

# Kids Have Stress Too!

## Curriculum Connections Manitoba



### Grades 1-3

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



#### Grade 1-3

K.5.2.A.1, K.5.2.E.2a, K.5.2.E.3a, S.5.2.A.1 & S.5.2.A.5.

- Daily habits and responsibilities for leading a physically active and healthy life.
- Describe how human beings express their emotions for people about whom they care.
- Identify ways family or caregivers provide support and nurturing for personal growth and development.
- Use a decision making /problem solving process, with guidance, to determine consequences of good and poor daily health habits.
- Use appropriate language regarding private and sensitive issues.



### Program Lessons



#### Unit 1

Understanding stress



#### Unit 2

Calming the body



#### Unit 3

Understanding and managing feelings



#### Unit 4

Thinking skills to cope with stress and 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



"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 each other....sharing wisdom...we can find harmony and peace in the most difficult storms that life can sometimes bring"

- School Social Worker