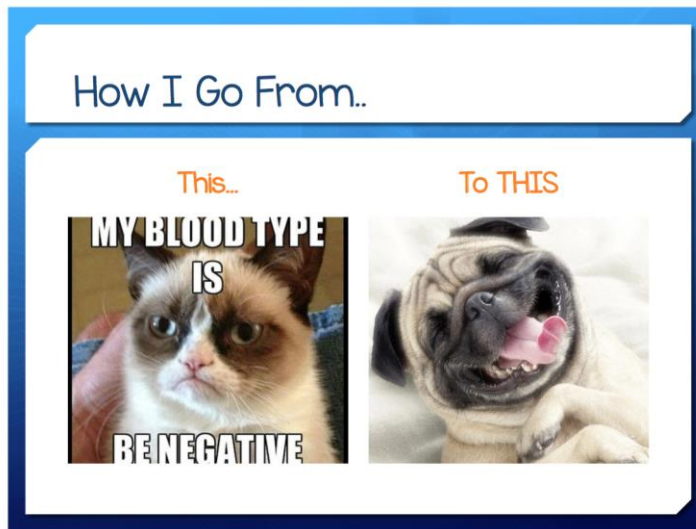


Shake It Off Stress Management Assignment



You are going to create a Google slides presentation that lists your top ten healthy stress management techniques and visually represents these techniques. I showed you my example in class.

Criteria for Assignment:

- You must have a cover slide.
- You must have at least 10 healthy stress management techniques and label them.

- Please share your document in Our Google Classroom.
- Have a picture for every slide. The picture does not have to be of you. It can a picture representing the stress management technique.

Scoring of Project:

Cover slide	2 points
10 slides of stress management ideas with pictures	20 points (1 point each)
Creative and neat	3 points

Total _____

25points