

Matching

Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

- | | | | |
|---|------------|--|--------------------------|
| 1 | Achieve | A strong effect on something. | <input type="checkbox"/> |
| 2 | Random | Being dedicated to an activity or cause. | <input type="checkbox"/> |
| 3 | Reflect | To earn through hard work. | <input type="checkbox"/> |
| 4 | Impact | To look back on something in order to learn. | <input type="checkbox"/> |
| 5 | Commitment | Chosen without reason. | <input type="checkbox"/> |
- /5

Reading Passage

It is important to not let a setback stop you from being successful. Find out ways to reach your goals in other ways. If you don't make the Olympics, what other level could you compete at? Is there a closer competition that is still important? Perhaps you would enjoy coaching others in your community.

Don't think of a failure as the end. Think of it as an opportunity to try something different.

No matter whether you fail or succeed, it is important to think of the next steps. In some cases, you need to take responsibility for your actions. Did you not get an A on your test? It is important to reflect on your study habits. If you didn't study at all, maybe you deserved your grade. When you realize the impact you have, the easier it is to make it a positive one.

Comprehension Questions

Are the following examples of something beyond your control? Use the circles to answer.

- A pet passing away.
YES NO
- Failing to study for a test.
YES NO
- Sleeping in too late for work.
YES NO

/3


Marking Rubric

Name: _____

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Total Score = /31

Short Answer Question

 Yosef has been working a lot of overtime at work. He needs to finish a project at the end of the month. At night, he can't sleep because of it. He eats a lot of junk food because it makes him feel less stressed about work.



 Is Yosef's eating habits a healthy way to deal with his stress?

Yes No

Why or why not? Type your answer in the box below.

/2

Reading Passage




Tips to help deal with deadlines:

- Write down the due date on more than one calendar.
- Make a list of all the things you need to do for the task.
- Make mini due dates for each of those tasks.
- Work on the project until you're done!

Breaking a big job into small pieces will make it a little easier. To help get motivated, try to think of what will happen when you finish the job. What will be the reward? You may even want to promise yourself a treat at the end.

True or False

 Which of the following are stress reduction techniques?
Use the circles to answer.

- Going for a jog.
TRUE FALSE
- Eating a pint of ice cream.
TRUE FALSE
- Yelling at your friends.
TRUE FALSE

/3

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Total Score = /27

Short Answer Question

📖 Ava has been feeling sad lately. She has difficulty finding ambition and has a hard time getting out of bed. She is embarrassed to tell her friends. Ava decides to tell her parents she feels down.



👍 Is this a good idea?

✓ Yes No

Why or why not? Type your answer in the box below.

/2

Reading Passage

📖 Our moods change every day. We can experience a whole range of emotions in a day. There may be periods of sadness, joy or frustration. Big life events can trigger those feelings. Most of the time, a bad mood won't last. Even if you are in a funk for a few days, you usually will start to feel like your old self.

What happens if you don't go back to feeling normal? It is important to monitor how you feel most days. Your overall moods and attitudes are your mental health. You can do a few things to improve your mental health. Think of it as another part of your body that needs a checkup!

Comprehension Questions

👍 Complete the paragraph based on what you've learned from the reading. Type your answers into the paragraph below.

Mental is how we feel most days. It includes our attitudes and . It is important to check in on our mental health. Something may be wrong if we like doing things we used to, get with our loved ones, or feel very a lot of the time. We can to our family and friends. We can get some to make us feel better by working out. If you can't change your moods, seek .

/8

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Short Answer Question

📖 Peyton's mother caught her stealing from her purse. Peyton apologized but her mom still is very suspicious. One day, Peyton needs extra cash.



🗳️ Should she take it from her mom again?

✓ Yes No

Why or why not? Type your answer in the box below.

/3

Reading Passage

📖 When you are in a healthy relationship, you may decide to be physically intimate. Sex can involve a variety of acts, not just intercourse. No matter what sexual acts you decide to involve, it is important everyone is on the same page. You must get consent. What is consent? Consent is the agreement to participate in an activity. This means that for every sex act, each person must agree to be involved.

What is NOT consent?

- If someone is under the influence of a substance, like drugs or alcohol.
- If someone can't communicate effectively, like if they are not conscious.
- If someone is forced into an act, or says "no" at any time.
- If someone is guilted or pressured into an act.

Comprehension Questions

🗳️ Sort the phrases below as either "Consent" or "Not Consent".

I like that Silence Okay Let's wait Good idea

I don't think so Yes Maybe I'm not sure

Consent	Not Consent

/9

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Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

disaster

nuisance

replacement

instinct

situation

- a) The hurricane was the largest _____ in the last twenty years.
- b) My _____ was to lock the door before I left.
- c) I hoped I would never find myself in such a scary _____.
- d) He ordered a _____ part when his broke.
- e) Her little brother is such a _____!

/5

Reading Passage

Another common worry for a house is a fire. Are your smoke detectors working? They should be checked at least twice a year. Every house should also have a fire extinguisher close to the kitchen. The sooner you know about a fire, the better. Remember, you should always call the fire department first in case of a fire. You can be prepared, but you aren't a replacement for an expert.

Some areas of the world see many natural disasters. Do you live in a tornado or hurricane zone? Maybe your town has wildfires every year. Are you at risk of tsunamis or flooding? Figure out if there are any disasters you should be specifically prepared for. Lots of areas that have natural disasters suggest having a bag already packed. This is in case you must leave your home in a hurry. This bag may have to have items for a few days. Alternatively, you should have enough supplies to stay in your home if it's hard to leave. Think about what your family would need to get by.

Comprehension Questions

Tyler met his friends for a late dinner. They finish late in the evening. Tyler lives three blocks away from the restaurant. There are three options he thinks of, and texts his friend. Below are the possibilities.

Write a text reply for each of them.

I'm going to walk home. It's only 15 min

Going 2 call a Ride Share

Gfg. Guy at bar going 2 give me a lift

- a)
- b)
- c)

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Short Answer Question

Jack and Nozomi have recently moved in together. Jack has brought his dog to live with them. Nozomi is frustrated with the dog. It chews on her shoes and pees on the floor. She wants the dog to go.



Is this a fair compromise?

Yes No

Why or why not? Type your answer in the box below.

/2

Reading Passage

When you decide to start a family, your priorities must shift. You will not have as much free time as you used to. A good compromise is to establish time to yourself and have your partner take over child duties. This will give both partners a chance to do things they enjoy and relax. Just as you are changing how you spend your time, you must change how you spend your money. Both parents will need to contribute to the household bills as they are able. Children can be expensive! A household budget can help everyone stay on track. If you are able, saving for an education is a wise choice. A little bit each month will add up!



Comprehension Questions

Label the following items as a priority "P" or nice to have "N".

- a) Paying an electric bill.
- b) Buying your children a cell phone.
- c) Saving for college.
- d) Healthy groceries.
- e) A new video game.
- f) Having time to yourself.



/6

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Hands-on Activity

Hands-on Activity: Managing Mental Health

Mental health is very important. People are beginning to understand that we need a healthy mind just like we need a healthy body. We are still learning more about ways to improve mental health. Different organizations are working hard to erase the stigma of mental health. This stigma may prevent some people from getting help with mental health issues. How do you know where to get help? What do others do to support positive mental health in their community?

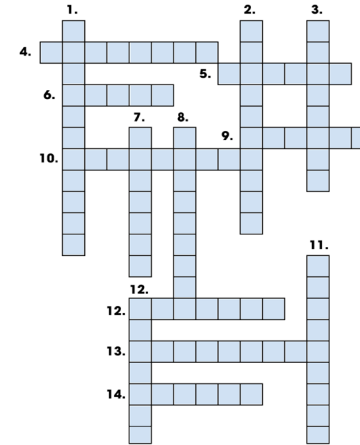
You will research what mental health resources are in your area. It could be a non-profit organization, therapists or community programs. Your information should be presented in a brochure that could be given out to high school students. You should include:

- Name of organization and location.
- Possible costs.
- Mission statement.
- Who is eligible to get help.
- Services available.

Crossword

Word List

- appraisal
- attentive
- clarity
- consent
- counseling
- dreading
- engage
- frustration
- guilty
- impact
- intimate
- shift
- situation
- suffering
- trigger



/15

Word Search

Drag the red circles

over top of the words

you find in the word

search.

/16



Comprehension Quiz

1. What are two physical signs of stress?

2. What are three things you can do to help you meet a deadline?

/5