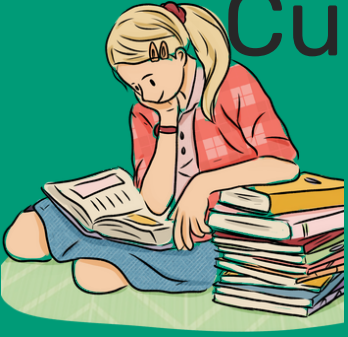


Stress Lessons

Curriculum Connections

British Columbia

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.

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

SMSK Programs & 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

SMSK Activities

- Portable Stress Antidotes
- Expressions of Self Care
- Faces of Resilience
- Think Positive
- Stress Brain!

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

I love the emphasis on connecting and teaching brain-body and feelings-thoughts-behaviors. Kids are engaged in this and validated when they can understand their whole selves.

-Jehane, Indigenous Outreach Worker

HPE Curriculum Overlap

Grade 9

- Analyze strategies for promoting mental well being, for self and others
- Assess and evaluate strategies for managing problems related to mental well-being and substance use, for others
- Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Analyze strategies for responding to discrimination, stereotyping, and bullying
- Propose strategies for developing and maintaining healthy relationships

Grade 10

- Analyze and explain how health messages might influence health and well-being
- Identify and apply strategies to pursue personal healthy-living goals
- Evaluate and explain strategies for promoting mental well-being
- Explore and describe factors that shape personal identities, including social and cultural factors
- Describe the relationships between physical activities, mental well-being, and overall health

Grade 11 & 12

- Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities
- Demonstrate reasoned decision-making related to their personal health and well-being
- Demonstrate responsibility for personal safety and the safety of others
- Describe the impact of various types of physical activities on health and mental well-being
- Explain the importance of maintaining personal health
- Use applicable communication skills when interacting with others

