

# Kids Have Stress Too!

## Curriculum Connections Saskatchewan

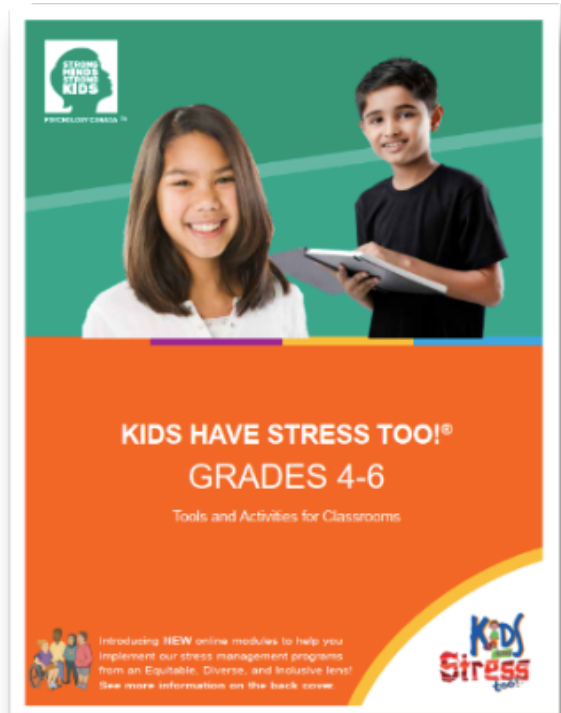


### Grades 4-6

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 4-6

**Grades 4-5:** In health education, the learners' sense of self is supported by learning about and from various world views and by working towards mental, emotional, physical, and spiritual balance.

**Grade 6:** In health education, students learn that through relationships, they can affirm personal standards related to the attainment and maintenance of the physical, mental, emotional, and spiritual aspects of humanness.

#### USC 4.1, 4.4, 4.5, 4.6

- Healthy eating & physical activity.
- Personal responsibility.
- Identity & relationships.
- Healthy stress management strategies.
- Informed decision-making in health.

#### USC 5.2, 5.4, 5.5, 5.6, 5.7

- Responsibilities associated with changes after puberty.
- Positive self-image development
- Violence and abuse impact on well-being.
- Peer influence and pressure.
- Self-regulation.

#### AP 5.1

- Action plan to embrace health opportunities and address health challenges.

#### USC 6.1-6.5

- Influences on personal standards and perceptions.
- Maintaining healthy relationships.

### Program Lessons

- ✓ **Unit 1**  
What is stress?
- ✓ **Unit 2**  
Stress or not stressed?
- ✓ **Unit 3**  
Deep breathing
- ✓ **Unit 4**  
Hooked by stress!
- ✓ **Unit 5**  
Worries and fears
- ✓ **Unit 6**  
Puzzle solvers
- ✓ **Unit 7**  
Express yourself to bust stress

### Activities

- Point it out
- Deep breathing
- Worry box
- Puzzle solvers
- Express yourself

### Testimonials from Educators



*"This training is essential for all children, youth and adults. We sometimes forget to take a moment to be in tune of our bodies before we react. Gentle reminders to take care of our bodies and guide others with tools to succeed!"*

*- K4/K5 Teacher.*