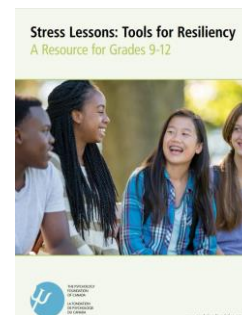
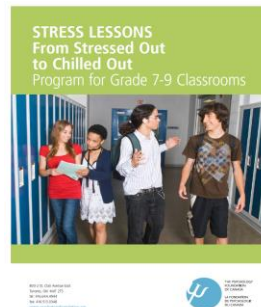
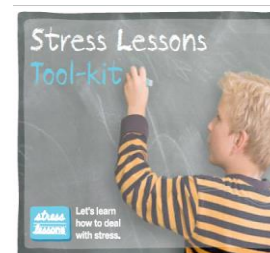
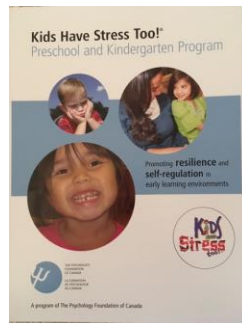


Helping Young People Thrive in a Stressed out World

People for Education



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Welcome and Introductions



A child's ability to cope with stress has consequences for physical and emotional health throughout life.

- National Scientific Council on the Developing Child (2005)

Our Mission

Nurturing Resiliency in Children

Practical, evidence-based programs spanning critical development stages

Birth - Make the Connection



**Parenting for Life
School years - Kids
Have Stress Too! and**



Adults - Stress Strategies



**Toddlerhood -
Make the Connection &
Parenting for Life**



**Adolescence - Stress
Lessons & Parenting
for Life**



Program Overview

Kids Have Stress Too!

- Preschool and Kindergarten
- Parent
- Grades 1-3



Stress Lessons

- Grades 4-6
- Grades 7-9
- Grades 9-12



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Our Programs

- Evidence based
- Curriculum linked
 - Flexible
- Teachers do not have to be experts
- Can do without training , but training enhances salient points
 - Free resources beyond \$35 guides
- Ongoing training to moderate the effects of inevitable attrition



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Stress Management



Signs and Symptoms



Stressor



Strategies

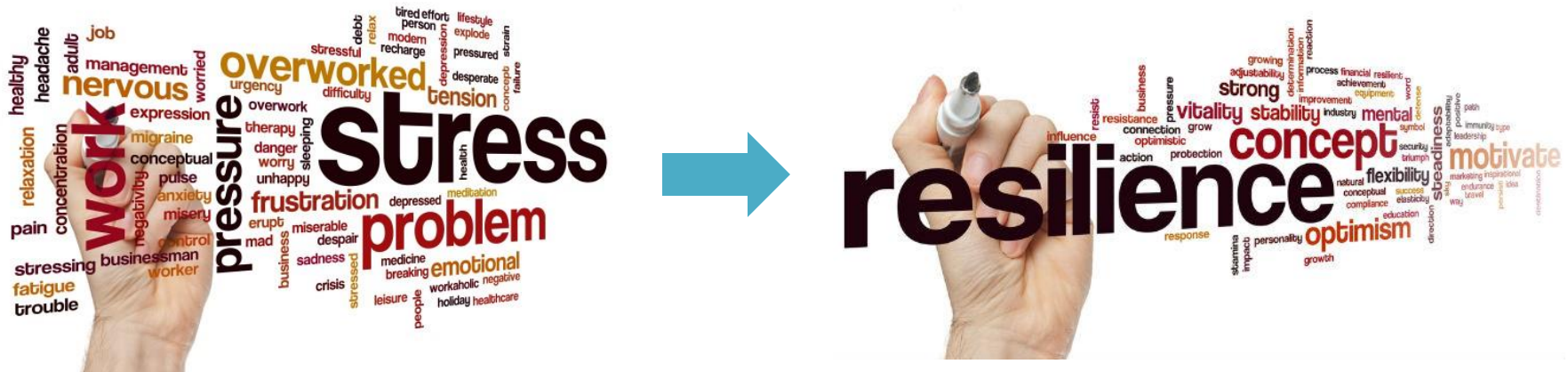


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Moving to Resiliency



Resilience = Stress + Support

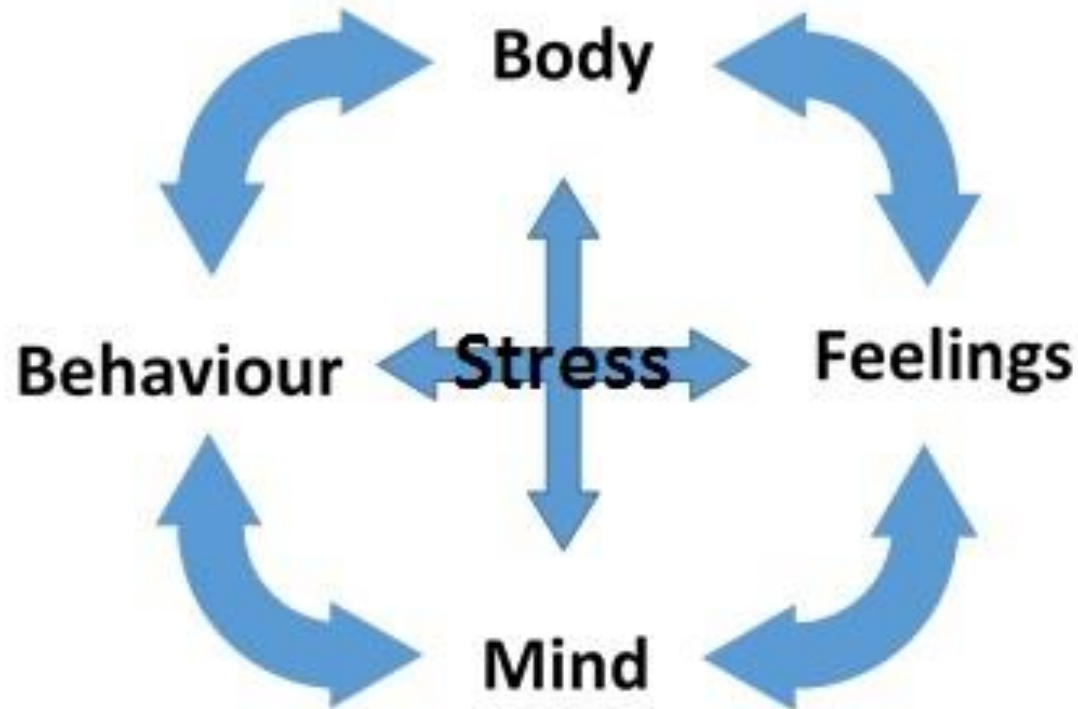


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Mind / Body / Feelings / Behaviour Connection



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S-T-R-E-T-C-H Time

Helps:

- look after ourselves
- calm our body for a calm mind
- a practical strategy that works for adults and children!



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Stress Stoplight

Familiar image that helps explain to young children the three stages of stress reduction:

Red Light: STOP – “Red Alert” – Recognize stress symptoms

Yellow Light: CHANGE – Deal with the stress and use tools in the toolbox

Green Light: GO – Feel the stress go away; Feel energized, more relaxed, in control and ready to go!



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“We cannot always build the future for our youth, but we can build the youth for our future.” - Franklin D. Roosevelt



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Thank You – Keep in touch!

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