

Stress Lessons: Stressed Out to Chilled Out Curriculum Connections Ontario

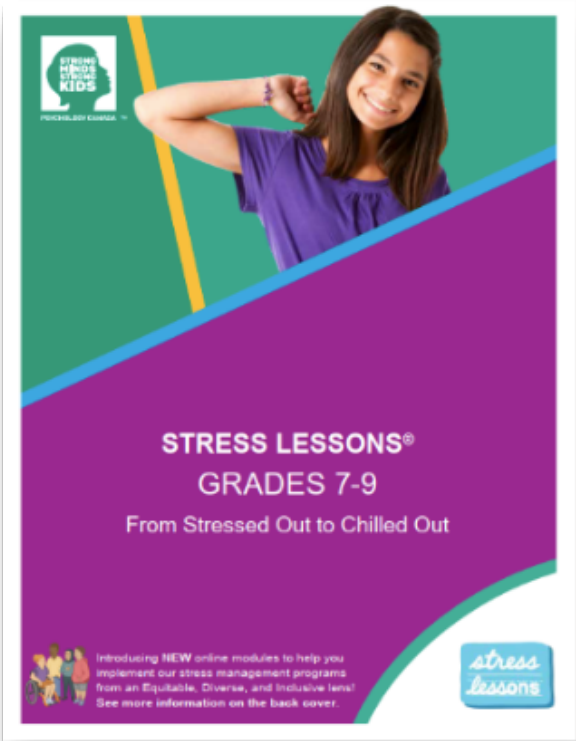


Grades 7-9

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 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.



HPE Curriculum Overlap



Grade 7: D1.2, D1.6

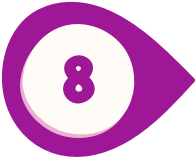
- Understanding of linkages between mental health problems and problematic substance use.
- Identify possible signs of mental health problems.

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.

Grade 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.



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