

Concord Summer Experience



Activity Title	Dealing with Stress at School		
Activity Overview	In this activity, you will learn how to manage your stress levels at school when meeting deadlines.		
Activity Duration	60 minutes	Resources Required	➤ Computer
Activity Summary			
<p>You will watch a video and be asked to complete a worksheet that combine the information and activities that were given in today's presentation.</p> <p>The activity involves looking at techniques to avoid stress at school. It also contains signs that show you when you are stressed and how to avoid getting into these situations.</p> <p>The worksheet will involve reading a text on Teen Stress. From this worksheet you will be challenged on the following elements:</p> <ul style="list-style-type: none">• Vocabulary• Reading comprehension questions• True or false questions• Use of English• Writing a composition			