

Kids Have Stress Too!

Curriculum Connections



Manitoba Grades 4-6



Mental Health Promotion is about creating environments that promote and sustain positive mental health for everyone. Activities and interventions are designed to enhance protective factors and minimize risk factors (individual, family related, environmental and economic in nature). Schools are an ideal setting in which to promote mental health for children and youth, providing an opportunity to reach large groups of children during their formative years of cognitive, emotional and behavioural development (Healthy Child Manitoba, 2012).

Program Lessons

- Unit 1: What is stress?
- Unit 2: Stressed or not stressed?
- Unit 3: Deep Breathing
- Unit 4: Hooked by Stress!
- Unit 5: Worries & Fears
- Unit 6: Puzzle solvers
- Unit 7: Express yourself to bust stress!

Activities

- Point it out
- Deep Breathing
- Worry Box
- Puzzle Solvers
- Express Yourself

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,....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 4:

K.5.4.B.1, S.5.4.A.1, S.5.4.A.2

- Describe feelings associated with participating in physical activities
- Develop a personal action plan for daily personal health practices
- Develop a personal action plan for daily active living

Grade 5:

K.5.5.E.2, K.5.5.E.3c, S.5.5.A.5

- Identify the socialemotional changes associated with puberty
- Identify the responsibilities associated with changes during puberty
- Apply decision making process in case scenarios related to issues associated with puberty

Grade 6:

K.5.6.B.1, S.5.6.A.1, S.5.6.A.2, S.5.6.A.3b

- Recognize the benefits of participating in daily physical activities
- Develop a personal action plan for daily personal health practices during adolescent years
- Develop a personal action plan for daily active living
- Use problem-solving strategies to improve personal nutrition and daily physical activity habits

