

# Kids Have Stress Too!

## Curriculum Connections

### Ontario Grades 1-3



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: Understanding stress

Unit 2: Calming the body

Unit 3: Understanding & managing feelings

Unit 4: Thinking skills to cope with stress & promote resiliency

### Activities

- Progressive Muscle Relaxation
- Mindful Breathing
- Emotional Vocabulary
- Imagination Exercises
- Flexible Thinking
- The voice in our head
- Problem solving steps
- Relaxation Meditation
- Stretching
- The stress spotlight
- How do I feel?
- "What if?"

### 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, and will at some future points....just knowing we are in this together...its OK...we are OK....we are doing the best we can and with support of eachother....sharing wisdom...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 1-3 A1.1 to A1.6

- manage emotions & improve their ability to express their own feeling
- recognize sources of stress and to cope with challenges
- develop habits of mind that support positive motivation and perseverance
- build relationships, develop empathy, and communicate with others
- develop self-awareness and self-confidence

#### Grade 1 D1.5, D2.3, D3.2, D3.3

- understanding that mental health is a part of overall health
- ability to recognize caring behaviours and behaviours that can be harmful to physical and mental health

#### Grades 2 D1.6, D2.5

- demonstrate an understanding of how a person's body and brain respond to challenging or uncomfortable situations
- understanding and being able to name their feelings

#### Grades 3 D1.6, D3.4

- explain how the brain responds when it thinks there is a threat and how that response might affect thoughts, emotions, and actions
- reflect on external factors that may contribute to experiencing a range of strong feelings

