Stress...
It's Everywhere!

You are going to create a PowerPoint that illustrates what causes you stress and your ways of coping with your stress. Project Requirements:

- You must have a title slide with your name on it.
- You must have **25** different slides with one picture of a stressor on each slide
- You must have **5** different slides with one picture of a stress reliever on each slide
- Under the transitions tool bar, an options button will appear. Set the show to automatically advance after 4 seconds.
- You must also put music from the transition bar for the first slide only. Click apply not apply to all. It must be in WAV format.

Stress. . .Its Everywhere Rubric

Below are the criteria for the
Stress…Its Everywhere PowerPoint Project

Identification of Stressors
½ point each   _____ /12.5

Stress Relievers   _____ /5

Title Slide with Name   _____ /.5

Music throughout PowerPoint   _____ /5

Visual Appeal of Presentation   _____ /2

Total   _____ /25
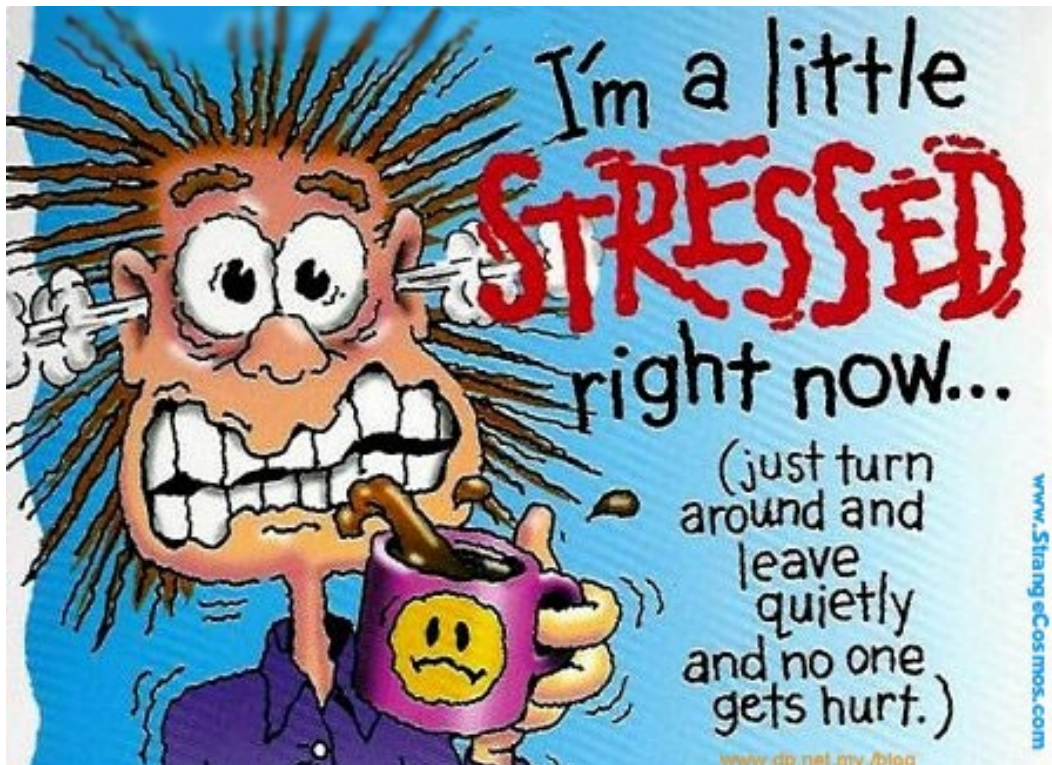
How Stress Affects the Body
# Activity
Visual Representations

Activity: In groups of 3-4, students will draw a visual representation of the effects stress has on the body.

- ➢ One suggestion: have students identify "best artist in group" to draw an outline of the group body.
- ➢ Using Chapter 16 as a guide, draw the effects that short-term and long-term stress have on the body. Include items from the three major body systems that stress affects; Immune System, Hormonal System and Nervous System
- ➢ Artistically differentiate between short-term effects (Fight or Flight) and long-terms effects of stress.

Short Term: (Fight or Flight)
- ☑ Pupils
- ☑ Hearing
- ☑ Saliva
- ☑ Heart rate
- ☑ Blood pressure
- ☑ Digestion
- ☑ Muscles

Each student will draw these effects on their individual gingerbread bodies. There should also be one "group picture" (on a poster board) that all members will help contribute.
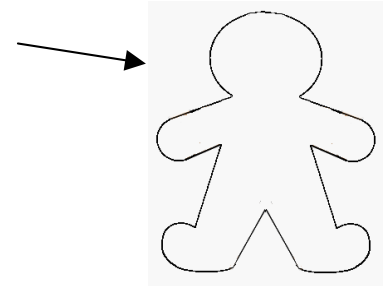
Long Term: (Don't forget to make this category visually different)
- ☑ Hair
- ☑ Brain
- ☑ Cardiovascular system, including the heart
- ☑ Immune System
- ☑ Skin
- ☑ Stomach
- ☑ Reproductive System
- ☑ Hormonal System