

DIV 1 Health Week 2 Home Learning

You will continue to work on your Emotional Health Project.

The Project is due on Friday March 27th

Immediately below is the original Emotional Health Challenge Project (and rubric). You all should have access to the work you have already started in Health on the One Drive. (If you are interested in an Extension Project, see that link too!)

If you have any questions, please email either Alan and Kafi and you can expect a timely response.

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- kbeckles@theparkersschool.org

Reminder: We are on day 22 of the project to "Change a Habit". We are going for 30 days so do your best to continue monitoring your progress.

The Reflection—30-day challenge project

For this project, you chose one habit that you wanted to add or subtract from your daily routine in order to improve or maintain your personal health. Now, you should reflect on how this process of change went for you. Please write a letter to your Wellness teacher that responds to the following reflective questions. Please **type** at least **two or three sentences** for each question, in a letter format, and sign your name at the end!

Due date: 3/27/2020

1. Define emotional health in your own words (2-3 sentences)
2. What is stress in your own words.
3. What is anxiety in your own words.
4. What are some ways to reduce or cope with stress and anxiety?
5. What is depression in your own words.

