

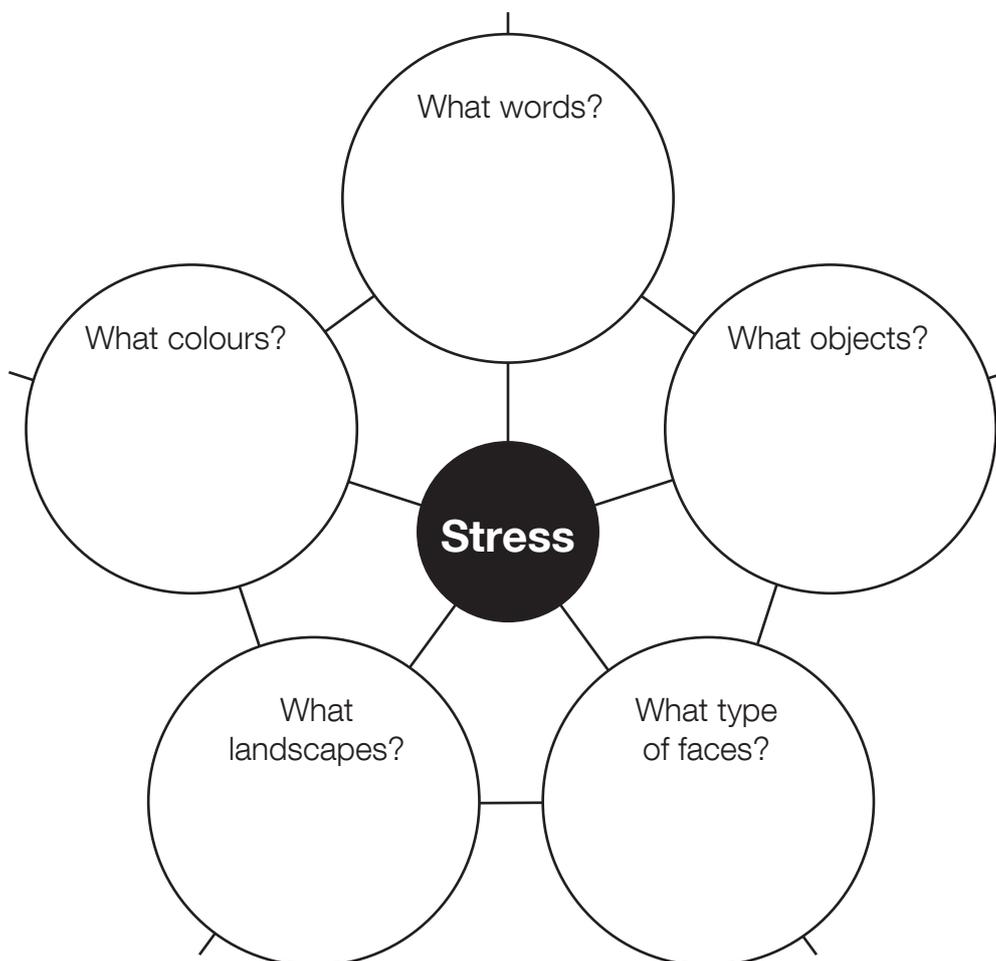


How stressful!

1a. Make a collage to represent stress. Follow these steps.

- a. Find leaflets, magazines, newspapers and old photos.
- b. Choose ideas that remind you of stress. Look for letters or words, colours, objects, landscapes, faces etc.
- c. Cut them out and arrange them on a table.
- d. Combine the cut-outs in a way that you think best represents stress.
- e. Stick them onto a piece of paper.

1b. Now analyse your collage using a mind map like this one.



1c. Think about and explain why the things you have chosen are stressful. Explain with what you associate these things.

For example:

I feel tension when I see red because I associate it with prohibiting things.

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1d. Now, analyse the collages of two of your classmates in the table.

	COLLAGE 1	COLLAGE 2
colours		
words		
landscapes		
faces		
objects		

1e. Finally, extract conclusions from your analysis.

- The colours that are used most are
- Are any words used more than once? Yes. No.
- If so, which ones?
- Which words seem to be most stressful?
- What do the objects your classmates have chosen have in common?
 - Their shape
 - Their size
 - Their function
 - Other:
- What landscapes are perceived to be most stressful?
 - Mountains Valleys
 - Bodies of water Deserts
 - Volcanoes Urban life
- Do the faces they have chosen have anything in common? What?
 - furrowed brow untidy appearance
 - smile gestures of pain
 - closed eyes pouted lips



1f. Develop your conclusions and write a short text.

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1g. Imagine that a rival sports team is going to come to your city to compete. The strategists from your team request that you design a hotel in which the customers can't relax or rest well. On the contrary, they must find it as stressful as possible.

1. In which part of the city would you place the hotel? Why?

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2. What would the bedrooms be like?

Thickness of the walls

Colour of the walls

Position of the beds

Presence of electrical objects

Other objects that will be in the rooms

Objects that won't be in the rooms

3. What would the common areas be like?

- Swimming pool

Location

Water temperature

Surrounding sounds and noises



- Restaurant
Location
Temperature
Surrounding sounds and noises

- Reading room
Location
Temperature
Surrounding sounds and noises

4. Is there a lift? How can you make that stressful?
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5. What are the staff like?
- Clothing
 - Languages they speak
 - Body language

1h. Write a short report explaining what the hotel is like and why.

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Emotional competences:
Awareness of how emotions influence behaviour. Capacity to influence or regulate other people's emotions.