

Stress Lessons: Stressed Out to Chilled Out Curriculum Connections Newfoundland & Labrador



Grades 7-9

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 stigma. 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 gain transferable skills such as self-directed learning, collaboration, critical thinking, communication and innovation. As students learn to set goals, follow through on them, and overcome challenges, they will develop essential learning skills and work habits. Together, these interconnected skills help foster overall health and well-being, improve the ability to learn, and build resilience. Helping students make connections among these skills is key to enhancing their learning experience in school and throughout their lives.

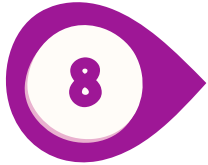


HPE Curriculum Overlap



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.

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



"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."

- Indigenous Education Worker