

Stress and the Body

Task: Using the butcher paper provided, draw and label how stress affects the body.

Steps:

1. Draw and basic outline for a body on your paper.
2. Using your book (page 60) identify 15 effects of stress on the body. Include at least 2 affects from each stage of stress.
3. Add these affects to the correct location on the body.
4. Be ready to share with the class. Each person needs to participate in the sharing.

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