



# Supporting Student Well-Being through Stress Management & Resilience Building Programs

Presentation to Ontario Healthy Schools Coalition

Presented by

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*Pamela Sariyannis, Senior Coordinator of Programs and Community Partnerships*





Birth – Toddlerhood

## Make The Connection



Adolescence

## Stress Lessons



School Years

## Kids Have Stress Too!



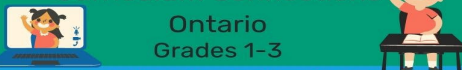
Adulthood

## Stress Strategies



## Ontario Curriculum Connection Grades 1-3

### Kids Have Stress Too! Curriculum Connections



Ontario  
Grades 1-3

There is strong evidence that 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 the stigma around problems in this area. 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 of the 2019-20 school year, learning about mental health in Ontario schools will take place through the newly enhanced elementary Health and Physical Education (HPE) curriculum. The enhanced HPE curriculum takes a comprehensive approach to learning about mental health. Important new aspects include:

- The development of social-emotional learning skills across the curriculum
- Knowledge and skills related to mental health
- More opportunities to understand connections between physical and mental health

#### 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 each other...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

Grades 1-3 A1.1 to A1.6

- manage emotions & improve their ability to express their own feeling
- recognize sources of stress and to cope with challenges
- develop habits of mind that support positive motivation and perseverance
- build relationships, develop empathy, and communicate with others
- develop self-awareness and self-confidence
- Grade 1 D1.5, D2.3, D3.2, D3.3
- understanding that mental health is a part of overall health
- ability to recognize caring behaviours and behaviours that can be harmful to physical and mental health

Grades 2 D1.6, D2.5

- demonstrate an understanding of how a person's body and brain respond to challenging or uncomfortable situations
- understanding and being able to name their feelings

Grades 3 D1.6, D3.4

- explain how the brain responds when it thinks there is a threat and how that response might affect thoughts, emotions, and actions

- reflect on external factors that may contribute to experiencing a range of strong feelings



## Ontario Curriculum Connection Grades 4-6

### Kids Have Stress Too! Curriculum Connections



Ontario  
Grades 4-6

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#### Program Lessons

Unit 1: What is stress?  
Unit 2: Stressed or not stressed?  
Unit 3: Deep Breathing  
Unit 4: Hooked by Stress!  
Unit 5: Worries & Fears  
Unit 6: Puzzle solvers  
Unit 7: Express yourself to bust stress!

#### Activities

- Point it out
- Deep Breathing
- Worry Box
- Puzzle Solvers
- Express Yourself

#### Testimonials from Educators

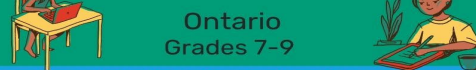
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## Ontario Curriculum Connection Grades 7-9

### Stress Lessons Curriculum Connections



Ontario  
Grades 7-9

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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

"This Training was very beneficial for helping me provide social emotional evidence based program to classes in all the schools I support. This Program will be great for all levels, and I can't wait to get started to teach all our students about stress!"  
-Jenna, Child & Youth Counsellor

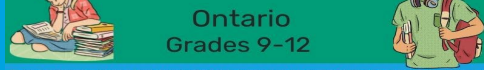
"I loved the program! It looked at the different signs of stress not as a negative but as a learning opportunity and part of life. It gave new ways and activities to approach youth about stress and how they are coping!"  
-Tayler, Learning Center Teacher

"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!"  
-Barb Indigenous education worker



## Ontario Curriculum Connection Grades 9-12

### Stress Lessons Curriculum Connections



Ontario  
Grades 9-12

There is strong evidence that 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 the stigma around problems in this area. 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.

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- Knowledge and skills related to mental health
- More opportunities to understand connections between physical and mental health

#### SM SK Programs & Lessons

Unit 1: The upside & downside of stress  
Unit 2: The science ( and art) of stress  
Unit 3: My coping kit  
Unit 4: Taking stress in stride  
Unit 5: Beyond Coping: Kicking Butt  
Unit 6: Stress Conference

#### SM SK Activities

- Portable Stress Antidotes
- Expressions of Self Care
- Faces of Resilience
- Think Positive
- Stress Brain!

#### Testimonials from Educators

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-Jenna, Child & Youth Counsellor

"I loved the program! It looked at the different signs of stress not as a negative but as a learning opportunity and part of life. It gave new ways and activities to approach youth about stress and how they are coping!"  
-Tayler, Learning Center Teacher

"I love the emphasis on connecting and teaching brain-body and feelings-thoughts-behaviors. Kids are engaged in this and validated when they can understand their 'whole selves'!"  
-Jehane, Indigenous Outreach Worker



#### HPE Curriculum Overlap

Grade 9 C3.2, C1.3, C3.2

- identify warning signs and symptoms that could be related to mental health concerns
- understanding of resilience and related protective and risk factors

Grade 10 PS 1.1 & Grade 11 PS 1.1, and Grade 12 PS 1.1

- use self-awareness and self-monitoring skills to help them understand their strengths and needs

Grade 10 PS 1.2 & Grade 11 PS 1.2 & Grade 12 PS 1.2

- use adaptive, management and coping skills to help them respond to the various challenges

Grade 10: C1.1, CT1.5, Open C1.1

- demonstrate an understanding of factors that enhance mental health and emotional and spiritual well-being
- ability to apply adaptive, coping and management skills

Grade 11: C1.4, CT 1.5, C3.4, College Prep A1.2, A1.3, A2.1, B2, B2.1, B2.2, C2.2, C3.3

- apply relationship and social skills
- assist them in making connections and evaluating their choices
- demonstrate an understanding of resilience and its impact on personal health
- explain how personal health practices contribute to the improvement of health
- demonstrate the ability to implement a health initiative that promotes healthy living in their school community.

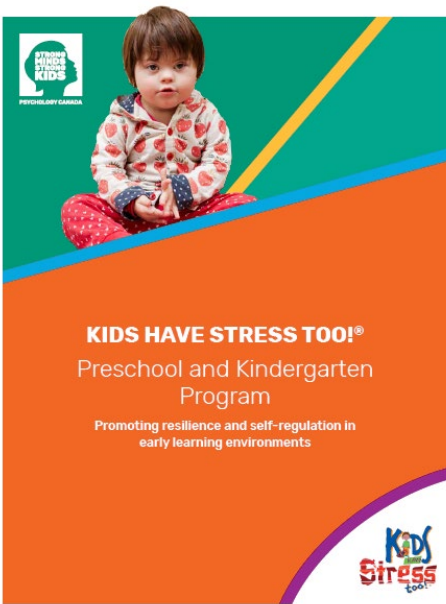
Grade 12 C2.3

- describe how coping and interpersonal skills and their knowledge of personal protective and risk factors

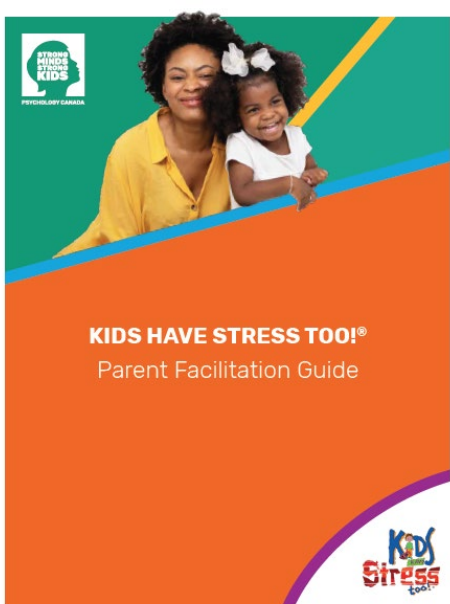




Kids Have Stress Too!  
Preschool &  
Kindergarten  
Program



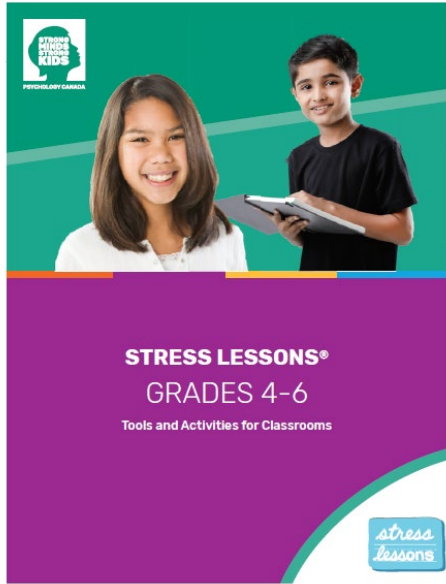
Kids Have Stress Too!  
Parent Program



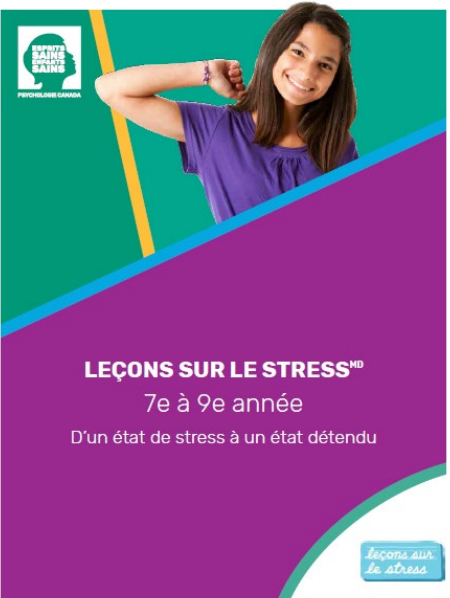
Kids Have Stress Too!  
Grades 1-3



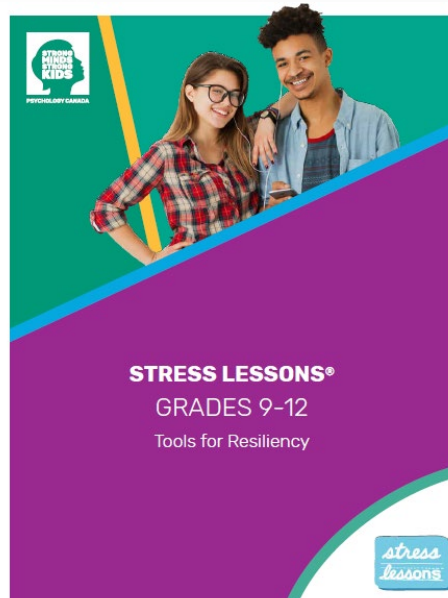
Kids Have Stress Too!  
Grades 4-6



Stress Lessons  
Grades 7-9



Stress Lessons  
Grades 9-12





## Nurturing Resilience: Stress Management Series Training Package Options



### *Package A*

#### **Intensive Tools & Strategies for Supporting Children & Youth (Expanded Training)**

**6-hour interactive synchronous in-person training** includes:

- In-depth information about how to use the Kids Have Stress Too! or Stress Lessons program with your students.
- Information on the fundamentals of stress management.
- Opportunity to practice activities with peers
- Choice of 1 Program Guide
- Certificate of completion

Starting at \$100/person  
Minimum of 20 participants

### *Package B*

#### **Tools & Strategies for Supporting Children & Youth (Concentrated Training)**

**2.5-hour Interactive synchronous online training** includes:

- In-depth information about how to use the Kids Have Stress Too! or Stress Lessons program with your students.
- Opportunity to practice activities with peers
- 1.5-hour asynchronous learning opportunity on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of Completion

Starting at \$75/person  
Minimum of 20 participants

### *Package C*

#### **Tools & Strategies for Supporting Children & Youth (Accelerated Training)**

**1.5-hour Interactive synchronous online training** includes:

- In-depth information about how to use the Kids Have Stress Too! or Stress Lessons program with your students.
- 1.5-hour asynchronous learning opportunity on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of Completion

Starting at \$70/person  
Minimum of 15 participants

All training options are available for any of our programs:  
Kids Have Stress Too! Preschool, Kindergarten and Parent  
Kids Have Stress Too! Grades 1-6  
Stress Lessons Grades 7-12





## Training benefits to childcare professionals, child serving professionals, educators and parents:

- ✓ Learn how to recognize stress in children and youth
- ✓ Learn how you can help children and youth develop skills in managing stress
- ✓ Comprehensive lesson-plans that include one-on-one and group activities
- ✓ Tips and Strategies for implementing the program in your context







# NEW Stress Buster Camp/After-School program



NEW

## Stress Busters Camp/After-School Program

This program is a fun and educational course that teaches children and equips them with stress management strategies while also providing them with an opportunity to be supported by their peers.





# Stress Buster Activity Book



NEW

## Stress Busters Activity Book

This interactive workbook provides an opportunity for kids and the supportive adult in their lives to discuss how best to support their

stress management





# SMSKPC Online Resources

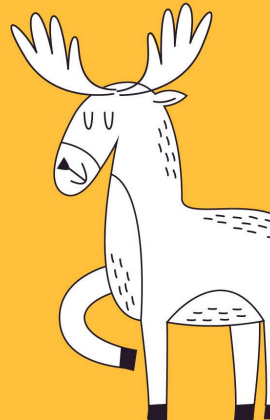
Welcome to

# Zen Garden

I AM  
**MINDFUL**

We cannot direct the  
wind, but we can  
adjust the sails.

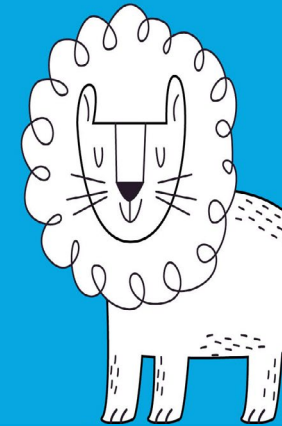
DOLLY PARTON



I HAVE  
**COURAGE**

You'll always miss  
100% of the shots  
you don't take.

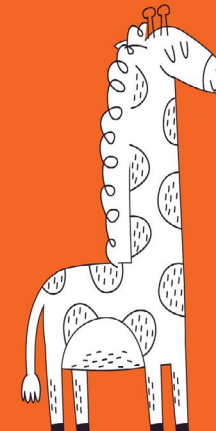
WAYNE GRETZKY



I AM  
**THANKFUL**

Piglet noticed that even though  
he had a very small heart,  
it could hold a rather large  
amount of gratitude.

A.A. MILNE  
IN WINNIE-THE-POOH



**RESILIENCY  
QUIZ**





# Resources for Adults



Workshops and online  
resources

- **Taking Care of You!** (1.5 hour online workshop)
- **SMSKPC parent resources**
  - [24/7: A Resource For Working Parents](#)
  - [Additional online resources for parents](#)
- [Stressstrategies.ca](#)

# Partnerships and Testimonials



What people are saying  
about our programs and  
training ...

*"It was a pleasure to work with Strong Minds Strong Kids, to roll out training for approximately 400 Student Support Staff across various school boards in Ontario. Aligning the School Mental Health Ontario resources with the Kids Have Stress Too! Lessons to support students in learning strategies related to stress and coping, supports our vision that social emotional skills are essential for wellness promotion. During this time of change and transition, the skills and resources are timely and will be well received by staff and students alike"* -Theresa Wilson  
| Implementation Coach School Mental Health Ontario | Santé mentale en milieu scolaire Ontario

*"...Kids these days are faced with an insurmountable amount of stress and need people to walk alongside of them and help them learn how to overcome the stressors and find success and peace in the ever-changing world."* Raisa, Learning Assistant Teacher and part of training program for Government of Saskatchewan



School  
Mental Health  
Ontario

Sant  mentale  
en milieu scolaire  
Ontario



Government  
— of —  
Saskatchewan

# Thank you!

For more information on our programs contact

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416-566-6644 x 200

For more information on scheduling a training or purchasing guides contact

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[www.StrongMindsStrongKids.org](http://www.StrongMindsStrongKids.org)

