

Kids Have Stress Too!

Curriculum Connections



Quebec Grades 1-3



The adoption and maintenance of healthy lifestyle habits is essential to your child's development, health and success in school. It is well known that having healthy eating habits has a positive influence on young people's growth and health, particularly since it makes it easier for them to learn. Regular physical activity promotes concentration, which is a key factor in educational success, and creates a feeling of well-being.

The Framework Policy *Going the Healthy Route at School*, published by the Ministère, is intended to help schools provide their students with an environment conducive to the adoption and maintenance of healthy eating habits and a physically active lifestyle, and to foster the development of students' personal competencies in this area.

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?"

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

HPE Curriculum Overlap

Grades 1, 2 & 3

- Develop motor efficiency and psychosocial skills
- Acquire the knowledges, attitudes and behaviours they will need to manage their health and well-being wisely
- Learn movement skills, alone or in interaction with others, and learn to take charge of their own health and well-being
- Students explain the concept of lifestyle habits and health
- They evaluate their process in terms of their achievements and difficulties
- Students identify different strategies they can use to change their lifestyle habits
- They recognize which of their habits are conducive to health and well-being and which are detrimental
- Students make connections between their lifestyle habits and their effects on their health and well-being
- They exercise critical judgment with respect to opinions and to information about various topics related to health and well-being



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