

Stress Lessons

Curriculum Connections

Nova Scotia

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

- Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health
- Learners will analyse the relationships between health behaviours and physical, mental, emotional, social, and spiritual health
- Learners will reflect on the importance of mental health literacy
- Learners will reflect on how relationships impact physical, mental, emotional, social, and spiritual health
- Learners will reflect on the impact of substance misuse on adolescent health

Grade 8

- Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health
- Learners will analyse the relationships between health behaviours and physical, mental, emotional, social, and spiritual health
- Learners will reflect on the importance of mental health literacy
- Learners will reflect on how relationships impact physical, mental, emotional, social, and spiritual health
- Learners will reflect on the impact of substance misuse on adolescent health

