

Grade 8 Health Assignment - outcome B3

Outcome : Identify stressors that middle school students may have in their lives and coping strategies to address the stressor.

Presentation : Create a flyer or brochure with at least 2 stressors and 3-5 coping strategies. Be creative.

Due date: Monday, October 31st

Grading Rubric

Exceeding – 3+/4	Meeting - 3	Approaching - 2	Working below – 1
Student identifies stressors in students' lives and explains these in detail. Identifies specific strategies for coping with stress. Includes details that will make it easy for the reader to implement the strategy.	Student generally identifies stressors in students' lives. Generally explains strategies for coping with stress.	With some difficulty, the student identifies stressors in students' lives. Provides some overall strategies for coping with any type of stress.	Student is not able to identify stressors in students' lives and strategies for coping with stress.

