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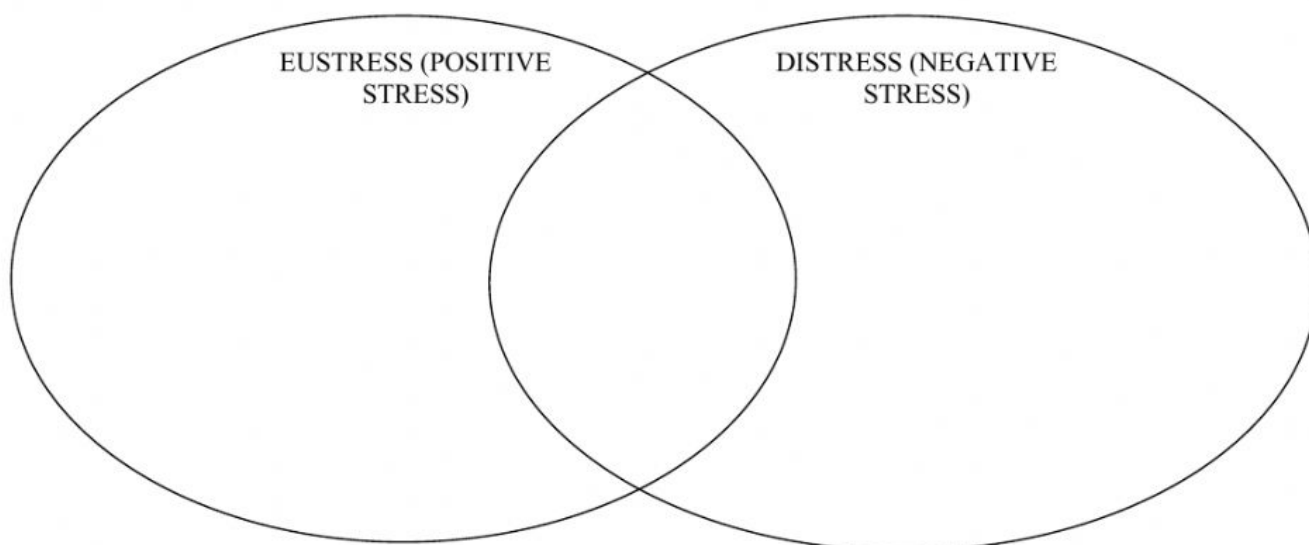
THIRD QUARTERLY EXAMINATION IN HEALTH

NAME:

GRADE 7 HEALTH

Using Venn Diagram explain the different of the two types of STRESS

LC: Define the difference between stress and Eustress



ENUMERATION!

What are the Characteristics of a healthy mind?

LC: Analyze the characteristics of a healthy mind.

1.
2.
3.
4.
5.
6.
7.

TRANSFER

Select one the following topics and prepare for a short presentation

- Ways of reducing stress
- Effects of stress to mental health

Your presentation maybe in any of the following forms:

- Newspaper / Magazine
- Comics Strip
- Poem / Song