

Stress Lessons

Curriculum Connections

Ontario

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 of the 2019-20 school year, learning about mental health in Ontario schools will take place through the newly enhanced elementary Health and Physical Education (HPE) curriculum. The enhanced HPE curriculum takes a comprehensive approach to learning about mental health. Important new aspects include:

- The development of social-emotional learning skills across the curriculum
- Knowledge and skills related to mental health
- More opportunities to understand connections between physical and mental 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

"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

Grades 7-8 : A1.1 to A1.6

- help them identify and manage emotions
- help them to recognize sources of stress and to cope with challenges that help them develop habits of mind that support positive motivation and perseverance
- help them build relationships, develop empathy, and communicate with others
- skills that help them develop self-awareness and self-confidence
- skills that help them think critically and creatively

Grade 7 :D1.2, D1.6

- understanding of linkages between mental health problems and problematic substance use
- identify possible signs of mental health problems

Grade 8 : D2.4, D3.4

- incorporating healthy habits and coping strategies into daily routines
- explain how word choices and societal views about mental health and mental illness can affect people

