

Pre-Post Stress Survey

Physical Activities Can Reduce Your Stress

Period _____ Name _____ Date _____

Place an X in front of all items that apply to you.

- I am excited about getting out of bed each day.
- I look forward to attending school.
- I live in a safe home environment.
- I have a good relationship with my sister(s) and brother(s).
- I enjoy time alone by myself.
- I feel safe when I am at school.
- I can ask my teachers for help without being put down.
- I have access to financial resources for all of my needs.
- I have a part-time job.
- I eat as much food as I want to at every meal.
- I have close friend(s).
- I have at least one friend that I can talk things over with.
- I know at least one adult that I can share my problems with.
- I am afraid to walk to my car in parking lots.
- I am afraid to go to after school activities at my school.
- I am afraid to go to social activities in my community.
- I have learned skills to help me adjust to stress.
- I have my school work ready to turn in on time.
- I have test anxiety.
- I rarely get everything ready in one day that I need to.
- My concentration is easily interrupted.
- I have a family member who is seriously ill.
- I have problems with my health.
- I am trying to lose weight.
- I avoid some tasks because of the stress they cause me.
- I am off-task at some point every class period.
- I am usually depressed.
- I am depressed a little sometimes.
- I have a loss of appetite.
- I worry about little and big things that I can not control.
- I have developed ways of handling my stress that work.

Reflection Log Journal

Physical Activities Can Reduce Your Stress

Period_____ Name_____ Date_____

Maintain a two (2) week record of physical activity engaged in for 20 to 60 minutes a day and respond under **Comments** whether or not you perceive that the activity has helped you to reduce stress.

<u>Day</u>	<u>Activity</u>	<u>Minutes</u>	<u>Comments</u>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Monday			
Tuesday			
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Thursday			
Friday			
Saturday			
Sunday			

Teacher Evaluation Tool

Physical Activity Can Reduce Your Stress

This format may be used to help you assess the student's progress with this assignment.

1=Weak 2=Moderately 3=Average 4=Moderately Strong 5=Strong

1. The comments show an understanding of the appropriate concepts.
1 2 3 4 5

2. The student selects more than one type of physical activity.
1 2 3 4 5

3. The student identifies activities that are personally felt to relieve stress.
1 2 3 4 5

4. The student maintained journal entries for the total two-week period.
1 2 3 4 5

5. The student maintained journal entries for seven days.
1 2 3 4 5

6. The conclusion fulfills the requirements of the assignment.
1 2 3 4 5

7. The journal comments express a firm opinion about stress and physical activity.
1 2 3 4 5

8. The relationship identified among activities and stress fulfills the requirements of the assignment.
1 2 3 4 5

9. Student did not attempt the assignment.
1 2 3 4 5

Scale: 35-41 **Commendable** 25-34 **Satisfactory** 15-24 **Unsatisfactory** 0-14 **Unproductive**