

Name _____ Date _____ Class _____

Health Podcast Activity Worksheet

Episode 2: Keeping Stress in Check

Activity A: Listening and Learning

Directions: Download the “Keeping Stress in Check” podcast from www.glencoe.com. As you listen, write down the main ideas to help you complete the activities. Discuss the information on stress from the podcast with your classmates and then answer the questions below.

1. What is another name for long-term stress?

2. What kinds of problems could teens can develop if they don't manage stress?

3. What are the three stages your body goes through as it tries to deal with stress?

4. What are three things you can do to relieve stress in your life?

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Activity B: Creating a Blog to Combat Stress

Using the tools at Blogger.com, create a *private* blog that demonstrates what stress is, how it can affect your life, and what teens can do to combat it. Be sure to include examples, images, and the solutions that you and your classmates discussed for combating stress. Make one post a day for five days, at which time you will submit your project to your teacher. Go to Blogger.com and follow these steps:

1. Register at the site and create a user name and password. You do not need to use your real name or provide any personal information to use this tool.
2. Click on “Create a Blog” and choose a name for your blog. It should be something that is easy to remember and tells your readers what the blog is about.
3. Choose a template and click “continue.” Now you can post to your blog!
4. Working with your classmates, make a list of five topics for your blog (one post per day). Each post should be between 100 and 500 words long and include:
 - a. A title
 - b. An example or illustration of a stressor and how you deal with the stress on a daily basis
 - c. Links to online resources that other students might find useful on the topic
 - d. Be creative! Include sounds, images, or other multi-media clips to reflect your understanding of stress and how to manage it
5. When your blog is complete email to your teacher asking them to read and comment on it.