

## **Family and Consumer Science**

### **Blizzard Bag Assignment #2**

The student will practice two Stress Relaxation techniques we did in class: Deep breathing techniques, progressive muscle relaxation techniques, stretching, meditation, yoga, pilates, mental imagery visualization and or running or lifting weights to relieve stress. The student may choose to follow a DVD, attend a class or go to a gym. The activity chosen should include at least two things listed.

Student will answer the following questions pertaining to the activity they completed to relieve stress.

- 1. What was causing your stress?**
- 2. What is the first activity you chose?**
- 3. What is the second activity chosen?**
- 4. Where and how did you complete the activity?( Location)**
- 5. How did it make you feel?**
- 6. Is this something you would do next time you are stressed?**

