



My Top 10 Healthy Ways to Destress

Create a Google Slides presentation illustrating 10 ***healthy*** things you'd enjoy doing to decompress and destress. Presentation must include...

- Title Page
- Ways to Destress, one per slide, with a brief explanation of how the activity helps reduce stress
- Pictures relating to the way to destress

Rubric

Criteria	Present	Not Present
Title Page (5)		
10 Ways to Destress with Brief Explanations For Each (20)		
Images Relating to Each Slide (10)		
Free of Errors--Spelling & Grammatical (5)		
Total Points (40)		

Comments:

