



# Empower Students and Enhance Resilience

## Equipping Saskatchewan Educators with Free Stress Management Programs

Strong Minds Strong Kids, Psychology Canada, is a national charity dedicated to nurturing resilience in children and youth through psychological science. **Thanks to the Saskatchewan Roughrider Foundation and Game Changers Playbook, we're offering the following programs to Saskatchewan educators at no cost.**



### Kids Have Stress Too! & Stress Lessons Program

Our evidence-informed and curriculum aligned, Kids Have Stress Too! (preschool to grade 6) and Stress Lessons (grades 7-12) program provide age-appropriate lessons, strategies, and resources to help kids manage stress, develop coping skills, and nurture emotional resilience.

For educators

### Stress Busters Program: Ages 9-12

Stress Busters is an 8-week virtual program designed to teach kids in grades 4 to 6 about coping with stress and navigating fears! Developed from our evidence-based Kids Have Stress Too! curriculum, Stress Busters offers a supportive group for kids to build connections, manage stress, and develop resilience.

Direct to child

### Stress Lessons Peer Mentor Program: Ages 14-18

Adapted from our Stress Lessons Tools for Resiliency, this virtual training equips students in grades 9-12 to recognize stressors, apply coping techniques, and become empathetic, supportive allies in their peers' stress management journeys.

Direct to youth

### StressLess Booklets & Workshop

Our five StressLess Booklets and live virtual workshop are crafted for any caring adult who lives or works with children. These compact yet powerful resources are designed to equip kids with essential strategies for managing stress, fostering resilience, and promoting mental well-being.

For caring adults

### ThriveLandia Online Resource

ThriveLandia is a fun, online resource filled with fun learning activities for kids and teens (ages 10-17) to help them thrive at school and at life; in other words to be resilient. Using the 5 Factor Model of Resilience, youth will explore the five fundamental aspects of thriving to build their arsenal of resilience.

Kids, educators & parents



To learn more about our programs, contact us at: [Jaime.Luttman@StrongMindsStrongKids.org](mailto:Jaime.Luttman@StrongMindsStrongKids.org)



Visit our SK specific webpage: [StrongMindsStrongKids.org/en/Saskatchewan-Roughrider-Foundation](https://StrongMindsStrongKids.org/en/Saskatchewan-Roughrider-Foundation)