

Stress Lessons: Stressed Out to Chilled Out Curriculum Connections British Columbia



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.

The Mental Health in Schools (MHIS) Strategy provides a vision and pathway for mental health promotion in the B.C. K-12 education system. The strategy takes a system-wide approach to mental health promotion, with a focus on three main elements:

- Compassionate Systems Leadership
- Capacity Building
- Mental Health in the Classroom

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



HPE Curriculum Overlap



Grade 7 & 8

- Describe and assess strategies for promoting mental well-being, for self and others.
- Describe and assess strategies for managing problems related to mental well being and substance use, for others.
- Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence.
- Explore the impact of transition and change on identities.
- Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.
- Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
- Describe and apply strategies for developing and maintaining healthy relationships.
- Explore strategies for promoting the health and well-being of the school and community.
- Describe how students’ participation in physical activities at school, at home, and in the community can influence their health and fitness.



Testimonials from Educators



“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.”
- Indigenous Education Worker

“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.”
- Child & Youth Counsellor