

Stress Lessons

Curriculum Connections

Manitoba

Grades 9-12



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).

SMSK Programs & Lessons

- Unit 1: The upside & downside of stress
- Unit 2: The science (and art) of stress
- Unit 3: My coping kit
- Unit 4: Taking stress in stride
- Unit 5: Beyond Coping: Kicking Butt
- Unit 6: Stress Conference

SMSK Activities

- Portable Stress Antidotes
- Expressions of Self Care
- Faces of Resilience
- Think Positive
- Stress Brain!

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

I love the emphasis on connecting and teaching brain-body and feelings-thoughts-behaviors. Kids are engaged in this and validated when they can understand their whole selves.

- Jehane, Indigenous Outreach Worker



HPE Curriculum Overlap

Senior 1

K.5.S1.E.3c, S.5.S1.A.4, S.5.S1.A.5

- Review personal responsibilities and sources of support with regard to sexual health
- Apply problem solving strategies to respond appropriately to issues related to substance use and/or abuse
- Apply a decisionmaking/problem solving process in case scenarios related to effective communication

Senior 2

K.5.S2.A.2, K.5.S2.B.1, K.5.S2.B.2 K.5.S2.E.2, S.5.S2.A.5

- Demonstrate a knowledge of healthy lifestyles practices
- Determine different ways to promote active living
- Explain the concept of active living, and the factors that may affect making personal choices
- Analyze the components in different case scenarios for building and maintaining healthy relationships

