

Stress Lessons Curriculum Connections Prince Edward Island Grades 9-12



There is strong evidence that 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 the stigma around problems in this area. 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 also gain “transferable skills” (for example, self-directed learning, collaboration, critical thinking, communication and innovation) and develop “learning skills and work habits” as they learn to set goals, follow through and overcome challenges. These interconnected skills taken together, help foster overall health and well-being, and the ability to learn, build resilience and thrive. Helping students make connections among these skills is key to enhancing their learning experience in school and throughout their lives.

SMSK Programs & 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

SMSK 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.

-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

I love the emphasis on connecting and teaching brain-body and feelings-thoughts-behaviors. Kids are engaged in this and validated when they can understand their whole selves.

- Jehane, Indigenous Outreach Worker



Curriculum Overlap

Grades 9 - 12

- To develop an increased awareness of self by engaging in activities that help you think about who you are and what is important to you
- To be aware of the influence of others and the media on self-concept
- To learn and practice some ways of coping with stress
- To become aware of effective and ineffective ways of relating to others and practice assertive behaviours
- To identify characteristics of friendships and relationships
- To become aware of methods of initiating, maintaining and terminating friendships

