

## Grade 8 Life Orientation Worksheet

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### Preventing and managing stress

Stress is the body's response to challenging situations. Stress is not always a bad thing. For example, it can be the driving force to get you to meet a deadline, like studying for an exam in time. The problem is that when you stress too much, it can prevent you from concentrating. Too much stress can affect your body in various ways – headaches, stomach aches, sleep problems, acne, sadness, feeling overwhelmed, heart palpitations, depression and anxiety are just a few of the side-effects of depression. Stress affects us both physically and mentally.

Did you know that keeping your body healthy can help you cope better in stressful times? Watching your diet and making sure that you are well nourished and getting in all your vitamins and minerals will keep your body strong. Daily exercise is also an important factor in keeping stress levels down. Find an exercise that works for you – if a long walk helps you to relax and clear your mind, then make it part of your exercise routine. And get enough sleep! Make sure that you get at least 9 – 10 hours of sleep every night. Your body and mind are working hard and growing – they need time to recharge.

### **Activity 1: Self-analysis questionnaire**

Complete the following self-analysis questionnaire:

1. What are the things that cause stress in your life on a daily basis?
2. What bigger things occasionally happen that cause a high-stress situation in your life?
3. How does your body react to stress?
4. How does your mind react to stress?
5. What do you do to cope with a high-stress situation?
6. What healthy choices do you make in your life to enable you to cope with daily stressors?
7. What are the positive results of healthy choices?
8. What unhealthy choices do you avoid?
9. What are the negative results of unhealthy choices?

2 marks per answer – 18 marks

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### Activity 2: Mind map

After completing the self-analysis questionnaire in Activity 1, create a mind map to illustrate your responses.

Your teacher will assess your mind-map using the rubric below.

Category	4 marks	3 marks	2 marks	1 mark
<b>Participation</b>	The learner put great effort into the work.	A good effort made.	Some effort made.	The learner did very little work on the mind map.
<b>Required elements</b>	The mind map contains most of the information that was discussed.	The mind map contains some of the information that was discussed.	The mind map contains a little of the information that was discussed.	The mind map is off the topic.
<b>Relevance</b>	All the concepts are relevant.	Most of the ideas are relevant.	Some of the ideas are relevant.	The concepts do not relate to the topic.
<b>Flow</b>	The concepts flow very well.	There is a fair amount of flow.	The concepts flow a little.	There is no concept flow.
<b>Attractiveness</b>	Very attractive, colours used, very neat.	Fairly attractive in terms of design, layout and neatness.	Acceptably attractive.	Messy and poorly designed.
<b>Total marks: 20</b>				

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## Suggested Solutions

Item number	Possible marks	Solution
1	18	2 marks per answer. No specific answers are given. Mark flexibly, allowing for individual opinion.
2	20	See rubric in Appendix of Assessment Tools.

## Appendix of assessment tools

Category	4 marks	3 marks	2 marks	1 mark
<b>Participation</b>	The learner put great effort into the work.	A good effort made.	Some effort made.	The learner did very little work on the mind map.
<b>Required elements</b>	The mind map contains most of the information that was discussed.	The mind map contains some of the information that was discussed.	The mind map contains a little of the information that was discussed.	The mind map is off the topic.
<b>Relevance</b>	All the concepts are relevant.	Most of the ideas are relevant.	Some of the ideas are relevant.	The concepts do not relate to the topic.
<b>Flow</b>	The concepts flow very well.	There is a fair amount of flow.	The concepts flow a little.	There is no concept flow.
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<b>Total marks: 20</b>				