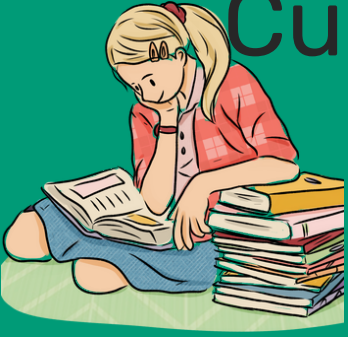


# Stress Lessons Curriculum Connections Ontario Grades 9-12



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

## SMSK Programs & Lessons

- Unit 1: The upside & downside of stress
- Unit 2: The science ( and art) of stress
- Unit 3: My coping kit
- Unit 4: Taking stress in stride
- Unit 5: Beyond Coping: Kicking Butt
- Unit 6: Stress Conference

## SMSK Activities

- Portable Stress Antidotes
- Expressions of Self Care
- Faces of Resilience
- Think Positive
- Stress Brain!

## 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

"I love the emphasis on connecting and teaching brain-body and feelings-thoughts-behaviors. Kids are engaged in this and validated when they can understand their whole selves"

- Jehane, Indigenous Outreach Worker



## HPE Curriculum Overlap

### Grade 9 C3.2, C1.3, C3.2

- identify warning signs and symptoms that could be related to mental health concerns
- understanding of resilience and related protective and risk factors

### Grade 10 PS 1.1 & Grade 11 PS 1.1. and Grade 12 PS 1.1

- use self-awareness and self-monitoring skills to help them understand their strengths and needs

### Grade 10 PS 1.2 & Grade 11 PS 1.2 & Grade 12 PS 1.2

- use adaptive, management and coping skills to help them respond to the various challenges

### Grade 10: C1.1, CT1.5, Open C1.1

- demonstrate an understanding of factors that enhance mental health and emotional and spiritual well-being
- ability to apply adaptive, coping and management skills

### Grade 11 IS1.4, CT 1.5, C3.4, College Prep A1.2, A1.3, A2.1, B2, B2.1, B2.2, C2.2, C3.3

- apply relationship and social skills
- assist them in making connections and evaluating their choices
- demonstrate an understanding of resilience and its impact on personal health
- explain how personal health practices contribute to the improvement of health
- demonstrate the ability to implement a health initiative that promotes healthy living in their school community.

### Grade 12 C2.3

- describe how coping and interpersonal skills and their knowledge of personal protective and risk factors

