

Stress

Stress affects the body in many ways.

- A. Describe three positive ways you can reduce stress.
- B. Explain 2 things that can happen to you if stress is not reduced.

SCORING GUIDE

4	Student gives correct answers for parts A and B. All explanations are clear and complete. There is evidence of clear understanding of the concept.
3	Student gives correct answers for parts A and B. Explanations are correct, but possibly unclear. There is less evidence of clear understanding.
2	Student answers 1 (A or B) part of the question completely correct. There is some evidence of understanding.
1	Student gives only parts of correct answers. There is little evidence of understanding.
0	Response is totally incorrect or irrelevant (does not add any new information to the question)
B	No response



5th grade PLVS OR/Reason to Write – Inform/Narrate

Choose only ONE of the following tasks to complete:

WRITING TASK 1

SITUATION:

Sports Illustrated for Kids is collecting articles to publish in their next Healthy Kids insert about how young people can deal with the stress in their lives in a positive, healthy way.

WRITING TASK:

Write an article for Sports Illustrated for Kids informing other young people about three ways to positively deal with the stress in their lives and explain the consequences if stress is not dealt with in a positive, healthy way.

OR

WRITING TASK 2

SITUATION:

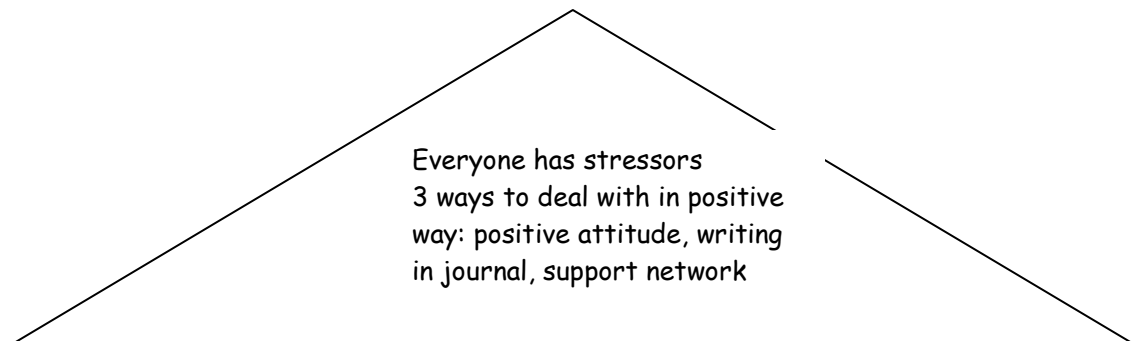
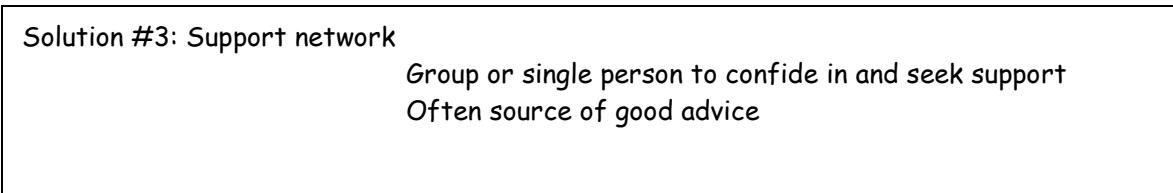
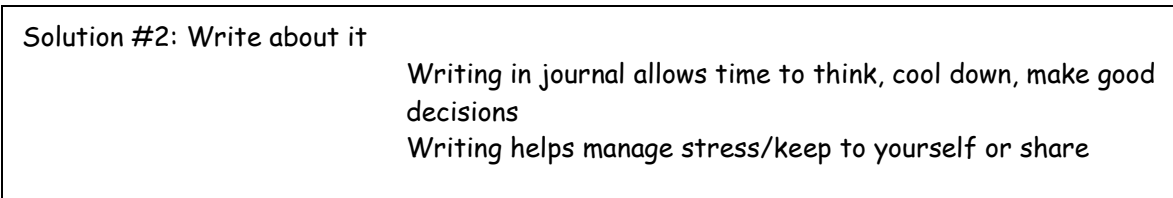
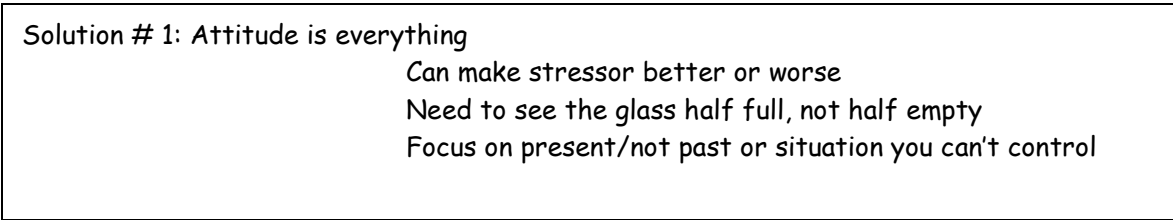
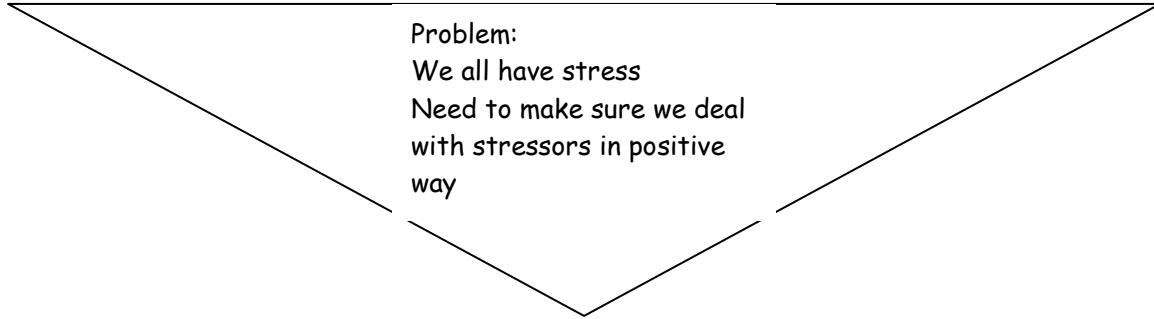
A local newspaper is asking students to write letters for their Healthy Kids insert to help stressed elementary students. The insert will be discussing positive ways students can deal with stress, as well as consequences if a stressor is not reduced.

WRITING TASK:

Write a letter to the local newspaper for its Healthy Kids insert telling about a time in your life when you dealt with a stressor in a positive way and what could have been a possible consequence if you had not dealt with the stressor.

SCORING CRITERIA FOR ON-DEMAND WRITING	
PURPOSE/AUDIENCE: the degree to which the writer maintains a focused purpose to communicate with an audience by:	<ul style="list-style-type: none">• Narrowing the topic to establish a focus• Analyzing and addressing the needs of the intended audience• Adhering to the characteristics (e.g., format, organization) of the form• Employing a suitable tone• Allowing a voice to emerge when appropriate
IDEA DEVELOPMENT/SUPPORT: The degree to which the writer develops and supports main ideas and depends the audience's understanding by using:	<ul style="list-style-type: none">• Logical, justified, and suitable explanation• Relevant elaboration• Related connections and reflections• Idea development strategies (e.g., bulleted lists, definitions) appropriate for the form
ORGANIZATION: The degree to which the writer create unity and coherence to accomplish the focused purpose by:	<ul style="list-style-type: none">• Engaging the audience and establishing a context for reading• Placing ideas and support in a meaningful order• Guiding the reader through the piece with transitions and transitional elements• Providing effective closure
SENTENCES: The degree to which the writer creates effective sentences that are:	<ul style="list-style-type: none">• Varied in structure and length• Constructed effectively• Complete and correct
LANGUAGE: The degree to which the writer demonstrates	<ul style="list-style-type: none">• Word choice• Strong verbs and nouns• Concrete and/or sensory details• Language appropriate to the content, purpose, and audience• Concise use of language• Correct usage/grammar
CORRECTNESS: The degree to which the writer demonstrates:	<ul style="list-style-type: none">• Correct spelling• Correct punctuation• Correct capitalization• Appropriate documentation of ideas and information from outside sources (e.g., citing authors or titles within the text, listing sources)

5th grade PLVS OR/Reason to Write – Inform/Narrate



Positively Dealing With Stress

Do you have a stressor, or something that causes stress, in your life? Everyone has certain stressors that can positively or negatively affect their body. However, since we all have stressors, we need to make sure we are dealing with them in a healthy, positive way.

Attitude Is Everything

A positive attitude is extremely important when you are dealing with hard times in your life. Your attitude can make a stressor better or worse. If you always see the glass half full instead of half empty, the situation will always get better. Focus on the here and now instead of what has happened in the past or a situation you can not control.

Write About It

Another way to positively deal with stress is to write about it in a personal journal. Many times, writing down our stressors allows us time to think about it, cool down, and make a good healthy decision. Writing down your stressors can help you manage your stress in a positive healthy way so that you don't keep it bottled inside; yet, you don't have to share it with someone else unless you choose to or need to do so.

Support Network

When extremely stressed about a particular issue, it is very important to involve a support network to help you make a healthy decision on how to deal with the stressor. A support network is a group of people or a single person who you feel comfortable talking to openly about stressors in your life. These people or person should be a great listener and offer healthy advice. Sometimes it relieves the stressor just to have someone who truly cares and actively listens to the stressors in your life.

In Conclusion

Everyone has stressors in their life; however, how people choose to deal with them can influence their entire life. Three ways that stressors can be dealt with in a positive way are by having a positive attitude, writing your thoughts in a personal journal, and by having a support network to listen too or help you work out your stressors. Don't let stress run your life! Get a plan to positively deal with stress.