

# Kids Have Stress Too!

## Curriculum Connections



### Quebec Grades 4-6



The adoption and maintenance of healthy lifestyle habits is essential to your child's development, health and success in school. It is well known that having healthy eating habits has a positive influence on young people's growth and health, particularly since it makes it easier for them to learn. Regular physical activity promotes concentration, which is a key factor in educational success, and creates a feeling of well-being.

The Framework Policy *Going the Healthy Route at School*, published by the Ministère, is intended to help schools provide their students with an environment conducive to the adoption and maintenance of healthy eating habits and a physically active lifestyle, and to foster the development of students' personal competencies in this area.

### 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, 5 & 6

- Develop motor efficiency and psychosocial skills
- Acquire the knowledges, attitudes and behaviours they will need to manage their health and well-being wisely
- Gradually internalize the process involved in adopting or changing lifestyle habits related to their health and well-being
- Learn movement skills, alone or in interaction with others
- Gradually learn to take charge of their own health and well-being
- Find ways of encouraging young people to make physical activity part of their daily lives again and thus break a pattern that is detrimental to their motor development, social life, health, and physical and mental well-being
- Try different types of physical activities, varying their duration and intensity
- Students identify different strategies they can use to change their lifestyle habits
- Students make connections between their lifestyle habits and their effects on their health and well-being
- They exercise critical judgment with respect to opinions and to information about various topics related to health and well-being

