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Learning Activity Sheet for PE and Health

Quarter 1

Week

3

Learning Activity Sheet English Grade 7
Quarter 1: Week 1

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LEARNING ACTIVITY SHEET 3

A - Ok Steps!

Demonstrates various stress management techniques that one can use every day in dealing with stress.

Directions:

Step 1 - List five (5) steps you will take when facing a difficult problem.

Step 1	Step 2	Step 3	Step 4	Step 5

Step 2 - List three people, groups, or communities who you can turn to for support or that provide you support.

Name:	How can they help? Describe how each of your support helps you, or could help you?

Step 3 - Write a short journal about your management goal.

My stress management goal is:

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.