

CATEGORY 4 RESOURCE DEVELOPMENT

Group ID 4-080

RELAX AND EXCEL

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ABSTRACT

Relaxation is important for our mental and physical well-being. While an adequate amount of stress is great in helping to keep our minds active, too much stress will become a problem for us and lead to mental health issues. To solve this issue, Relax and Excel provides a comprehensive package of resources to help teenagers learn about ways to relax and do well in their studies as well! The resource package includes a few different strategies such as educational videos on how to keep calm. With Instagram being a very popular form of social media among teenagers, a Relax and Excel Instagram page was created to broadcast information and tips. To educate and encourage relaxation tips in behaviour, we created a concise but comprehensive website.

1. INTRODUCTION

1.1 Rationale

Upper primary school students face a lot of stress from their examinations (Eg. Primary School Leaving Examination, End-of-Year exams) as their examinations are more important and contribute greatly to their academic results which eventually determines where they will be in their secondary school life. As they prepare for their exams, it also comes with a lot of homework. With all these piling up, and with some of the students still needing to attend co-curriculum activities, these students may feel stressed having so much responsibility on their shoulders .

Students may also feel stressed as they have high expectations of themselves and others may also view them with high expectations. According to a school counselor who works with primary school students, some students are always constantly reminded that they need to work harder and do well in their academics. These students cannot handle the pressure that is on them and are stressed out.

Other than academic stress, students may also be stressed about their social image. Students may be more self conscious at this age and will want to look good in front of their peers. They may also have multiple social media platforms and want to gain popularity. This may lead them to constantly worry about what people think about them and become overly sensitive. This will cause them to be stressed.

Being children and lacking experience, they may not know how to cope with the stress that they are facing and feel helpless. Hence, we want to help them by giving them suggestions on how to cope with stress.

1.2 Objectives

The objectives of Relax and Excel were to:

- Help primary 5 and primary 6 students identify if they are stressed

- Teach P5 and P6 students ways to cope with stress

1.3 Target Audience

Our target audience is the Primary 5 and Primary 6 students who face a lot of stress from their upcoming examinations. They may not know how to cope with their stress due to the lack of experience. Hence we want to help them.

1.4 Resources

The resources created for this project were:

- 1) Website
- 2) Videos
- 3) Relaxing quotes
- 4) Self-assessment checklist
- 5) Instagram Account called Relax_and_Excel

We have created a website (https://sites.google.com/d/1WwAryffX1oXRb9qJT7VL4ozJWeFjimpKb/p/1DMuuTXTOkXeR_022KCisZECzS0ul7rAF/edit) so that we can help the students have a better understanding of ways that they can relax. For the videos, we have thoroughly looked through many videos on how to cope with stress to allow the students to learn how to relax in a more relaxing way. We have also added relaxation quotes on the website to allow the students to have a sense of motivation to learn how to relax and excel in their studies. In the mid-term progression of our project work, we have also included a self-assessment checklist to give the students a better understanding on what they are doing wrong and allow them to learn the proper way to relax. We have also made an Instagram account which allows the P5 and P6 to follow up regularly and continue learning new ways to relax and excel in their studies.

2 REVIEW

Currently most lessons on how to cope with stress are Character and Citizenship Education lessons and Form Teacher Guidance Programmes. These are the most basic lessons on stress management. We, having gone through this before, feel that this is not enough and is only the bare minimum. Children may still not know how to cope with stress as they would not have learned much from these lessons. According to a senior school counselor who works with primary school students, students may not seek help even though they are stressed. "They may not have the self awareness that they are overwhelmed with stress. Some students may be fearful to seek help from an adult stranger or may not want to seek help due to the fear of being made fun of or labeled by their friends as weak."

3 METHODOLOGY

3.1 Needs Analysis

We conducted a needs analysis survey with 126 primary 5 and 6 students with the following questions:

- I have felt stress in P5 and P6 before. (Strongly agree, agree, disagree, strongly disagree.)
- I know how to identify when I feel stressed. (Strongly agree, agree, disagree, strongly disagree.)
- I know and have ways on how to cope with stress. (Strongly agree, agree, disagree, strongly disagree.)
- Do you know how to cope with stress? If you do, share some examples. (Open-ended question)

Needs Analysis- survey results

A	B	C	D	E	F
STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE		
Q1: I have felt stress before in P5 and P6					
58 (46.8%)	42 (33.9%)	15 (12.1%)	9 (7.3%)	Total: 124	
Q2: I know how to identify when i feel stressed					
37 (29.8%)	57(46%)	22 (17.7%)	8 (6.5%)	Total: 124	
Q3: I know and have ways on how to cope with stress					
29 (23.4%)	64(51.6%)	20 (16.1%)	11 (8.9%)	Total: 124	
Q4: Do you know how to cope with stress? If you do, share some examples.					
NO(26)	PHYSICAL ACTIVITIES(20)	MOBILE DEVICES(54)			

As shown in the survey, 100 respondents (80.7%) have felt stressed during primary 5 or 6. Furthermore, 94 of the 100 people did not even know they were feeling stressed. 93 out of the 100 respondents also did not know how to correctly cope with this stress, with 26 of the respondents answering “no” for question 4, and 54 people replying that they tend to use their mobile devices when feeling stressed. This is not a healthy way of relieving stress and our project can help them understand healthier and better ways of coping with stress.

4 CONCLUSION

We created a google form to find out how many P5-6 students actually realised when they were feeling stressed and we also found out that many of them did not know how to cope with stress! Many of our respondents told us that when

they are feeling stressed, most of the time, they would resort to using their mobile devices excessively, which is not healthy for their eyes and overall health. Thus, we decided to make a website which explains the many different types of stress, and good ways to cope with it.

Our project was not easy as we needed to direct our resources more clearly and suitably to the primary 5 and 6s. We faced difficulties in creating a website due to our lack of experience and how to make it appealing to our target audience. After we thought that we got the hang of it we realised that our website was not suitable for children. We had to change our website to suit our target audience — we could not make the website too wordy and we must understand what they are comfortable with (Eg. more animated pictures). Overall, we had a great experience in Relax and Excel as we know it is for a good cause in helping our juniors. We hope that this would be useful for them and they would not have to go down the road of suffering in silence because of stress.

5 REFERENCES

Interview:

Mdm Ching Yeu Pei (senior school counselor)

Resources:

<https://my.clevelandclinic.org/health/articles/11874-stress>

Photographs in the website

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQMCDdoHxERlZvBGSyUTC8VIwLnSL9a6naLIA&usqp=CAU>

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTyL-LlsuTEfftAPO6Pk5K9vFpF53fingj_hA&usqp=CAU

Videos in the website

[How stress affects your body - Sharon Horesh Bergquist](#)

[How stress affects your brain - Madhumita Murgia](#)

[Does stress affect your memory? - Elizabeth Cox](#)

<https://www.youtube.com/watch?v=1ZYbU82GVz4>

https://www.google.com/imgres?imgurl=https%3A%2F%2Faitong.moe.edu.sg%2Fqql%2Fslot%2Fu180%2FHighlights%2FATS_105th_Anniversary_Banner.jpg&imgrefurl=https%3A%2F%2Faitong.moe.edu.sg%2Fabout-us%2Four-school%2Fats-105th-anniversary-105&tbnid=KGZsxKBMTTao2M&vet=12ahUKEwim2qOW1bXyAhW6ArcAHdY8CpcQMygFegUIARChAQ..i&docid=k80ELKbT5SjVGM&w=1000&h=393&q=ai%20tong%20school%20kids&hl=en&ved=2ahUKEwim2qOW1bXyAhW6ArcAHdY8CpcQMygFegUIARChAQ