

Kids Have Stress Too!

Curriculum Connections

Saskatchewan

Grades 1-3



Learning Objectives:

The purposes of a comprehensive school health approach are to collaboratively:

- promote health and wellness
- Prevent specific diseases, disorders, and injury
- Intervene to assist children and youth who are in need or at risk
- Support children and youth who are already experiencing poor health
- Provide an equitable playing field that addresses disparities and contributes to academic success.

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

- Grade 1: Building on previous knowledge and understanding stress concepts
- Grade 2: Discovering Connections Between Self and Wellness
- Grade 3: Investigating Health Knowledge and Information
- Overall Goals:

- Goal 1: The outcomes inspire questions derived from prior knowledge
- Goal 2: examination of past and present health "claims"
- Goal 3: use of past and present knowledge to improve the health of self and others

Overview of grades 1-3

In health education, children's sense of self is supported by learning about and from various worldviews and by working towards mental, emotional, physical, and spiritual balance. Addressing all dimensions of health (i.e., physical, mental, emotional, spiritual).

