

# Kids Have Stress Too!

## Curriculum Connections Ontario



### Grades 4-6

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 4

- Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations.
- Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
- Describe and apply strategies for developing and maintaining positive relationships.
- Describe and apply strategies that promote a safe and caring environment.



#### Grade 5

- Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.
- Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
- Describe and apply strategies for developing and maintaining healthy relationships.
- Describe and apply strategies that promote a safe and caring environment.



#### Grade 6

- Describe and assess strategies for promoting mental well-being, for self and others.
- Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence.
- Explore and describe how personal identities adapt and change in different settings and situations.
- Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.
- Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
- Describe and apply strategies for developing and maintaining healthy relationships.
- Explore strategies for promoting the health and well-being of the school and community.

### Program Lessons

- ✓ **Unit 1**  
What is stress?
- ✓ **Unit 2**  
Stress or not stressed?
- ✓ **Unit 3**  
Deep breathing
- ✓ **Unit 4**  
Hooked by stress!
- ✓ **Unit 5**  
Worries and fears
- ✓ **Unit 6**  
Puzzle solvers
- ✓ **Unit 7**  
Express yourself to bust stress

### Activities

- Point it out
- Deep breathing
- Worry box
- Puzzle solvers
- Express yourself

### Testimonials from Educators



*"This training is essential for all children, youth and adults. We sometimes forget to take a moment to be in tune of our bodies before we react. Gentle reminders to take care of our bodies and guide others with tools to succeed!"*

*- K4/K5 Teacher.*