

# Kids Have Stress Too!

## Curriculum Connections PEI



### 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 they develop SEL skills, students will gain transferable skills such as self-directed learning, collaboration, critical thinking, communication and innovation. As students learn to set goals, follow through on them, and overcome challenges, they will develop essential learning skills and work habits. Together, these interconnected skills help foster overall health and well-being, improve the ability to learn, and build resilience. Helping students make connections among these skills is key to enhancing their learning experience in school and throughout their lives.



### HPE Curriculum Overlap



#### Grade 4

- Demonstrate an understanding of the connections among physical activity, emotional wellness, and social wellness (W-4.1).
- Examine and evaluate the health risks associated with smoking and other forms of tobacco use (W-4.5).
- Expand practices that provide safety for self and others (W-4.7).



#### Grade 5

- Examine the impact of physical activity, nutrition, rest, and immunization on the immune system (W-5.1).
- Assess the importance of regular hygiene practices during adolescence (W-5.2).
- Examine and evaluate the impact of caffeine, alcohol, and drugs on personal health/wellness (W-5.5).
- Promote safety practices in the school and community (W-5.7).



#### Grade 6

- Evaluate the need for balance and variety in daily activities that promote personal health (W-6.1).
- Examine how health habits/behaviours influence body image and feelings of self-worth (W-6.3).
- Evaluate the impact of personal behaviour on the safety of self and others (W-6.7).

### 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.*