

## **2023-2024 8th Grade HG&D Alternate Assignments**

### **Day 1/ Day 2: Stress** Dec. 11 - 14 Group 2: Jan. 22 - 25

Create a google slide presentation on the following questions regarding stress. Share your presentation with us.

1. What is stress?
2. What causes stress?
3. Have you ever helped someone who was feeling stressed?
4. Do you think stress is ever good, useful, or necessary? Why or why not?
5. How do you relieve stress?
6. Give 5 suggestions to help someone live a less stressful life.
7. Give us suggestions for making school life less stressful.

### **Day 3: Depression** Dec. 15 & 18th Group 2: Jan 26 & 29

Create a google slide presentation on depression and answer the following questions regarding depression. Share your presentation with us.

1. What is depression?
2. What are the signs and symptoms of depression?
3. What could make someone feel depressed?
4. Can you prevent depression?
5. What are some things you could do if you think someone you know might be going through depression?

### **Day 4: Nutrition** Dec. 19 & 20 Group 2: Jan 30 & 31

Create a google slide presentation on nutrition and answer the following questions regarding this topic. Share your presentation with us.

1. What is Nutrition?
2. What is good Nutrition?
3. What is bad Nutrition?
4. What are the benefits of good Nutrition?
5. How can Bad nutrition affect you?
6. Can Nutrition affect an athlete?

**Day 5-6: Poster Project: Dec. 21/22 & Jan. 2/3 Group 2: Feb 1/2 & Feb. 5/6**

Create a poster on one of the following topics that could be displayed in the hallways of Webster or in the gym. (We will supply the poster paper for you. Other supplies are up to you to provide/use.)

Anxiety      Vaping      Energy Drinks      Nutrition      Alcohol      Sugar  
Tobacco      Eating Disorders      Prescription drug abuse      Opioids/Heroin  
Concussions      OCD      “Dieting trends” (Atkins, keto, south beach, paleo, etc.)

You **can** use some of the following questions to help guide your poster creation:

1. What is it?
2. Is it good for you?
3. Are there benefits?
4. What are the risks?
5. Why do students / people try it?
6. What causes it?
7. Statistics about your topic
8. What can be done at Webster to have an impact?
9. How can I educate others on this topic?
10. Myths vs. Facts

**Day 7-8: Poster Project: Jan. 4/5 & Jan. 8/9 Group 2 Feb. 7/8 & Feb 12/13**

Create a poster on one of the following topics that could be displayed in the hallways of Webster or in the gym. (We will supply the poster paper for you. Other supplies are up to you to provide/use.)

Anxiety      Vaping      Energy Drinks      Nutrition      Alcohol      Sugar  
Tobacco      Eating Disorders      Prescription drug abuse      Opioids/Heroin  
Concussions      OCD      “Dieting trends” (Atkins, keto, south beach, paleo, etc.)

You **can** use some of the following questions to help guide your poster creation:

1. What is it?
2. Is it good for you?
3. Are there benefits?
4. What are the risks?
5. Why do students / people try it?
6. What causes it?
7. Statistics about your topic
8. What can be done at Webster to have an impact?
9. How can I educate others on this topic?
10. Myths vs. Facts