

7th GRADE PROJECT

STRESS

STEPS

1. Find an article that discusses ways to relieve stress.
 - a. List the Title of the article and its author.
 - b. Write a 5 sentence summary of the article.
2. REFLECTION
 - a. In a paragraph form, write a reflection to the following statement:

Explain how exercise plays a role in stress relief.

Nuts & Bolts

1. Project must be typed on an 8 ½" by 11" sheet of unlined paper
2. Summary and Reflection need to be printed on the front of the page in font 12.
3. Article can come from any source: internet, magazine, newspaper, etc...
4. Name, Date, Period, and Roll Call # is printed on the front of the project

