

Stress Lessons

Curriculum Connections

Alberta

Grades 7-9



Current research clearly identifies the importance of mental health to learning, as well as to students' social and emotional development. Students who experience positive mental health are resilient and better able to learn, achieve success and build healthy relationships. Given the important relationship between positive mental health and academic success, schools have an important role in nurturing students' positive mental health and well-being.

According to the Collaborative for Academic, Social and Emotional Learning (CASEL), students gain vital skills through social-emotional learning, including the ability to:

- Set and achieve goals
- Recognize and manage emotions
- Form and maintain relationships and show concern and care for others
- Make responsible decisions to prepare for, handle and recover from challenging situations

Program Lessons

Unit 1: All about stress

Unit 2: Your brain on stress

Unit 3: Coping with it

Unit 4: Rethinking stress

Unit 5: Making positive choices

Unit 6: Review & final project preparation

Unit 7: Final project presentation

Activities

- Mindful Breathing
- Creative Visualization
- Pair-share Jigsaw
- What Stresses you out?
- Group Projects

Testimonials from Educators

"This Training was very beneficial for helping me provide social emotional evidence based program to classes in all the schools I support. This Program will be great for all levels, and I can't wait to get started to teach all our students about stress"

-Jenna, Child & Youth Counsellor

"I loved the program! It looked at the different signs of stress not as a negative but as a learning opportunity and part of life. It gave new ways and activities to approach youth about stress and how they are coping!"

-Tayler, Learning Center Teacher

"The online presentation combined with the guide provides hands on activities and strategies to help students recognize their stresses and provides positive ways to cope so that they can be aware and become their own advocate and role model with guidance from trusting adults"

-Barb Indigenous education worker

HPE Curriculum Overlap

Grades 7: W-7.7, W-7.8, W-7.10, W-7.11, W-7.12, R7.1 to R-7.4

- analyze and appreciate differing personal perspectives on safety
- identify and examine potential sources of physical/emotional/social support
- identify characteristics of resiliency
- analyze how thinking patterns influence feelings
- identify sources of stress in relationships, and describe positive methods of dealing with such stressors

Grade 8 : W-8.7, W-8.10, W-8.11, R8.1 to R8.4

- identify and develop personal resiliency skills
- describe characteristics of persistent negative feeling states
- evaluate the relationship between risk management and stress management
- develop strategies to effectively access health information and health services in the community
- determine the signs, methods and consequences of various types of abuse

