

# Kids Have Stress Too!

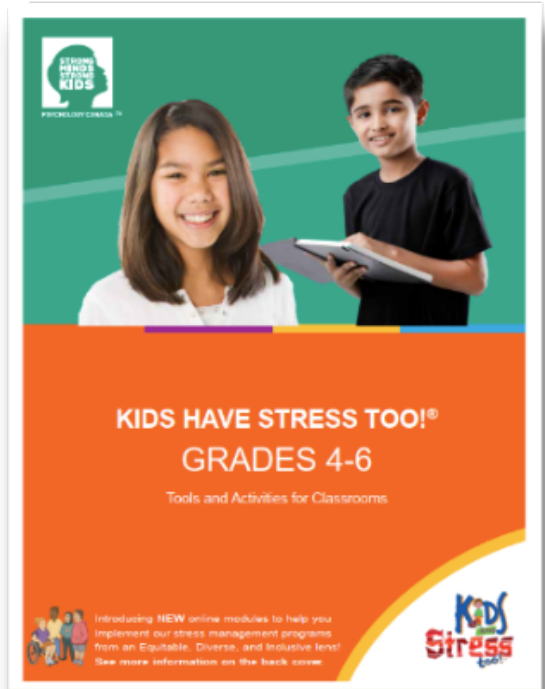
## Curriculum Connections New Brunswick



### Grades 4-6

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 4

- 1.1. Examine the benefits of healthy eating and physical activity for a healthy lifestyle
- 1.3. Identify changes that occur during puberty.
- 1.5. Describe strategies to avoid the use of harmful substances.
- 1.6. Evaluate ways of minimizing risks in potentially dangerous situations.
- 2.1. Describe a range of emotions.
- 2.2. Identify strategies for regulating emotional reactions
- 2.3 Recognize expression of feelings in others.
- 3.4. Apply strategies to resolve conflict.



#### Grade 5

- 1.1. Assess personal health habits and their relationship to wellness.
- 1.2. Analyse the impact of the using strategies to promote healthy growth and development.
- 1.5. Discuss the factors that may influence substance use or misuse.
- 2.1. Identify sources and signs of stress as well as ways to manage it.
- 2.2. Demonstrate methods for regulating emotional reactions.
- 2.3. Identify strategies for seeking support for self and others.
- 3.2. Describe empathic responses and their impact on interpersonal relationships.
- 3.4. Describe strategies to deal with conflict across a variety of interpersonal relationships.



#### Grade 6

- A.2. Identify and describe various environmental factors that affect our health.
- B.1. Describe the domains of wellness and identify strategies for promoting their own wellness.
- B.2. Identify strategies for promoting nutrition and physical activity.
- B.3. Identify how environments influence health choices.
- C.2. Explain the use and misuse of substances which may assist weight loss or body building.
- D.1. Understand the changes that occur in the body during puberty.

### 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

### 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.*