

Stresslr



PHE Curricular Competencies: Mental Well-being, Healthy and Active Living

Audience(s): Grades 4-7

Hyperlink: [Kelty Mental Health](#)

Description

Stresslr, the friendly robot, helps children to learn about stress in a fun and engaging way. Stresslr will help kids to understand what may cause them to feel stress, how they react to it, and how to develop healthy strategies to manage everyday stress. Stresslr is accessible on a computer, tablet, Android and iPhone.

Objective(s)

This web app was designed to support children to strengthen their emotional health as well as promoting problem-solving abilities, and resilience.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Grades 4-7: Describe and assess strategies for promoting mental well-being, for self and others

Grades 4-7: Identify, apply, and reflect on strategies used to pursue personal healthy-living goals

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