

Stress Lessons: Tools for Resiliency Curriculum Connections Alberta

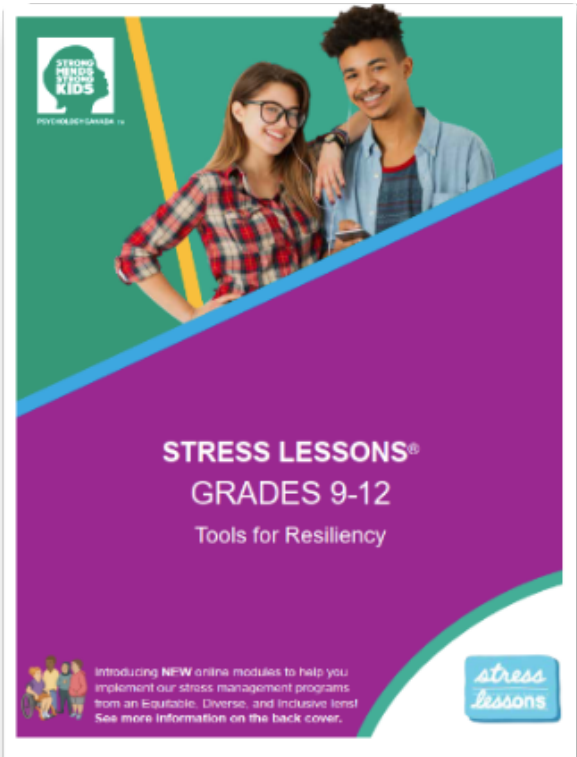


Grades 9-12

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.



HPE Curriculum Overlap



Grade 9. W-9.8, W-9.11, R-9 to R-9.4

- Develop strategies to promote harm reduction/risk management.
- Analyze, evaluate and refine personal strategies for managing stress/crises.
- Use personal resiliency skills.

Grade 10. PS 1.1 / 1.2 & Grade 11, PS 1.1 / 1.2 and Grade 12, PS 1.1 / 1.2

- Use self-awareness and self-monitoring skills to help them understand their strengths and needs.
- Use adaptive, management and coping skills to help them respond to the various challenges.

Grade 10. C1.1, CT1.5, Open C1.1

- Demonstrate an understanding of factors that enhance mental health and emotional and spiritual well-being.
- Ability to apply adaptive, coping and management skills.

Grade 11 IS1.4, CT 1.5, C3.4, College Prep A1.2, A1.3, A2.1, B2, B2.1, B2.2, C2.2, C3.3

- Apply relationship and social skills.
- Assist them in making connections and evaluating their choices.
- Demonstrate an understanding of resilience and its impact on personal health.
- Explain how personal health practices contribute to the improvement of health.
- Demonstrate the ability to implement a health initiative that promotes healthy living in their school community.

Grade 12. C2.3

- Describe how coping and interpersonal skills and their knowledge of personal protective and risk factors.



Program Lessons



Unit 1

The upside & downside of stress



Unit 2

The science (and art) of stress



Unit 3

My coping kit



Unit 4

Taking stress in stride



Unit 5

Beyond coping: kicking butt



Unit 6

Stress conference

Activities

- Portable stress antidotes
- Expressions of self-care
- Faces of resilience
- Think positive
- Stress brain

Testimonials from Educators



"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!"

- Learning Center Teacher