Stress Relief Assignment

Using knowledge you have acquired from the lessons on stress in the workplace and stress relief, with a partner create a stress relieving activity for the class to participate in.

The activity should take no longer than 10 minutes and should be purposeful in stress relieving techniques.

You and your partner will also submit a 1-page (double spaced, 12 pt font) paper on your activity explaining (using knowledge from stress lesson) your activity and why it will reduce stress in a workplace (or classroom) environment.

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|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| Comm. | Little description of purpose of stress relief activity.  Limited clarity of activity and purpose.  Unclear and limited projection of voice. | Some description purpose of stress relief activity.  Some clarity of activity and purpose.  Some clarity and some projection of voice. | Sufficient description purpose of stress relief activity.  Considerable amount of clarity of activity and purpose.  Sufficient clarity and projection of voice | Detailed description of purpose of stress relief activity.  Thorough description of clarity of activity and purpose.  Very clear and projects voice. |
| Appl. | Little degree of relevancy to activity in relation to stress relief and the workplace.  Limited usefulness in demonstration and instruction of activity.  Limited creativity in activity. | Some degree of relevancy to activity in relation to stress relief and the workplace.  Some creativity in activity. | Sufficient degree of relevancy to activity in relation to stress relief and the workplace.  Sufficient creativity in activity. | High degree of relevancy to activity in relation to stress relief and the workplace.  High degree of creativity in activity. |