

# Kids Have Stress Too!

## Curriculum Connections



## Ontario 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 of the 2019-20 school year, learning about mental health in Ontario schools will take place through the newly enhanced elementary Health and Physical Education (HPE) curriculum. The enhanced HPE curriculum takes a comprehensive approach to learning about mental health. Important new aspects include:

- The development of social-emotional learning skills across the curriculum
- Knowledge and skills related to mental health
- More opportunities to understand connections between physical and mental health

### 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

#### Grades 4-6 A1.1 to A1.6

- help them identify and manage emotions
- help them to recognize sources of stress and to cope with challenges
- that help them develop habits of mind that support positive motivation and perseverance
- help them build relationships, develop empathy, and communicate with others
- skills that help them develop self-awareness and self-confidence
- skills that help them think critically and creatively

#### Grade 4 D2.2, D2.5, D3.3

- apply a decision-making process to assess risks and make safe decisions
- understanding of how choices they make every day can have a positive impact on their mental health
- understanding of different strategies they can use to manage stress

#### Grade 5 D1.1, D2.5, D2.6, D3.4

- identify trusted people and support services
- describe emotional and interpersonal stresses related to puberty
- understanding of how our attitudes about mental health affect those around us

#### Grade 6 D1.4, D1.5, D2.3, D2.5 D2.6

- identify people, resources, and services in the school and the community
- understanding of potential impact of positive and negative thinking
- apply social-emotional learning skills
- make informed decisions

