

# Kids Have Stress Too!

## Curriculum Connections New Brunswick



### Grades 1-3

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 1

- 1.1.1. Demonstrate an understanding of the importance of interactions between people.
- 1.3.1. Understand, develop and maintain a healthy lifestyle.
- 1.3.3. Identify habits and products that are harmful to our health.



#### Grade 2

- 2.4.1. Understand, develop and maintain a healthy lifestyle.
- 2.4.2. Appreciate the need for safety and self-protection in the home, school and in the community.



#### Grade 3

- 1.2. Describe personal habits that contribute to improved health.
- 1.3. Describe how visible and invisible differences make each person unique and valuable.
- 1.4. Identify strategies to promote healthy growth and development.
- 2.1. Recognize the importance of talking about emotions.
- 2.2. Demonstrate self-calming strategies to regulate emotional reactions.
- 2.3. Examine emotional responses and their influence on behaviour.

### 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 resiliency

### 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