

# Kids Have Stress Too!

## Curriculum Connections Newfoundland & Labrador Grades 4-6



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: 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

- Recognize the relationship between emotional/social adjustment and physical well-being,
- Realize that one's decisions may affect other people
- Understand the nature of physical abuse
- Recognize that individuals vary in growth rate and that puberty brings on many changes
- Understand that engaging in sedentary activities may interfere with physical fitness and social development

#### Grade 5

- Understand the interrelationship of physical and mental health, and general well-being
- Identify some positive and negative peer influences
- Describe ways to counteract negative peer pressure
- Discuss the reasons for laws on drugs and drug abuse

#### Grade 6

- Demonstrate appropriate ways to express a variety of emotions,
- Outline the steps to follow in dealing appropriately with a personal problem
- Recognize the importance of discussing fears or concerns with someone you can trust,
- Understand the nature of stress and its effects on the body, and
- Demonstrate some appropriate techniques in response to stressful situations

