

# Kids Have Stress Too!

## Curriculum Connections

### Alberta Grades 1-3



Current research clearly identifies the importance of mental health to learning, as well as to students' social and emotional development. Students who experience positive mental health are resilient and better able to learn, achieve success and build healthy relationships. Given the important relationship between positive mental health and academic success, schools have an important role in nurturing students' positive mental health and well-being.

According to the Collaborative for Academic, Social and Emotional Learning (CASEL), students gain vital skills through social-emotional learning, including the ability to:

- Set and achieve goals
- Recognize and manage emotions
- Form and maintain relationships and show concern and care for others
- Make responsible decisions to prepare for, handle and recover from challenging situations

### Program Lessons

Unit 1: Understanding stress

Unit 2: Calming the body

Unit 3: Understanding & managing feelings

Unit 4: Thinking skills to cope with stress & promote resiliency

### 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

"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!"  
-Katrina Saulino K4/K5 Teacher.

"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 eachother....sharing wisdom...we can find harmony and peace in the most difficult storms that life can sometimes bring"  
-Annette Kinal-Charpentier, School Social Worker

### HPE Curriculum Overlap

#### R-K.1-K.4

- demonstrate knowledge of different kinds of feelings and a vocabulary of feeling words
- identify and begin to demonstrate effective listening

#### Grade 1 R-1.1 to R-1.4

- identify physiological responses to feelings
- identify positive and negative feelings associated with stress/change
- compare and contrast positive and negative nonverbal communication and associated feelings
- Students will demonstrate simple ways to resolve conflict

#### Grades 2 R-2.1 to R-2.4

- develop communication strategies to express needs and seek support
- Students will demonstrate an understanding of a strategy for conflict resolution

#### Grades 3 R3.1 to R3.4

- recognize the effects of sharing positive feelings on self and others
- develop, with guidance, strategies to deal with stress/change

