

## Do You Feel Calm in Your Bones?



School



Home



Lesson Plan



Videos

**PHE Curricular Competencies:** Social and Community Health, Mental Well-being

**Audience(s):** Grades 4-7

**Hyperlink:** [Do You Feel Calm in Your Bones?](#)

### Description

This lesson plan, adaptable for home learning, introduces students in grades 4 - 7 to the fight-flight-freeze response through educational videos produced by Anxiety Canada. It includes exercises to help "turn off" the stress response and process their learning about anxiety.

### Objective(s)

This lesson helps students normalize, understand, and address anxiety. Through these steps, students can address the anxiety they may be feeling in their lives, and connect to a sense of peace and calm that they can return to at any time.

### Curricular Connections

This lesson supports the **[Personal Awareness and Responsibility Core Competency](#)** of the New BC Curriculum, and builds capacity for the **Self-Regulating** and **Well-Being** facets of this competency.

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*

*Resources mentioned in this document were created by [Insert organization name here]*