

Stress Lessons: Tools for Resiliency

Curriculum Connections

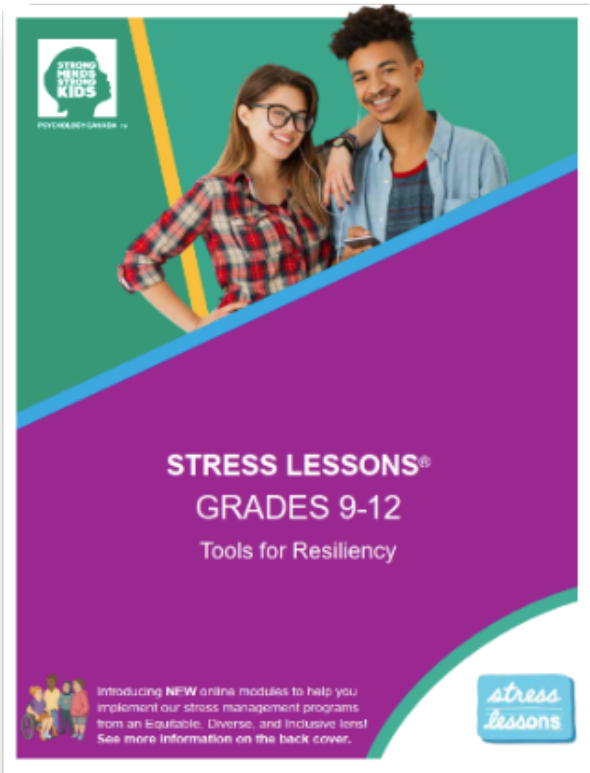
Northwest Territories



Grades 9-12

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



Grade 9-12

- Create a personal plan to improve lifestyle and daily habits,
- Assess own personal lifestyle and make necessary changes to improve well-being.
- Learn about causes of stress.
- Learn about coping strategies to deal with negative forms of stress.
- Learn about different types of drugs, peer pressure, effects of drugs on relationships and health.
- Understand the characteristics of a positive role model.



Program 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

Activities

- Portable stress antidotes
- Expressions of self-care
- Faces of resilience
- 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."
- 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!"
- Learning Center Teacher