

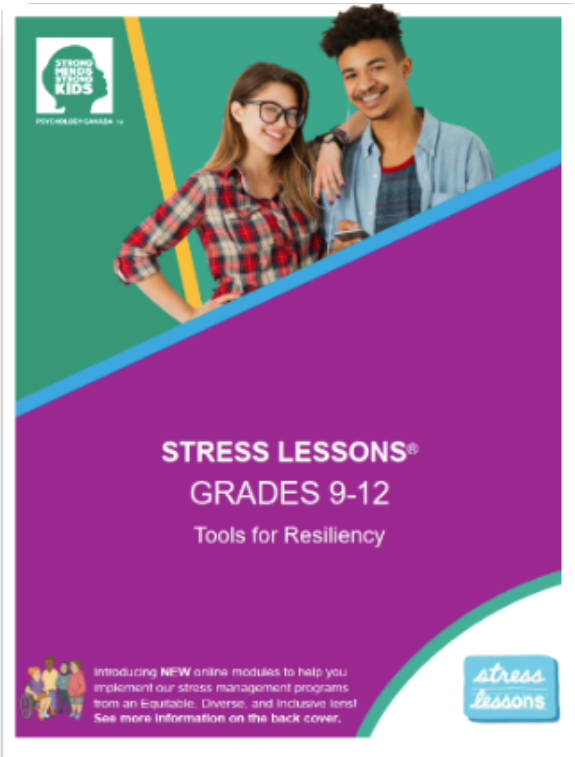
Stress Lessons: Tools for Resiliency Curriculum Connections Manitoba



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).

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 stigma. 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.



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 decision making/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.



Program 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

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.”
- 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!”
- Learning Center Teacher