

# Kids Have Stress Too!

## Curriculum Connections

### British Columbia

### Grades 1-3



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

### 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:

- Identify and describe practices that promote mental well-being
- Identify and describe feelings and worries
- Identify personal skills, interests, and preference
- Identifying practices that help you feel good about yourself

#### Grade 2:

- Identify personal skills, interests, and preferences and describe how they influence self-identity
- Identifying good communication skills and managing emotions, enabling the ability to develop and maintain healthy relationships

#### Grade 3:

- Understanding how various changes you may be experiencing influence your relationships with others
- Describe physical, emotional, and social changes as students grow older
- Describe factors that influence mental well-being and self identity
- Identifying the relationship between worries and fears
- Understanding factors that influence mental well being i.e., self-esteem, self-efficacy, stress levels, personal interests

