

## Directions:

1. Cut out each of the "pictionary categories" listed below and use them to label five envelopes.
2. Cut out the "words to guess" on the following page and group them according to number.
3. Place each word group in the corresponding category envelope.

## Categories:

1- Factors that affect  
your blood pressure

3- Things that can effect  
your risk for cancer

2- Things that can effect  
your cholesterol level

4- Stress Symptoms

5- Stress Management  
Techniques