

Kids Have Stress Too!

Curriculum Connections Nova Scotia



Grades 4-6

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 4

- Learners will investigate how health behaviours impact physical, mental, emotional, social, and spiritual health.
- Learners will investigate the components of mental health literacy.
- Learners will analyse how relationships impact physical, mental, emotional, social, and spiritual health.
- Learners will analyse the impacts of substances on the health and safety of children.



Grade 5

- Learners will investigate how health behaviours enhance physical, mental, emotional, social, and spiritual health.
- Learners will investigate the components of mental health literacy.
- Learners will analyse how relationships impact physical, mental, emotional, social, and spiritual health.
- Learners will analyse the impacts of substances on the health and safety of children.



Grade 6

- Learners will analyse how health behaviours enhance physical, mental, emotional, social, and spiritual health.
- Learners will investigate the components of mental health literacy.
- Learners will analyse how relationships impact physical, mental, emotional, social, and spiritual health.
- Learners will analyse the impacts of substances on the health and safety of children.

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.