

Kids Have Stress Too!

Curriculum Connections British Columbia



Grades 4-6

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



HPE Curriculum Overlap



Grade 4

- Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations.
- Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
- Describe and apply strategies for developing and maintaining positive relationships.
- Describe and apply strategies that promote a safe and caring environment.



Grade 5

- 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.
- Describe and apply strategies that promote a safe and caring environment.



Grade 6

- 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.
- Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence.
- Describe and apply strategies for developing and maintaining healthy relationships.

Program Lessons



Unit 1

What is stress?



Unit 2

Stress or not stressed?



Unit 3

Deep breathing



Unit 4

Hooked by stress!



Unit 5

Worries and fears



Unit 6

Puzzle solvers



Unit 7

Express yourself to bust stress

Activities

- Point it out
- Deep breathing
- Worry box
- Puzzle solvers
- Express yourself

Testimonials from Educators



"This training is essential for all children, youth and adults. We sometimes forget to take a moment to be in tune of our bodies before we react. Gentle reminders to take care of our bodies and guide others with tools to succeed!"

- K4/K5 Teacher.