

# Stress Lessons

## 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.

### 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

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.

-Jenna, 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!

-Tayler, Learning Center Teacher

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.

-Barb Indigenous education worker

### HPE Curriculum Overlap

#### Grade 7

- B1) identify strategies for promoting their own wellness
- B2) identify needs pertaining to student wellness in school
- B3) describe the process required to implement and evaluate a change that improves student wellness in school
- C2) identify, describe and practise refusal skills in order to take personal responsibility
- C3) identify and analyse influences, especially from peers and media/promotions, that impact on choices regarding healthy or unhealthy behaviours (eg. smoking, drinking, dieting)
- D4) recognize and evaluate different kinds of relationships

#### Grade 8

- A1) identify the relationship between high-risk behaviours and resulting consequences
- B1) identify strategies for promoting their own wellness
- B2) identify factors that enhance health or that cause illness
- B3) identify stressors in students' lives and strategies for coping with stress
- C2) practice positive decision-making as it relates to self and others
- C4) recognize that most adolescents do not engage in unhealthy behaviours or activities

