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## SAMPLE

### MANAGING STRESS IN THE CHILD CARE ENVIRONMENT

#### OVERVIEW OF TRAINING SESSION

Below is an overview of the topics covered in this session.

<b>Estimated Time</b>	<b>Topic</b>	<b>Training Technique</b>
10-15 minutes prior to session <sup>1</sup>	<b>Registration</b>	-----
5 minutes	<b>Introductions/Icebreaker: Stress Reduction BINGO</b>	large group
5 minutes	<b>Overview of Training Session and Objectives</b>	slides/overheads
5 minutes	<b>Opening: <i>Dealing with Stress</i> Quiz</b>	small group
10 minutes	<b>Presentation: Stress and the Child Care Provider</b>	slides/overheads
10 minutes	<b>Activity: Stress Management Assessment</b>	individual
10 minutes	<b>Presentation: Ways to Reduce Stress</b>	slides/overheads
5 minutes	<b>Closing: Relaxation Minute</b>	individual
5 minutes	<b>Learning Assessment: <i>Dealing with Stress</i> Quiz Review</b>	small group
5 minutes	<b>Evaluation of Trainer</b>	individual
<b>Estimated Total Time:</b> Approximately 1 hour <sup>2</sup>		

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<sup>1</sup> Not included in total time.

<sup>2</sup> Add additional time if group guidelines and/or group facilitation methods need to be addressed at the beginning of the session, or if you decide to include any additional activities. For more information, see NTI's *Building Curriculum Development and Training Skills* Training Module.

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