# Kids Have Stress Too! Curriculum Connections British Columbia

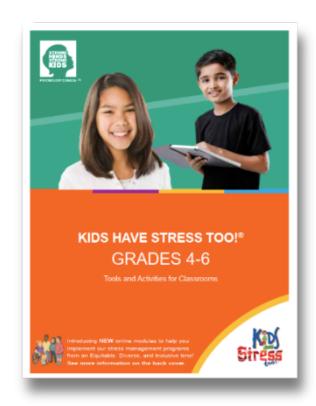


### Grades 4-6

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.

# 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
- Puzzle solvers
- Deep breathing
- Express yourself
- Worry box

### 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.

# **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!"