

Kids Have Stress Too!

Curriculum Connections

Saskatchewan

Grades 4-6



Learning Objectives:

The purposes of a comprehensive school health approach are to collaboratively:

- promote health and wellness
- Prevent specific diseases, disorders, and injury
- Intervene to assist children and youth who are in need or at risk
- Support children and youth who are already experiencing poor health
- Provide an equitable playing field that addresses disparities and contributes to academic success.

SMSK Programs & 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!

SMSK Activities

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

Overview of grades 4-6

Grades 4-5: In health education, the learners' sense of self is supported by learning about and from various world views and by working towards mental, emotional, physical, and spiritual balance.

Grade 6: In health education, students learn that through relationships, they can affirm personal standards related to the attainment and maintenance of the physical, mental, emotional, and spiritual aspects of humanness.

HPE Curriculum Overlap

USC4.1, 4.4, 4.5, 4.6

- Healthy eating & physical activity
- Personal responsibility
- identity & relationships
- healthy stress management strategies
- informed decision-making in health

USC 5.2, 5.4, 5.5, 5.6 , 5.7

- responsibilities associated with changes after puberty
- Positive self-image development
- violence and abuse impact on well-being
- peer influence and pressure
- self-regulation

AP 5.1

- action plan to embrace health opportunities and address health challenges

USC 6.1-6.5

- influences on personal standards and perceptions
- maintaining healthy relationships

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

