

Stress Lessons

Curriculum Connections Newfoundland & Labrador Grades 7-9



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.

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

- To understand how self-concept influences thoughts, feelings, and behaviours
- To understand the nature of feelings and the ways in which they are expressed
- to develop strategies for dealing with negative feelings
- to consider positive ways of dealing with stress
- to recognize the influence of peer groups
- to recognize the importance of physical activity and fitness to overall health
- to understand the importance of nutrition and rest to overall fitness

Grade 8

- To differentiate between appropriate and inappropriate ways of handling moods and feelings
- To be aware of the types of stress and how the body responds to stress
- To determine and consider ways of dealing with harmful effects of sexual abuse and assault
- To be aware of the particular risks associated with alcohol use by teens
- To practice refusal skills to avoid peer influence
- To understand the importance of nutrition and eating habits in relation to good health

