

Stress Lessons

Curriculum Connections

Saskatchewan

Grades 9-12



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.

Program Lessons

- Unit 1: The upside & downside of stress
- Unit 2: The science (and art) of stress
- Unit 3: My coping kit
- Unit 4: Taking stress in stride
- Unit 5: Beyond Coping: Kicking Butt
- Unit 6: Stress Conference

Activities

- Portable Stress Antidotes
- Expressions of Self Care
- Faces of Resilience
- Think Positive
- Stress Brain!

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

I love the emphasis on connecting and teaching brain-body and feelings-thoughts-behaviors. Kids are engaged in this and validated when they can understand their whole selves.

- Jehane, Indigenous Outreach Worker



HPE Curriculum Overlap

USC 9.1, 9.2, 9.6

- well-being of self, family, community, and the environment
- importance of leadership skills and health promotion
- challenges of addictions

DM 9.10

- role of health-promotion in healthy decision making

W4, 5, 6, 8, 9, 10

- impact of mental health on overall well-being
- self-awareness and self-management
- how relationships influence all dimensions of wellness
- strategies that enhance confidence

PE 20.1-20.3, 20.5, 20.7, 20.8, 20.10, 30.1-30.9

- Service learning
- Health- and Skill-Related Fitness
- Body Management
- First Nations and Métis
- Nutrition
- Lifelong Fitness
- Physiology and Biomechanics
- Exercise Psychology

