

Stress Lessons Curriculum Connections



Manitoba Grades 7-9



Mental Health Promotion is about creating environments that promote and sustain positive mental health for everyone. Activities and interventions are designed to enhance protective factors and minimize risk factors (individual, family related, environmental and economic in nature). Schools are an ideal setting in which to promote mental health for children and youth, providing an opportunity to reach large groups of children during their formative years of cognitive, emotional and behavioural development (Healthy Child Manitoba, 2012).

Program Lessons

- Unit 1: All about stress
- Unit 2: Your brain on stress
- Unit 3: Coping with it
- Unit 4: Rethinking stress
- Unit 5: Making positive choices
- Unit 6: Review & final project preparation
- Unit 7: Final project presentation

Activities

- Mindful Breathing
- Creative Visualization
- Pair-share Jigsaw
- What Stresses you out?
- Group Projects

Testimonials from Educators

This Training was very beneficial for helping me provide social emotional evidence based program to classes in all the schools I support. This Program will be great for all levels, and I can't wait to get started to teach all our students about stress.

-Jenna, Child & Youth Counsellor

I loved the program! It looked at the different signs of stress not as a negative but as a learning opportunity and part of life. It gave new ways and activities to approach youth about stress and how they are coping!

-Tayler, Learning Center Teacher

The online presentation combined with the guide provides hands on activities and strategies to help students recognize their stresses and provides positive ways to cope so that they can be aware and become their own advocate and role model with guidance from trusting adults.

-Barb Indigenous education worker

HPE Curriculum Overlap

Grade 7

K.5.7.E.2a, K.5.7.E.2b

- Identify the emotional changes at puberty and their effect on personal well-being
- Identify positive ways for coping with daily moods and emotions associated with puberty

Grade 8

K.5.8.A.2, K.5.8.C.1b, S.5.8.A.1, S.5.8.A.2, S.5.8.A.3a

- Examine lifestyle practices and their effects on body systems
- Explain influences on growth and development during adolescence
- Apply personal and social management skills
- Use problem-solving strategies to address the barriers that may interfere with being active daily
- Develop a personal plan that includes daily healthy practices

