

# Kids Have Stress Too!

## Curriculum Connections Northwest Territories Grades 1-3



There is strong evidence that developing social-emotional learning skills at school contributes to student well-being and successful academic performance. Learning about mental health can also help to reduce the stigma around problems in this area. When students understand that many people experience mental health difficulties from time to time, and that there is support available when needed, they are more likely to seek help early when problems arise. As they develop SEL skills, students will also gain “transferable skills” (for example, self-directed learning, collaboration, critical thinking, communication and innovation) and develop “learning skills and work habits” as they learn to set goals, follow through and overcome challenges. These interconnected skills taken together, help foster overall health and well-being, and the ability to learn, build resilience and thrive. Helping students make connections among these skills is key to enhancing their learning experience in school and throughout their lives.

### Program Lessons

- Unit 1: Understanding stress
- Unit 2: Calming the body
- Unit 3: Understanding & managing feelings
- Unit 4: Thinking skills to cope with stress & promote resiliency

### Activities

- Progressive Muscle Relaxation
- Mindful Breathing
- Emotional Vocabulary
- Imagination Exercises
- Flexible Thinking
- The voice in our head
- Problem solving steps
- Relaxation Meditation
- Stretching
- The stress spotlight
- How do I feel?
- "What if?"

### HPE Curriculum Overlap

#### Grades 1-3

- To increase self-awareness
- To develop decision-making skills which can be applied to all aspects of health
- To develop communication skills, which assist in the formation of meaningful interpersonal relationships
- To develop coping skills
- To adopt lifestyle practices that maintain and enhance mental and emotional health

### 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!"  
-Katrina Saulino K4/K5 Teacher.

"Thank you to [Strong Minds Strong Kids, Psychology Canada] for sharing all the wonderful informative resources...there is so much wisdom in this sharing and so peaceful to know that we all go through challenging times throughout our lives, and will at some future points....just knowing we are in this together...its OK...we are OK....we are doing the best we can and with support of eachother....sharing wisdom...we can find harmony and peace in the most difficult storms that life can sometimes bring"  
-Annette Kinal-Charpentier, School Social Worker

