**Positive Ways to Deal with Stress**

In Health class we have been discussing all the different things that can cause stress in our lives, how we might feel when we are stressed, and positive ways to deal with stress.

1. For this project, you are going to design a poster (with a creative title and picture(s)) which will show one *positive way* that you deal with stress in your life.
2. On the back of the poster you are going to provide a write-up about how this activity helps you deal with stress.

The write-up must include:

-Why you choose to do this activity? (What stressors do you experience?)

-Where does it take place?

-How often do you do this activity?

-Why would you recommend it to others?

 You may also include any other information that you feel is important to share.

You may type your write up, or write it by hand very neatly.

1. You must do a rough draft first (This will be started at school) and pass it in with your good copy.
2. Please see rubric for what I will be looking for.

**Due Date: Thursday October 1**

Examples:

**Grading Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Category | 4 | 3 | 2 | 1 |
| Paragraph | You clearly described in detail how this activity helps you deal with stress and included all 4 details.  | You described how this activity helps you deal with stress but only included 3 details.  | You described how this activity helps you deal with stress but only included 1-2 details  | You did not describe how this activity helps you deal with stress.  |
| Poster Neatness  | Your poster shows creative effort, and is neat and colourful.  | Your poster shows some creative effort, and is somewhat neat and colourful. | Your poster does not show a lot of creative effort, and is not very neat or colourful | Your poster shows no creative effort, and is not neat or colourful.  |
| Grammar/spelling  | There are 0-1 grammatical/ spelling errors on your poster or in your write-up. | There are 1-2 spelling/grammatical errors on your poster or in your write-up. | There are 2-3 spelling/grammatical errors on your poster or in your write-up. | There are more than 3 spelling/grammatical errors on your poster or in your write-up. |