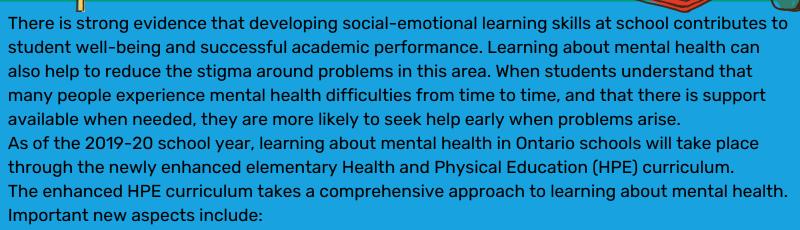
## **Stress Lessons**

# Curriculum Connections

### Ontario Grades 7-9



- 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 selfawareness 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



