

ALBERTA EDUCATION HEALTH & LIFE SKILLS PROGRAM OF STUDIES OUTCOMES

The student will...

- R–K.3 Identify situations where strong feelings could result.
- R–1.3 Identify positive and negative feelings associated with stress/change.
- R–2.3 Identify possible psychological and physiological responses to stress.
- R–3.3 Develop, with guidance, strategies to deal with stress/ change.
- R–4.3 Recognize that management of positive/negative stress can affect health.
- R–5.3 Recognize that stressors affect individuals differently, and outline ways individuals respond to stress.
- R–6.3 Develop personal strategies for dealing with stress/change.

TEACHER CLASSROOM CONVERSATION GUIDE

Students will be able to define stress, identify their own stressors, understand how stress affects their feelings & behavior, the difference between anxiety disorder and stress, and explain healthy ways of dealing with stress.

WHAT IS STRESS?

Elementary Focus

WATCH NOW



QUESTIONS FOR DISCUSSION

- What is stress?
- How does stress make you feel?
- What is a Stress Response?
- Explain how some stress is good, while other stress is not so good.
- What are times that have caused you stress?
- What are some strategies that you have for dealing with stress?
- Who is your trusted adult that you can turn to for support?

CONCLUSION

We have discussed:

- What is stress
- Most Stress is normal
- Stress can be helpful and help us grow
- What are common stressors
- How stress affects our bodies
- How our thinking affects our stress response and our emotions
- Some healthy strategies for dealing with stress
- Who is your trusted adult that can support you



CALGARY CATHOLIC SCHOOL DISTRICT

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EDMONTON PUBLIC SCHOOLS

THE MATHISON CENTRE
for MENTAL HEALTH RESEARCH & EDUCATION

KEY UNDERSTANDINGS

- Stress is normal and natural, and it happens to everyone. It is not a bad thing. When we are brave and able to face our worries, we build a stronger brain.
- Stress can be caused by many things.
- Our brain and our body are connected, and they work together as a team. Our brain sends a special signal to our body called the Stress Response, which helps us get ready to face the things that come our way.
- Physical symptoms of stress may include an extra warm face, fast beating heart, shaky hands, butterflies in your tummy or a bit of a wobbly voice.
- When we are faced with something new or tricky, it is normal for our stress response to show up.
- There are some types of stress that are not good for us, such as teasing that does not stop or violence.
- When we are brave and able to face our worries, we build a stronger brain. Our brain is a muscle and the more we practice using it, the better we get at it. This can allow our stress response to get smaller.
- Breath provides a super strategy inside all of us. When we practice calm breathing, oxygen goes to our brain, which turns down the volume on our stress signal. Starfish Breathing and Box Breathing are two strategies to practice calm breathing. The more you practice calm breathing, the better it will work in moments of stress.
- It is important to reach out to a trusted adult if you need support. Your trusted adult might be a parent, a foster parent, an aunt or uncle, a grandparent, a teacher, a principal, or a coach.
- The more you know about how stress works, the easier it becomes to handle.

MORE INFORMATION:

- Elementary Mental Health Kit
- Anxiety Canada
- Cosmic Kids Yoga
- Go Noodle
- Every Day Mental Health Practices