

# Kids Have Stress Too!

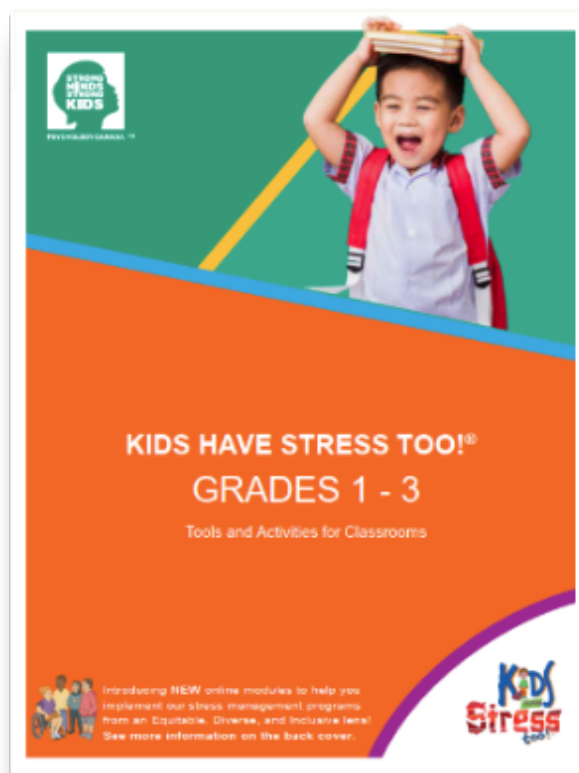
## Curriculum Connections Northwest Territories



### Grades 1-3

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.

As they develop SEL skills, students will gain transferable skills such as self-directed learning, collaboration, critical thinking, communication and innovation. As students learn to set goals, follow through on them, and overcome challenges, they will develop essential learning skills and work habits. Together, these interconnected skills help foster overall health and well-being, improve the ability to learn, and build resilience. Helping students make connections among these skills is key to enhancing their learning experience in school and throughout their lives.



### HPE Curriculum Overlap



#### Grades 1-3

- To increase self-awareness.
- To develop decision-making skills which can be applied to all aspects of health.
- To develop communication skills, which assist in the formation of meaningful interpersonal relationships.
- To develop coping skills.
- To adopt lifestyle practices that maintain and enhance mental and emotional health.



### 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 resilience

### 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*