

Stress Lessons

Curriculum Connections



Quebec Grades 7-9



The adoption and maintenance of healthy lifestyle habits is essential to your child's development, health and success in school. It is well known that having healthy eating habits has a positive influence on young people's growth and health, particularly since it makes it easier for them to learn. Regular physical activity promotes concentration, which is a key factor in educational success, and creates a feeling of well-being.

The Framework Policy *Going the Healthy Route at School*, published by the Ministère, is intended to help schools provide their students with an environment conducive to the adoption and maintenance of healthy eating habits and a physically active lifestyle, and to foster the development of students' personal competencies in this area.

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

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

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.

-Barb Indigenous education worker

HPE Curriculum Overlap

Grades 7 & 8

- Develop motor efficiency and psychosocial skills
- Acquire the knowledges, attitudes and behaviours they will need to manage their health and well-being wisely
- Gradually internalize the process involved in adopting or changing lifestyle habits related to their health and well-being
- Learn movement skills, alone or in interaction with others
- Gradually learn to take charge of their own health and well-being
- Find ways of encouraging young people to make physical activity part of their daily lives again and thus break a pattern that is detrimental to their motor development, social life, health, and physical and mental well-being
- Try different types of physical activities, varying their duration and intensity
- Students identify different strategies they can use to change their lifestyle habits
- Students make connections between their lifestyle habits and their effects on their health and well-being
- They exercise critical judgment with respect to opinions and to information about various topics related to health and well-being

