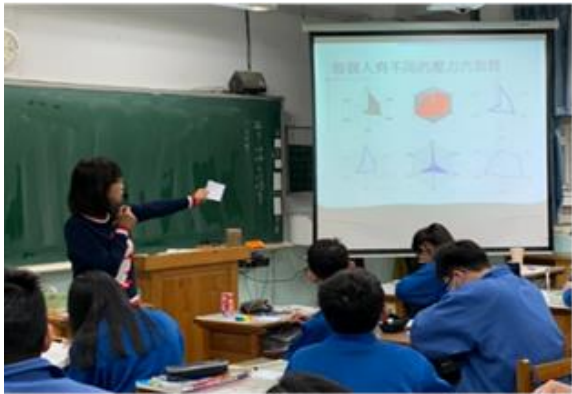


新北市立中平國中 109 學年度第二學期■生命□家庭□性平教育融入教學」成果表

實施年級：□七年級 □八年級 ■九年級	實施班級：909 班
學習領域：健康與體育	授課教師：蕭雅娟老師
單元名稱：壓力調適	
實施日期：110 年 3 月 22 日 星期一 第 3 節	
學生人數：27 人。	
活動內容簡述： 1. 理解壓力的來源與身心的反應。(TED 影片觀賞) 2. 以正向態度面對壓力，提升自己的抗壓能力。(氣球實驗) 3. 同儕討論與分享，學習有效的壓力調適策略(創造合併九宮格)	
 A teacher in a dark blue uniform is standing at the front of a classroom, pointing towards a large screen. The screen displays a presentation with the title '體驗人對不同壓力的反應' (Experiencing reactions to different pressures) and several diagrams. Students in blue uniforms are seated at desks, looking towards the front.	 Three students in blue uniforms are seated at a desk. The student on the left is wearing a face mask and looking towards the front. The student in the middle is smiling and looking towards the front. The student on the right is also smiling and looking towards the front.
 Two students in blue uniforms are working on a project at a desk. One student is standing and leaning over the desk, while the other is sitting and looking at a book. There are other students in the background.	 Four students in blue uniforms are standing near a window. They appear to be engaged in a group activity or discussion. There are some items on a table in front of them.

★若為學習單請掃描作為附件，不用硬貼進來喔~

★上學期於 110 年 1 月 8 日(五)，下學期於 110 年 6 月 11 日(五)前請負責老師將成果檔案寄給輔導組芳如 (cleavage@ntpc.edu.tw)，謝謝您!