

Kids Have Stress Too!

Curriculum Connections Northwest Territories



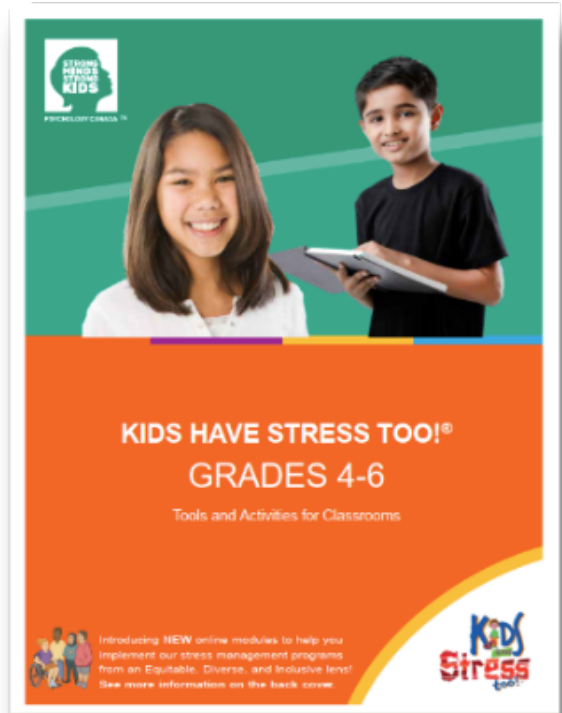
Grades 4-6

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.

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



HPE Curriculum Overlap



Grades 4-6

- Learn about one's strengths and weaknesses and self-awareness of how one's actions affect how others feel.
- Understanding the value of caring behaviours in maintaining relationships.
- Learning about peer influence and strategies to resist peer pressure.
- Learning to communicate effectively and actively listen in relationships.
- Learning strategies to cope with stressful situations.
- Learning about decision-making strategies.
- Assessing and improving personal characteristics to improve lifestyle.
- Learning about signs of abuse, prevention and resources to support.



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.