

6th Grade FACS/Health Assignments

Week 7: May 4 - 15th

Objective: *Explore various options for managing stress by creating a personal stress management plan and adopting effective stress-reduction behaviors.*

The next 2 weeks you will create a stress management plan or toolbox. You will use stress management techniques from your toolbox to deal with stressors in your life. You will write a letter responding to a person under stress and share with them how to cope with the stressors in their life. Make sure you do the assignments in order, as they build on each other!

Assignments:

#1: Create a Stress Management Toolbox /15

- <https://docs.google.com/document/d/1Zb7Qp9a-fD0ACw9ogT1xNXOkb09OG4w8ncEzekgy8xM/edit?usp=sharing>

#2: Stressful Situations /18

- https://docs.google.com/document/u/1/d/1maE1JNG_goWaXzG-3hJalq7u1NIYygfOG-QJR-DN_s/copy

#3: Stress Mail /10

- <https://docs.google.com/document/u/1/d/1JSSJbjhzaWT2KyImgy3tEz7cMZ3zcxFPNsVZPXQRWMg/copy>

Due Date: Friday May 15th

Week 6: April 27th - May 1st

Objective: *Identify stress and the effects stress has on the body.*

This week we are studying stress and the effect stress has on the body. You will be answering questions from a Google slide and creating a brochure to educate others about stress.

Assignments:

#1: Stress Questions: Read through the Google Slide and answer questions about stress using information found in the presentation. /25

Google Slides

- <https://drive.google.com/file/d/15LLTpjYnlcaqDUy2350OUFCDK9Rb5gw4/view?usp=sharing>

Questions - make a copy of the questions and answer them completely. The questions follow along with the google slide.

- https://docs.google.com/document/u/1/d/1OAbdWcGjhjDo2ZiFf3EY2d2BWcsR-_DRWWGrWw2ENCo/copy

#2: Create a Stress Brochure /25

- After completing the questions in assignment #1, Create a stress brochure following the guidelines below
- <https://docs.google.com/document/d/1-FOUzPteBwVkBmyD12UUVU0XN94FIh70vI4OVD11M9c/edit?usp=sharing>

Due Date: Friday May 1st

Week 5: April 20th-24th

Objective: *Students will practice strategies to reduce risk factors and enhance factors that promote positive mental and emotional health.*

We are beginning a new unit on Mental and Emotional Health. This week we will focus on self-esteem and service to others and how these promote positive mental and emotional health. After learning about these concepts, you will complete projects focusing on improving your self-esteem and giving service to others. Please read the instructions below to complete the assignments for this week.

Assignments:

#1: Self-Esteem Notes: Read through the Google Slide and watch the video about Mental/Emotional Health and Self-Esteem. Take notes from each.

Google Slide/Video - "Mental and Emotional Health" /10pts

- <https://docs.google.com/presentation/d/12hGZZE9gee0kbfSv1d5xca-wYIJtTfaxboMegsi-1qc/edit#slide=id.p1>

Notes - You must take notes from the google slide and video summarizing what you have learned. You must label the notes with the title of each and give 5 important facts you learned from each.

#2: Project - Self Esteem - Pick 1 project to complete. /20pts

- <https://docs.google.com/document/d/19kEszmENiQRXzWmMUPI1U3asMTcw03e7qdoqsT TTUx4/edit?usp=sharing>

#3: Service - Provide an act of service to someone. /10pts

<https://docs.google.com/document/u/1/d/1WSXn2NSmCnfzv9IQZaiqf8pU6B-OHqk61N9gm1y5hME/copy>

Week 3 & 4 March 30th – April 17th

Objective: *Students will identify safety hazards for small children and create a poster explaining the safety hazard and steps that can be taken to prevent the hazard.*

Over the last month, we have been studying child development. We are going to learn about safety hazards for young children. As you know from taking care of your egg babies, young children are very delicate and

have to be watched carefully to prevent injury. Read the article below and create your safety hazard poster. Make sure you follow the set requirements below.

Assignments:

#1: Safety Chart: Read the article and fill in the chart with information from the article. (18 points)

Read - "Safety for Your Child"

- https://docs.google.com/document/d/10kB_eWcuaH-hRq02TAseuW7N-tMxstVhU723hyjG3YQ/edit?usp=sharing

Chart - Fill in the Safety for Your Child chart using information from the article.

- https://docs.google.com/document/d/1ttsy8Zjm8wGPBV5qCQtJKcl_K-pn9-NZfsHoWZ5luUw/copy

#2: Poster - Pick 1 safety hazard from the article and create a poster that explains the safety hazard and 3 things parents can do to prevent the hazard.

Poster Requirements: (10 points)

- Use a blank piece of computer paper
- 1 Safety Hazard
- 3 Ways to Prevent the Hazard
- Slogan or Title
- Picture(s)
- Colored

Your picture, title and information should be big enough to fill most of the paper!