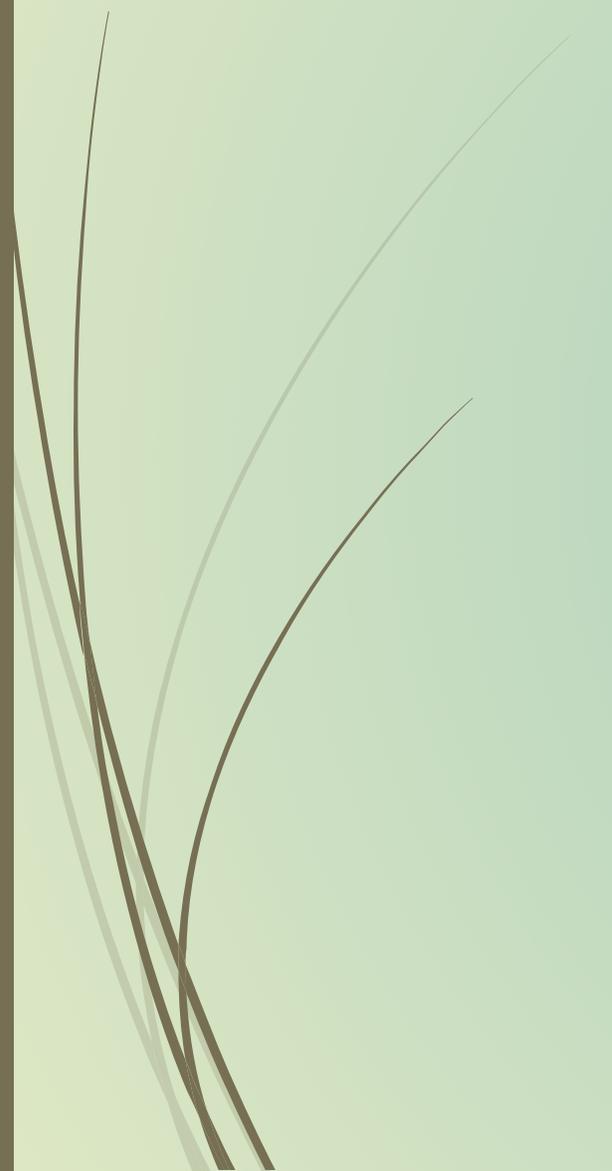
Make a mouth and make
the photo talk.





Now create your magic with an inspirational message or something funny.

The point is, it takes your mind OFF the stressful situation and makes you laugh or reminds you to be strong.



**Time
to
Share!**

Review

Comments



Stress relief medicine

Put your name on a paper for a chance to win a copy of *Quiet*.

LIVE FLORENCE, ITALY

STRESS TV

STOP STRESS FROM GETTING OUT OF CONTROL

2019

HELP YOURSELF AND OTHERS RELAX

classtools.net

A butterfly with brown and white wings is perched on a pink flower. The background is a dark gradient.

*I have chosen to be happy
because it is good for my health.*

~ Voltaire ~

Please send me some of your favorites!

Grazie!

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