

<u>Kids Have Stress Too! Preschool Kindergarten and Parent Program</u>	<u>Kids Have Stress Too! Grades 1-3</u>	<u>Kids Have Stress Too! Grades 4-6</u>	<u>Stress Lessons Grades 7-9</u>	<u>Stress Lessons Grades 9-12</u>
<p>By implementing this program, the children you work with will:</p> <ul style="list-style-type: none"> • Gain a sense of control • Learn how to relax • Develop a “can-do” attitude • Build capacity for self-regulation 	<p>6 skill-based activities will teach students:</p> <ul style="list-style-type: none"> • About stress and its impact on health and learning • Practical techniques for coping with stress and promoting resilience • How to address the signs of stress before they get overwhelmed 	<p>7 lessons will teach students:</p> <ul style="list-style-type: none"> • About stress and its impact on health and learning • Coping strategies for managing stress and promoting positive mindset • How to address their worries and fears in a productive way 	<p>7 skill building lessons that foster social and emotional competence, resilience and well-being. Youth will learn about:</p> <ul style="list-style-type: none"> • Stress and its impacts on the brain • Coping with stress • Making positive choices when dealing with stress 	<p>6 lessons full of psychologically sound strategies and tools will teach youth to:</p> <ul style="list-style-type: none"> • Understand stress and identify stressors • See the upside of stress • Practice coping and problem-solving strategies • Foster an increased sense of well-being
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