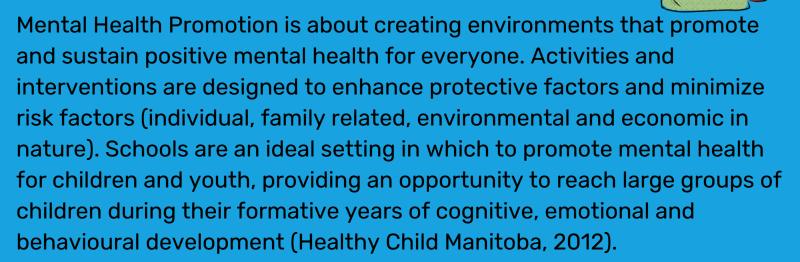
Stress Lessons

Curriculum Connections

Manitoba Grades 9-12



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 Resillience
- 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

Containe, 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

