

Stress Lessons: Stressed Out to Chilled Out Curriculum Connections Saskatchewan

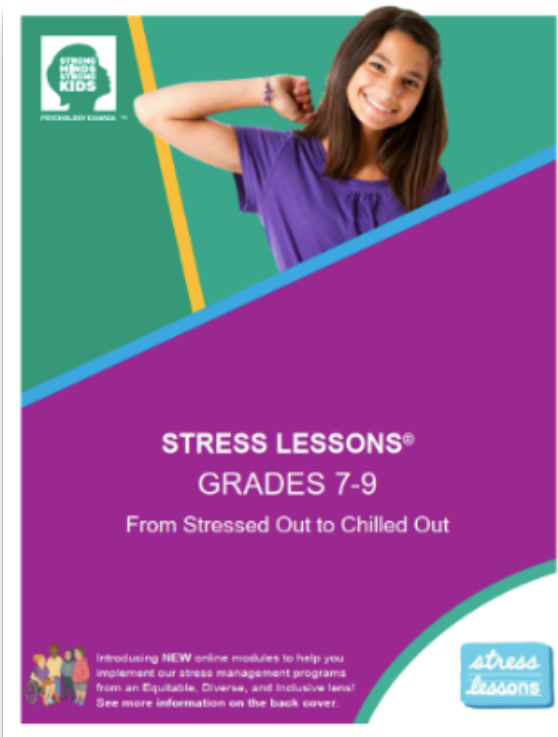


Grades 7-9

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.

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.



HPE Curriculum Overlap



USC 7.4, 7.6

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

USC 7.10

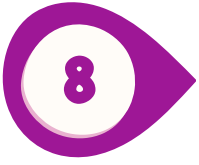
- Design, implement, and evaluate three six day action plans that demonstrate personal commitment to responsible health action

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.



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



“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.”

- Indigenous Education Worker