

◇ Chapter 13: Section 1
Facing Change

Reteaching Activities

TAKING ACTION TO DEAL WITH CHANGE

Directions: For each challenge below, list five things you and your family could do to make the adjustment easier for everyone.

A MOVE

1. _____

2. _____

3. _____

4. _____

5. _____

FINANCIAL PROBLEMS

1. _____

2. _____

3. _____

4. _____

5. _____

UNEMPLOYMENT

1. _____

2. _____

3. _____

4. _____

5. _____

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◇ Chapter 13: Section 2
Stress Management

Reteaching Activities

UNDERSTANDING STRESS

Part I Directions: Complete the statements in the boxes below.

Stress is _____

Stress management is _____

Part II Directions: In the left-hand box below, list five signs of stress. In the right-hand box, list five ways to reduce stress.

Signs of Stress	Ways to Reduce Stress
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____