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# Learning Activity Sheet for PE and Health

Quarter 1

Week

1

## **Learning Activity Sheet PE and Health Grade 7**

### **Quarter 1: Week 1**

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## LEARNING ACTIVITY SHEET 1

### “Self-Check”

You will answer the will answer the stress symptoms checklist. **STRESS SYMPTOM CHECKLIST**, the symptoms of stress can be broken down into four categories. Use the list below to check (/) off symptoms of stress you may have felt in the last month. It does not matter to what degree you have experienced the symptom.

### STRESS SYMPTOM CHECKLIST

Check	Physical Signs of Stress:	Check	Behavioral Signs of Stress:
	<ul style="list-style-type: none"> <li>Stomach pain; nervous stomach</li> <li>Appetite change; weight change</li> <li>Stiff or sore joints, especially neck and shoulders</li> <li>Muscle tightness, cramps and spasms</li> <li>Back or chest pain</li> <li>Migraines or tension headaches</li> </ul>		<ul style="list-style-type: none"> <li>Excessive video games, or TV watching</li> <li>Excessive use of alcohol, drugs, or tobacco</li> <li>Over-eating or under-eating</li> <li>Losing temper easily; arguing more</li> </ul>
Check	Emotional/Psychological Signs of Stress:	Check	Cognitive Signs of Stress:
	<ul style="list-style-type: none"> <li>Feeling overwhelmed or that there is way too much to do</li> <li>Feeling "out of control"</li> <li>Frequent worrying or obsessing</li> <li>Anxiety</li> <li>Unexplained/irrational fears</li> <li>Frequent recurring nightmares</li> <li>Frequent irritability; easily frustrated</li> <li>Feeling angry and resentful</li> <li>Mood swings, crying spells</li> </ul>		<ul style="list-style-type: none"> <li>Difficulty making decisions; impulsivity; indecisiveness</li> <li>Confusion; disorientation; "spaciness"</li> <li>Difficulty concentrating, attending</li> <li>Difficulty remembering information, details, or recent events</li> <li>Repetitive thoughts</li> </ul>
Number of Items Checked		Stress Level	
0-7		Low	
8-14		Moderate	
15-21		High	
22+		Very High	

The teacher will give the suggested stress management checklist.

## CHECKLIST OF STRESS MANAGEMENT

### **I. Reactive Stress Management** - Useful for immediate or short term stress management

Talk to some	Listen to music
Walk for 10-20 minutes	Take a hot shower/bath
Watch a favorite movie/show	Spend time with someone close to you
Take 5 deep breaths	Picture yourself in 5 years

### **II. Proactive Stress Management**- Useful to strengthen your well-being

Eat Healthy	Practice deep breathing
Practice assertive communication	Practice mindfulness with daily activities
Let go of perfectionism	Manage time and plan for daily events
Engage in regular exercise	Build trusting relationships
Take a long walk around the lakes or hike in one of the local parks	Return kindness to others
Complete a gratitude journal before bed	Practice non-judgmental self-talk

### **III. Preventive Stress Management** - Useful for making significant changes to increase resiliency and well-being

Practice skills to manage difficult conversations	Create joy and make peace in your day
Simplify your life by working to manage time and delegate	Find meaning in experiences whether good or challenging
Choose to join an organization that will help you feel connected	Understand your strengths academically and personally
Incorporate activities that challenge you in healthy ways	Practice daily meditation or prayer to support self-care
Develop intimacy with others	Evaluate your behavior at the end of the day and how you are doing

*Remember that the format of a learning activity sheet can be adjusted to fit the needs of your learners, the subject matter, and the level of detail required. The key is to provide clear instructions, engaging tasks, and the necessary resources to help learners achieve the intended learning outcomes.*