

# Kids Have Stress Too!

## Curriculum Connections Saskatchewan



### Grades 1-3

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

#### Overview of Grades 1-3

In health education, children's sense of self is supported by learning about and from various worldviews and by working towards mental, emotional, physical, and spiritual balance. Addressing all dimensions of health (i.e., physical, mental, emotional, spiritual).

#### Grade 1

- Building on previous knowledge and understanding stress concepts.

#### Grade 2

- Discovering connections between self and wellness.

#### Grade 3

- Investigating health knowledge and information.

#### Overall Goals

- **Goal 1:** The outcomes inspire questions derived from prior knowledge.
- **Goal 2:** Examination of past and present health "claims".
- **Goal 3:** Use of past and present knowledge to improve the health of self and others.

### Program Lessons



#### Unit 1

Understanding stress



#### Unit 2

Calming the body



#### Unit 3

Understanding and managing feelings



#### Unit 4

Thinking skills to cope with stress and promote resilience

### Activities

- Progressive muscle relaxation
- Mindful breathing
- Emotional vocabulary
- Imagination exercises
- Flexible thinking
- The voice in our head
- Problem solving steps
- Relaxation meditation
- Stretching
- The stress spotlight
- How do I feel?
- "What if?"

### Testimonials from Educators



"Thank you to [Strong Minds Strong Kids, Psychology Canada] for sharing all the wonderful informative resources...there is so much wisdom in this sharing and so peaceful to know that we all go through challenging times throughout our lives, and will at some future points...just knowing we are in this together...its OK...we are OK...we are doing the best we can and with support of each other...sharing wisdom...we can find harmony and peace in the most difficult storms that life can sometimes bring"

- School Social Worker