

Kids Have Stress Too!

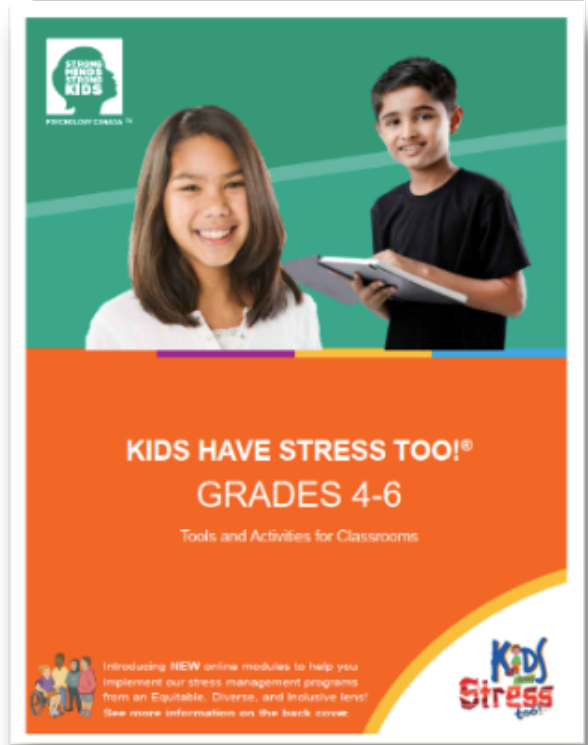
Curriculum Connections Manitoba



Grades 4-6

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 4

K.5.4.B.1, S.5.4.A.1, S.5.4.A.2.

- Describe feelings associated with participating in physical activities.
- Develop a personal action plan for daily personal health practices.
- Develop a personal action plan for daily active living.



Grade 5

K.5.5.E.2, K.5.5.E.3c, S.5.5.A.5.

- Identify the social-emotional changes associated with puberty.
- Identify the responsibilities associated with changes during puberty.
- Apply decision making process in case scenarios related to issues associated with puberty.



Grade 6

K.5.6.B.1, S.5.6.A.1, S.5.6.A.2, S.5.6.A.3b

- Recognize the benefits of participating in daily physical activities.
- Develop a personal action plan for daily personal health practices during adolescent years.
- Develop a personal action plan for daily active living.
- Use problem-solving strategies to improve personal nutrition and daily physical activity habits.

Program Lessons



Unit 1

What is stress?



Unit 2

Stress or not stressed?



Unit 3

Deep breathing



Unit 4

Hooked by stress!



Unit 5

Worries and fears



Unit 6

Puzzle solvers



Unit 7

Express yourself to bust stress

Activities

- Point it out
- Deep breathing
- Worry box
- Puzzle solvers
- Express yourself

Testimonials from Educators



"This training is essential for all children, youth and adults. We sometimes forget to take a moment to be in tune of our bodies before we react. Gentle reminders to take care of our bodies and guide others with tools to succeed!"

- K4/K5 Teacher.