

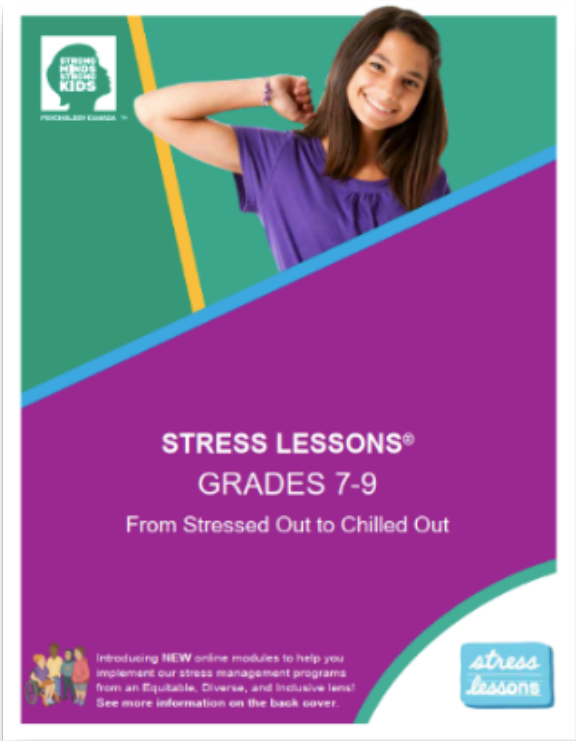
# Stress Lessons: Stressed Out to Chilled Out Curriculum Connections Yukon



## 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.

As they develop SEL skills, students will gain transferable skills such as self-directed learning, collaboration, critical thinking, communication and innovation. As students learn to set goals, follow through on them, and overcome challenges, they will develop essential learning skills and work habits. Together, these interconnected skills help foster overall health and well-being, improve the ability to learn, and build resilience. Helping students make connections among these skills is key to enhancing their learning experience in school and throughout their lives.



## HPE Curriculum Overlap

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### Grade 7 & 8

- Describe and assess strategies for promoting mental well-being, for self and others.
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others.
- Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence.
- Explore the impact of transition and change on identities.
- Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.
- Describe and assess strategies for responding to discrimination, stereotyping, and bullying.
- Describe and apply strategies for developing and maintaining healthy relationships.
- Explore strategies for promoting the health and well-being of the school and community.

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## 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*