

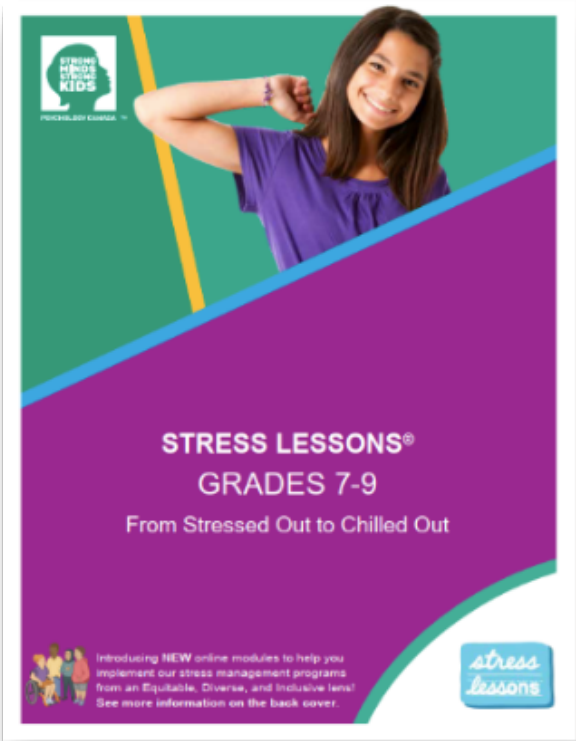
Stress Lessons: Stressed Out to Chilled Out Curriculum Connections New Brunswick



Grades 7-9

As of the 2017 school year, The Integrated Service Delivery model for providing mental health, addiction, intervention and social services to children and youth has been expanded to all public schools in the province of New Brunswick. Improving mental health services for children and youth is a component of the government’s 10-year education plans, strategies for crime reduction and harm prevention, and the Mental Health Action Plan. Supporting people with mental health challenges is also one of the seven priority areas of the New Brunswick Family Plan.

Current research clearly identifies the importance of mental health to learning, as well as to students’ social and emotional development. Students who experience positive mental health are resilient and better able to learn, achieve success and build healthy relationships. Given the important relationship between positive mental health and academic success, schools have an important role in nurturing students’ positive mental health and well-being.



HPE Curriculum Overlap



Grade 7

- B.1. Identify strategies for promoting their own wellness.
- B.2. Identify needs pertaining to student wellness in school.
- B.3. Describe the process required to implement and evaluate a change that improves student wellness in school.
- C.2. Identify, describe and practise refusal skills in order to take personal responsibility.
- C.3. Identify and analyse influences, especially from peers and media/promotions, that impact on choices regarding healthy or unhealthy behaviours (eg. smoking, drinking, dieting).
- D.4. Recognize and evaluate different kinds of relationships.



Grade 8

- A.1. Identify the relationship between high-risk behaviours and resulting consequences.
- B.1. Identify strategies for promoting their own wellness.
- B.2. Identify factors that enhance health or that cause illness.
- B.3. Identify stressors in students’ lives and strategies for coping with stress.
- C.2. Practice positive decision-making as it relates to self and others.
- C.4. Recognize that most adolescents do not engage in unhealthy behaviours or activities.

Program Lessons



Unit 1

All about stress



Unit 2

Your brain on stress



Unit 3

Coping with it



Unit 4

Rethinking stress



Unit 5

Making positive choices



Unit 6

Review & final project preparation



Unit 7

Final project presentation

Activities

- Mindful breathing
- Creative visualization
- Pair-share jigsaw
- What stresses you out?
- Group projects

Testimonials from Educators



“The online presentation combined with the guide provides hands on activities and strategies to help students recognize their stresses and provides positive ways to cope so that they can be aware and become their own advocate and role model with guidance from trusting adults.”

- Indigenous Education Worker