

Stress Lessons

Curriculum Connections

Saskatchewan Grades 7-9



Learning Objectives:

The purposes of a comprehensive school health approach are to collaboratively:

- promote health and wellness
- Prevent specific diseases, disorders, and injury
- Intervene to assist children and youth who are in need or at risk
- Support children and youth who are already experiencing poor health
- Provide an equitable playing field that addresses disparities and contributes to academic success.

Programs 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

USC 7.4, 7.6,

- Nurturing harmony in relationships
- Demonstrate interpersonal and assertiveness skills to manage peer pressure

AP 7.10

- Design, implement, and evaluate three sixday action plans that demonstrate personal commitment to responsible health action

USC 8.1, 8.2, 8.4-8.7

- helping others increase health- enhancing behaviours.
- personal prejudices/biases, and habits of mind shape assumptions
- impact of violence on the well-being
- body image satisfaction/ dissatisfaction
- influences on and supports for sexual health

DM 8.8, 8.9

- role of "support" in making healthy decisions

