

# Kids Have Stress Too!

## Curriculum Connections Ontario

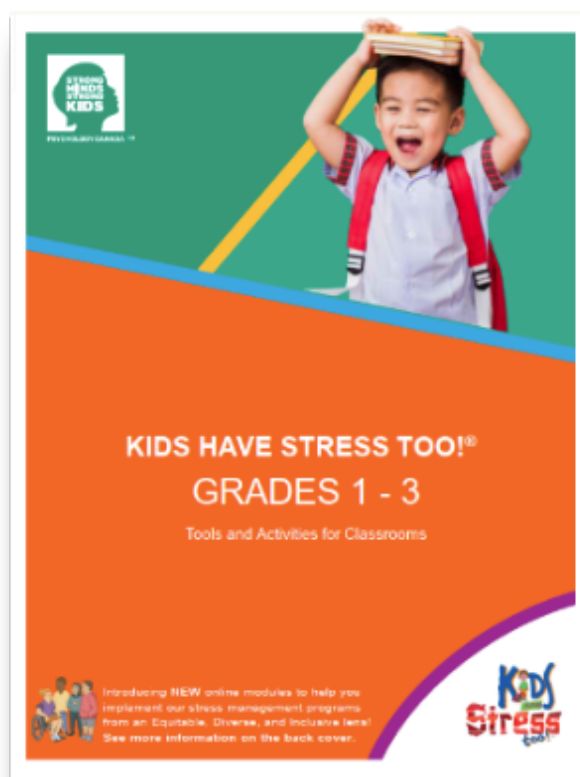


### Grades 1-3

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 1

- Identify and describe practices that promote mental well-being.
- Identify and describe feelings and worries.
- Identify personal skills, interests, and preference. Emotions and their causes and effects.
- Identifying practices that help you feel good about yourself.



#### Grade 2

- Identify personal skills, interests, and preferences and describe how they influence self-identity.
- Identifying good communication skills and managing emotions, enabling the ability to develop and maintain healthy relationships. As well as management and expression of emotions.



#### Grade 3

- Understanding how various changes you may be experiencing influence your relationships with others.
- Describe physical, emotional, and social changes as students grow older.
- Describe factors that influence mental well-being and self-identity.
- Identifying the relationship between worries and fears.
- Understanding factors that influence mental well being i.e., self-esteem, self-efficacy, stress levels, personal interests.

### Program Lessons



#### Unit 1

Understanding stress



#### Unit 2

Calming the body



#### Unit 3

Understanding and managing feelings



#### Unit 4

Thinking skills to cope with stress and promote resilience

### Activities

- Progressive muscle relaxation
- Mindful breathing
- Emotional vocabulary
- Imagination exercises
- Flexible thinking
- The voice in our head
- Problem solving steps
- Relaxation meditation
- Stretching
- The stress spotlight
- How do I feel?
- "What if?"

### Testimonials from Educators



"Thank you to [Strong Minds Strong Kids, Psychology Canada] for sharing all the wonderful informative resources...there is so much wisdom in this sharing and so peaceful to know that we all go through challenging times throughout our lives, and will at some future points...just knowing we are in this together...its OK...we are OK...we are doing the best we can and with support of each other...sharing wisdom...we can find harmony and peace in the most difficult storms that life can sometimes bring"

- School Social Worker