

New Brunswick Curriculum Alignment with Project 11 (Grades K-12)





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PROJECT 11





Kindergarten Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: New Friends	Friendship-promoting behaviours; making new friends; friendly/unfriendly actions	EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information.
Lesson 2: We Are All Unique	Uniqueness; personal qualities; strengths; classroom belonging	ELA - Expression - Express feelings and opinions, and give simple descriptions of experiences. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 3: It's Okay to be Different	Celebrating differences; self-acceptance; being true to oneself	EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 4: The Golden Rule	Kindness; compliments; respectful treatment of others	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 5: Fairness	Fairness; similarities and differences; sharing, taking turns, and inclusion	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 6: Mindful Monkey, Happy Panda	Mindfulness; focus; relaxation; mindful eating, listening, movement, art, and breathing	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.
Lesson 7: Take the Time	Slowing down; relaxation; stretching; self-care; mindful listening	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.



Lesson 8: Peer Pressure	Peer pressure; opinions; positive/negative choices; being your best self	EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.
Lesson 9: Kindness	Acts of kindness; classroom community; kindness in action	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 10: Can I Play Too?	Inclusion; feeling left out; friendship; retelling and problem solving	EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 11: What is Family?	Family diversity; family uniqueness; belonging and support	EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.
Lesson 12: My Friend is Sad	Helping a sad friend; empathy; cheering self and others up	EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.
Lesson 13: Feelings	Emotion vocabulary; recognizing feelings in self and others; healthy expression	ELA - Expression - Express feelings and opinions, and give simple descriptions of experiences. PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.
Lesson 14: Making Mistakes	Mistakes; learning and growth; positive self-talk; trying again	EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.
Lesson 15: Optimism	Trying new things; asking for help; positive attitude; perseverance	EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.



Grade 1 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Proud to Be Me!	Self-awareness; uniqueness; sharing talents; confidence	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 2: I Like Myself	Self-worth; identity; appreciation of differences	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 3: Emotions	Identifying emotions; non-verbal cues; body language	ELA - Expression - Express feelings and opinions and give simple descriptions of experiences. ELA - Expression - Explore the language of harmony and respect. PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 4: Feelings Chart	Daily emotional check-ins; tracking and naming feelings	ELA - Expression - Express feelings and opinions and give simple descriptions of experiences. PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 5: Class Collection of Feelings	Comparing class feelings; respecting different emotional experiences	ELA - Expression - Express feelings and opinions and give simple descriptions of experiences. ELA - Expression - Explore the language of harmony and respect. PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.



Lesson 6: Anger Thermometer	Anger awareness; body signals; calming strategies	PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.
Lesson 7: Peanut Butter and Cupcake	Making friends; courage; social behaviours	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 8: How to Be a Good Friend	Kindness; friendship qualities; self-reflection	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.
Lesson 9: Being a Good Classmate	Responsible social behaviours; kindness; classroom community	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Play and Inquiry - Interact with others to share interest, enjoyments, or new information. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.
Lesson 10: The Zax	Peaceful conflict resolution; listening; compromise	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.

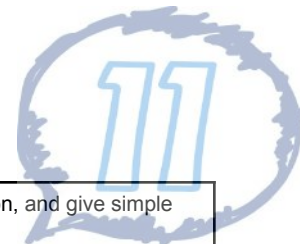


Lesson 11: Work It Out	Conflict causes; kindness during disagreement; peaceful strategies	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together.
Lesson 12: Giraffes Can't Dance	Perseverance; encouragement; believing in yourself	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 13: Positive Self-Talk	Perseverance; confidence; encouraging inner voice	PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness.
Lesson 14: Encouragement	Encouraging others; kindness; positive peer influence	PE - Social-emotional Skills - Explore social-emotional skills for learning and performing physical activities. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 15: Making Mistakes	Learning from mistakes; trying again; growth mindset	ELA - Expression - Express feelings and opinions and give simple descriptions of experiences. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.



Grade 2 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Friendships	Healthy friendship qualities; trust; kindness; cooperation	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 2: Courage	Courage; confidence; asking for and offering support	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 3: Encouragement	Positive words; motivation; supporting peers	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 4: Be Kind	Kindness; compliments; inclusion; positive communication	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.



Lesson 5: How Full is Your Bucket?	Bucket fillers; emotional wellbeing; caring actions	ELA - Expression - Express feelings and opinions, providing some explanation, and give simple descriptions of experiences. ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 6: Breathe	Mindfulness; breathing; relaxation; stress management	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others.
Lesson 7: Empathy	Empathy; feelings; non-verbal cues; caring responses	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 8: Loyalty	Loyalty; trust; teamwork; sticking together	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.

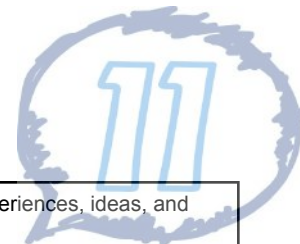


Lesson 9: Growth Mindset	Growth mindset; mistakes; goal setting; perseverance	ELA - Expression - Express feelings and opinions, providing some explanation, and give simple descriptions of experiences. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 10: Can I Join Your Club?	Inclusion; belonging; friendship qualities; body language	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Identify interests, passions, and strengths. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 11: Words Matter	Hurtful words; teasing; emotional safety; kindness	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 12: Sorry	Sincere apologies; repairing harm; communication	ELA - Expression - Explore the language of harmony and respect. EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.

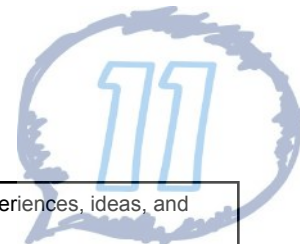
Lesson 13: Shi-shi-etko	Family traditions; memories; cultural connection; belonging	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 14: Problem Solving 101	Problem-solving; decision-making; asking for help	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.
Lesson 15: Small Steps, Big Difference	Kindness; helping others; positive action; community impact	EYW - Emotional Health and Positive Identities - Explore activities that foster enjoyment and well-being. EYW - Emotional Health and Positive Identities - Recognize that feelings and emotions can impact well-being, relationships, and the way we engage with others. EYW - Belonging and Interconnectedness - Explore strategies that promote inclusion. EYW - Exploration and Problem Solving - Negotiate, compromise, and work together. EYW - Inclusiveness and Equity - Honour differences and uniqueness. EYW - Inclusiveness and Equity - Act to change inequitable practices.

Grade 3 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Ruby the Copycat	Behaviour awareness; friendship; being yourself; good citizenship	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships.
Lesson 2: Citizenship	Classroom citizenship; responsibility; respect; class treaty	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships.
Lesson 3: Kindness is Cooler	Acts of kindness; home, school and community; paying kindness forward	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships. PW - Bullying and Conflict - Identify bullying and ways to prevent and intervene when it occurs.



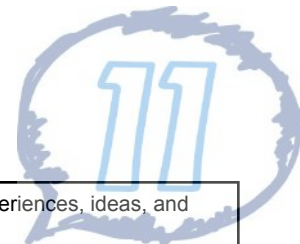
Lesson 4: Gossip	Power of words; rumours; responsible communication	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships. PW - Bullying and Conflict - Identify bullying and ways to prevent and intervene when it occurs.
Lesson 5: Just Kidding	Playful vs. hurtful teasing; respectful responses; kindness	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships. PW - Bullying and Conflict - Identify bullying and ways to prevent and intervene when it occurs.
Lesson 6: Teasing - Bystander Strategies	Bystander strategies; teasing prevention; helping others	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships. PW - Bullying and Conflict - Identify bullying and ways to prevent and intervene when it occurs.



Lesson 7: The Invisible Boy	Belonging; inclusion; loneliness; small acts of kindness	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships. PW - Bullying and Conflict - Identify bullying and ways to prevent and intervene when it occurs.
Lesson 8: Spread the Love	Peer appreciation; positive qualities; teamwork; encouragement	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships. PW - Bullying and Conflict - Identify bullying and ways to prevent and intervene when it occurs.
Lesson 9: Act It Out	Feeling left out; inclusion strategies; calm responses	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships.
Lesson 10: People Search	Visibility; belonging; getting to know classmates; inclusion	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Demonstrate acceptance of and appreciation for diversity. PW - Healthy Relationships - Identify strategies to build and enhance friendships.



Lesson 11: A Walk in the Rain with a Brain	Unique talents; brain differences; strengths; self-awareness	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Healthy Lifestyle - Explore personal health habits that contribute to wellness. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Decision Making - Explore strategies to promote healthy decision-making and goal-setting. PW - Healthy Relationships - Identify strategies to build and enhance friendships.
Lesson 12: Positive Thoughts, Words and Actions	Thoughts, words and actions; brain health; positive interactions	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Healthy Lifestyle - Explore personal health habits that contribute to wellness. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Decision Making - Explore strategies to promote healthy decision-making and goal-setting. PW - Healthy Relationships - Identify strategies to build and enhance friendships.
Lesson 13: Setting Goals	Strengths; brain growth; short-term goals; action planning	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PE - Social-Emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Decision Making - Explore strategies to promote healthy decision-making and goal-setting. PW - Healthy Relationships - Identify strategies to build and enhance friendships.

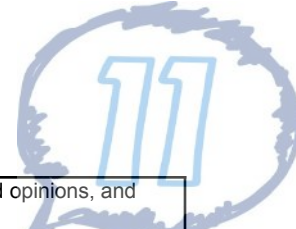


Lesson 14: Bubblegum Brain	Growth mindset; flexible thinking; fixed vs. growth mindset	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships.
Lesson 15: The Power of YET	Optimistic thinking; growth mindset; positive perspective; resilience	ELA - Expression - Describe and discuss thoughts, feelings, experiences, ideas, and opinions. ELA - Expression - Use language of harmony and respect. PW - Personal Growth - Describe how visible and invisible differences make each person unique. PW - Positive Mental Health - Explore the importance of talking about emotions and emotional responses. PW - Mental Health Strategies - Demonstrate self-calming strategies to regulate emotional reactions. PW - Healthy Relationships - Identify strategies to build and enhance friendships.

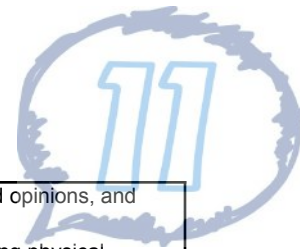


Grade 4 Curriculum Alignment with Project 11

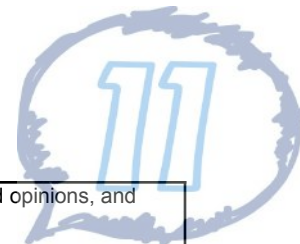
P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Self Awareness	Self-awareness; identity; personal qualities; uniqueness	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Healthy Lifestyle - Describe personal health habits that contribute to wellness. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships.
Lesson 2: Character Strengths	Character strengths; self-reflection; positive attributes	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PE - Physical Fitness Concepts - Apply physical fitness concepts to improve well-being and performance. PW - Healthy Lifestyle - Describe personal health habits that contribute to wellness. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships.
Lesson 3: Gratitude	Gratitude; positive emotions; thankfulness; classroom community	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships.
Lesson 4: Flexible Thinking	Flexible thinking; healthy choices; problem-solving; positive mindset	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PE - Physical Fitness Concepts - Apply physical fitness concepts to improve well-being and performance. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.



Lesson 5: Problem Solving	Problem-solving steps; identifying the true problem; choosing solutions	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Healthy Lifestyle - Describe personal health habits that contribute to wellness. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 6: Conflict Resolution	Win-win solutions; resolving disagreements; cooperation	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 7: Apologizing	Sincere apologies; accountability; repairing harm	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 8: Active Listening	Listening skills; verbal/nonverbal communication; respectful conversation	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships.



Lesson 9: Empathy	Empathy; recognizing feelings; supporting others	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 10: Trouble Talk	Gossip; rumours; hurtful words; respectful communication	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 11: Reporting vs. Tattling	Reporting; tattling; safety; responsible communication	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 12: Mindfulness	Mindful breathing; body scan; gratitude; self-regulation	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Healthy Lifestyle - Describe personal health habits that contribute to wellness. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.

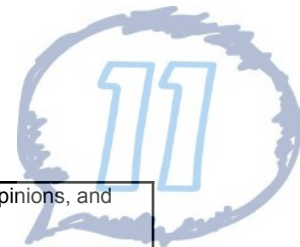


Lesson 13: Working With Others	Cooperation; communication; group work; collaboration	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - List the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to resolve conflict.
Lesson 14: Stress	Stress awareness; stress responses; coping strategies	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships.
Lesson 15: Goal Setting	SMART goals; wishes vs. goals; action steps; personal growth	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PE - Physical Fitness Concepts - Apply physical fitness concepts to improve well-being and performance. PW - Healthy Lifestyle - Describe personal health habits that contribute to wellness. PW - Mental Health Strategies - Identify strategies for regulating emotional reactions. PW - Healthy Relationships - Identify the importance of communication to build and maintain healthy relationships. PW - Bullying and Conflict - Describe strategies to resolve conflict.



Grade 5 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Friendship Traits	Friendship qualities; positive/negative traits; vocabulary; healthy relationships	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 2: A Good Friend	Healthy friendship qualities; self-respect; boundaries; choosing supportive friends	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for seeking support for self and others. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 3: Friendship Self-Reflection	Self-reflection; personal friendship strengths/challenges; improving relationships	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 4: My Friendship Bullseye	Support systems; circles of connection; emotional/social/physical supports	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 5: Our Classroom Community	Classroom community; respect; inclusion; valuing differences	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for seeking support for self and others. PW - Healthy Relationships - Analyze how diversity enhances a community. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.



Lesson 6: Facial Expressions	Emotions; nonverbal cues; recognizing feelings in self and others	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 7: Whole Body Listening	Active listening; body language; respect; empathy	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 8: Conflict Strategies	Conflict resolution; decision making; pros/cons; choosing healthy strategies	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Positive Mental Health - Identify ways to manage stress and regulate emotions. PW - Bullying and Conflict - Analyze the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 9: Compliments	Genuine compliments; positive peer influence; kindness; character strengths	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. ELA - Expression - Use language of harmony and respect. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 10: Respect	Respect for self and others; Golden Rule; discussion; values	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Healthy Relationships - Analyze how diversity enhances a community. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.

Lesson 11: Mick E. and Me	Self-awareness; similarities/differences; identity; connection	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Healthy Lifestyle - Assess personal health habits and their relationship to wellness. PW - Positive Mental Health - Identify ways to manage stress and regulate emotions. PW - Mental Health Strategies - Identify strategies for seeking support for self and others. PW - Decision-making - Describe the impact of using strategies to promote healthy decision-making. PW - Healthy Relationships - Analyze how diversity enhances a community. PW - Bullying and Conflict - Analyze the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 12: My Personal Profile	Interests; strengths; characteristics; self-awareness; peer connection	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Healthy Lifestyle - Assess personal health habits and their relationship to wellness. PW - Positive Mental Health - Identify ways to manage stress and regulate emotions. PW - Mental Health Strategies - Identify strategies for seeking support for self and others. PW - Decision-making - Describe the impact of using strategies to promote healthy decision-making. PW - Healthy Relationships - Analyze how diversity enhances a community. PW - Bullying and Conflict - Analyze the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 13: Feelings and Emotions	Emotion vocabulary; how feelings look/sound/feel; emotional awareness	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Positive Mental Health - Identify ways to manage stress and regulate emotions. PW - Bullying and Conflict - Analyze the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.

Lesson 14: Empathy	Perspective-taking; empathy vs. sympathy; supporting others	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Mental Health Strategies - Identify strategies for seeking support for self and others. PW - Bullying and Conflict - Analyze the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.
Lesson 15: Seeing Red	Anger management; physical cues; cooling-off strategies; self-control	ELA - Expression - Express and discuss thoughts, feelings, experiences, ideas, and opinions, and consider those of their peers. PE - Social-emotional Skills - Apply social-emotional skills to learning and performing physical activities. PW - Positive Mental Health - Identify ways to manage stress and regulate emotions. PW - Bullying and Conflict - Analyze the various types of bullying and appropriate response strategies. PW - Bullying and Conflict - Describe strategies to deal with conflict across a variety of relationships.



Grade 6 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Stress	Stress awareness; forms of stress; personal stress ratings; stress-management resources	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 2: Healthy and Unhealthy Stress	Healthy/unhealthy stress; emotions and the brain; grief and loss; expression through art	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 3: Stress Reducers	Coping strategies; physical, emotional/social, and time-management stress reducers	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.



Lesson 4: Resilience	Resilience; bouncing back; realistic personal goals	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 5: Signs and Symptoms	Internal/external signs of stress; body responses; stress warning signs	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 6: Facing Challenges	Challenges; resilience; coping strategies; healthy responses	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.



Lesson 7: Positivity	Positive influences; negative influences; emotional reflection	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PE - Social-emotional Skills - Apply social-emotional skills used in learning and performing physical activities, alone and with others. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 8: Self-Care	Self-care; stress reduction; building inner strength	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 9: Optimism	Optimistic thinking; positive perspective; strategies for optimism	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PE - Social-emotional Skills - Apply social-emotional skills used in learning and performing physical activities, alone and with others. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.



Lesson 10: SMART Goals	SMART goals; future planning; dream board; optimism	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 11: Managing Emotions	Emotional expression; healthy/unhealthy reactions; perspective-taking	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PE - Social-emotional Skills - Apply social-emotional skills used in learning and performing physical activities, alone and with others. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 12: Support Networks	Support systems; community connections; helping others	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.



Lesson 13: Setting Boundaries	Morals and values; classroom boundaries; personal boundaries	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 14: Communicating Limits	Healthy boundaries; communicating limits; role play	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PE - Social-emotional Skills - Apply social-emotional skills used in learning and performing physical activities, alone and with others. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.
Lesson 15: Crossing Boundaries	Healthy/unhealthy boundaries; saying no; refusal strategies	ELA - Expression - Describe and contribute thoughts, feelings, and experiences, and compare to those of their peers. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PE - Social-emotional Skills - Apply social-emotional skills used in learning and performing physical activities, alone and with others. PW - Healthy Lifestyle - Examine personal health habits and their impact on the seven domains of wellness. PW - Helpful and Harmful Choices - Describe factors that influence food, substance, and screen time use/misuse. PW - Personal Safety - Explain how media and technology influence health and well-being. PW - Self-image - Discuss how media influence individual beliefs about self-image. PW - Positive Mental Health - Describe strategies to support positive mental health. PW - Healthy Relationships - Discuss characteristics of healthy relationships. PW - Bullying and Conflict - Identify differences between conflict and bullying.



Grade 7 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Mental Wellness	Mental wellness; physical and mental supports; help-seeking	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Helpful and Harmful Choices - Describe the impacts of food, substance, and screen time use/misuse on health and well-being. PW - Personal Safety - Examine how media and technology influence health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 2: Win-Win	Win-win thinking; conflict outcomes; problem solving	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 3: Attitudes and Behaviours	Positive attitudes; reframing negative thoughts; uniqueness	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PE - Well-being - Analyze social-emotional skills used in learning and performing physical activities alone and with others. PE - Well-being - Apply personal wellness SMART goals that use fitness concepts. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Safety - Examine how media and technology influence health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.

Lesson 4: Anger	Anger management; calming strategies; self-regulation	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 5: Obstacles	Obstacles; problem-solving; overcoming challenges	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PE - Well-being - Analyze social-emotional skills used in learning and performing physical activities alone and with others. PE - Well-being - Apply personal wellness SMART goals that use fitness concepts. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 6: Mental and Physical Fitness	Mental health stigma; compassion; mental and physical wellness	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PE - Well-being - Analyze social-emotional skills used in learning and performing physical activities alone and with others. PE - Well-being - Apply personal wellness SMART goals that use fitness concepts. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Helpful and Harmful Choices - Describe the impacts of food, substance, and screen time use/misuse on health and well-being. PW - Personal Safety - Examine how media and technology influence health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.



Lesson 7: Use and Abuse	Substance use and abuse; addiction; safe medication use	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 8: Personal Goal Setting	Long-term goals; SMART goals; self-monitoring	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PE - Well-being - Analyze social-emotional skills used in learning and performing physical activities alone and with others. PE - Well-being - Apply personal wellness SMART goals that use fitness concepts. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 9: Problem Solving	Accept/ignore/make a change; problem-solving choices	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.

Lesson 10: Decisions That Affect Our Future	Serious decisions; consequences; decision-making reflection	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Helpful and Harmful Choices - Describe the impacts of food, substance, and screen time use/misuse on health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence. PW - Think About Potential Career Pathways - Demonstrate an informed vision for the future linked to own interests, preferences, values and abilities.
Lesson 11: Compliments	Meaningful compliments; positive peer support; self-worth	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 12: Healthy Communication	Passive, aggressive, and assertive communication	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Safety - Examine how media and technology influence health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.

Lesson 13: Mental Skills	Mental skills; calm breathing; mindfulness	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 14: Reciprocal Relationships	Support networks; reciprocal friendships; emotional support	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Safety - Examine how media and technology influence health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.
Lesson 15: Social Factors	Media/social influences; positive and negative influences on teens	ELA - Expression - Describe and contribute thoughts, feelings, and experiences and compare to those of their peers. ELA - Expression - Use language of harmony and respect self-monitoring and adjust as appropriate. PW - Healthy Lifestyle - Describe the impact of health habits on self and community. PW - Personal Safety - Examine how media and technology influence health and well-being. PW - Personal Growth - Describe social, emotional, and cognitive changes associated with adolescence. PW - Positive Mental Health - Analyze the impact of mental health on well-being. PW - Decision-making - Analyze how decision-making impacts personal wellness. PW - Healthy Relationships - Describe strategies to build and maintain healthy relationships. PW - Bullying and Conflict - Develop skills for responding to conflict, bullying, and violence.



Grade 8 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Self Esteem	Self-esteem; confidence; positive messages; self-consciousness	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Helpful and Harmful Choices - Evaluate the impacts of food, screen time, and substance use/misuse on self and community. PW - Personal Safety - Evaluate how media and technology influence the health and well-being of self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 2: Anxiety	Anxiety symptoms; body cues; coping strategies; personal reflection	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Helpful and Harmful Choices - Evaluate the impacts of food, screen time, and substance use/misuse on self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 3: Stereotyping	Stereotyping; unfair judgement; bias; acceptance of others	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 4: Seeking Out Facts	Depression facts; mental health support; valid information; peer education	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.



Lesson 5: Peer Pressure	Healthy/unhealthy peer pressure; refusal; role play; influence	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 6: Focus	Mindfulness; focus; distractions; organization; planning	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 7: Sleep	Sleep hygiene; routines; research; wellness goals	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 8: Roles and Responsibilities	Roles; responsibilities; balance; best self; focus	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 9: Resiliency	Resiliency; bouncing back; goal setting; coping supports	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 10: Grieving	Grief and loss; stages of grief; supporting self and others	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.



Lesson 11: Body Image	Body image; self-acceptance; true beauty; positive self-view	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Helpful and Harmful Choices - Evaluate the impacts of food, screen time, and substance use/misuse on self and community. PW - Personal Safety - Evaluate how media and technology influence the health and well-being of self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 12: Technology and Media	Technology/media influences; attention; connection; personal goals	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Helpful and Harmful Choices - Evaluate the impacts of food, screen time, and substance use/misuse on self and community. PW - Personal Safety - Evaluate how media and technology influence the health and well-being of self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 13: Nutrition	Nutrition; exercise; healthy body journal; Canada Food Guide reflection	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Helpful and Harmful Choices - Evaluate the impacts of food, screen time, and substance use/misuse on self and community. PW - Personal Safety - Evaluate how media and technology influence the health and well-being of self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.



Lesson 14: Relationships	Healthy/unhealthy relationships; self; crush/love; friendship foundation	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Personal Safety - Evaluate how media and technology influence the health and well-being of self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.
Lesson 15: Community and You	Community resources; emotional/physical/social supports; research and sharing	ELA - Expression - Describe and communicate thoughts, feelings, and experiences as well as personal strategies. ELA - Expression - Use language of harmony and respect, self-monitoring and adjusting as appropriate. PE - Well-being - Analyze social-emotional skills used in learning and performing physical activities, alone and with others. PE - Well-being - Apply personal wellness SMART goals that use fitness concepts and principles. PW - Healthy Lifestyle - Evaluate the impact of health habits on self and community well-being. PW - Helpful and Harmful Choices - Evaluate the impacts of food, screen time, and substance use/misuse on self and community. PW - Personal Safety - Evaluate how media and technology influence the health and well-being of self and community. PW - Personal Growth - Discuss care, sensitivity, and respect for changes during adolescence that are unique and occur at different rates for everyone. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Evaluate behaviours/environments that help foster positive mental health and build resilience. PW - Decision-making - Assess how decision-making impacts personal wellness. PW - Healthy Relationships - Apply strategies to build and maintain healthy relationships.



Grade 9 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Mental Health Continuum	Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students.	PE - Social-emotional Skills - Analyze personal and group use of social-emotional skills to learning and performing physical activities. PE - Physical Fitness Concepts - Create and justify the efficacy of personal wellness SMART goals that use fitness concepts and principles. PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on self. PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on community well-being. PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.
Lesson 2: Time Management	Effective time management; prioritizing tasks and responsibilities through weekly schedules and learning to balance competing demands to achieve a healthier more balanced lifestyle.	PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships.



Lesson 3: Setting Wellness Goals	Science of goal setting; role of Dopamine in motivation.	PE - Physical Fitness Concepts - Create and justify the efficacy of personal wellness SMART goals that use fitness concepts and principles. PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on self. PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.
Lesson 4: Understanding Sleep	Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships.
Lesson 5: Communication	Passive, assertive, and aggressive communication; effective communication strategies.	PW - Personal Safety - Demonstrate competency in healthy interactions with media and technology. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.

Lesson 6: Emotional Regulation	Emotional awareness; strategies for responding thoughtfully rather than reactively.	PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on self. PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.
Lesson 7: Healthy Relationships	Health and unhealthy relationships; reflection on impacts of healthy and unhealthy relationships.	PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on community well-being. PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Safety - Demonstrate competency in healthy interactions with media and technology. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.

Lesson 8: Digital Stress	Impact of digital media on mental health; non-digital activities for a balanced lifestyle.	PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Safety - Demonstrate competency in healthy interactions with media and technology. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.
Lesson 9: Self-Esteem	Impacts of self-comparison; reflection on what makes you who you are.	PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on self. PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.

Lesson 10: Substance Use & Addiction Awareness	Risks of substances; addictive behaviours.	PW - Helpful and Harmful Choices - Apply strategies that have a positive impact on food, screen time, and substance use/misuse. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships. PW - Bullying and Conflict - Identify strategies for navigating situations where their own or others' health, safety, or well-being may be at risk.
Lesson 11: Loss, Change and Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships.
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	PW - Healthy Lifestyle - Demonstrate knowledge of health habits that have a positive impact on community well-being. PW - Personal Growth - Demonstrate care, sensitivity, and respect for identities and for changes that occur during adolescence. PW - Healthy Sexuality - Demonstrate the knowledge, responsibilities, and skills necessary to make informed decisions about becoming sexually active. PW - Self-image - Analyze how media present messages about bodies, sexuality, and relationships. PW - Positive Mental Health - Explore the components of positive mental health. PW - Mental Fitness Strategies - Demonstrate skills to improve mental fitness. PW - Healthy Relationships - Evaluate the influence of respect, empathy, power, and coercion on establishing and maintaining respectful relationships, including sexual relationships.

Grade 10 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Classroom Community Development	Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.	PE - Leadership Theory - Explore physical education, sport, and recreation leadership attributes. PE - Leadership Theory - Explore the elements of team dynamics. Civics - Decision-making and Representation - Explore how values influence people and inform decision-making in a democracy. Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 2: Mental Health Continuum	Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students.	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 3: Understanding Stress	Identify personal stressors; sustainable strategies for lifelong stress management.	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 4: Cultivating Healthy Habits	Formation of habits; intentional changes; routines.	PE - Leadership Theory - Explore physical education, sport, and recreation leadership attributes. PE - Leadership Theory - Explore the elements of team dynamics. Civics - Decision-making and Representation - Explore how values influence people and inform decision-making in a democracy. Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 5: A Balanced Approach to Sleep and Well-being	Sleep habits; consistent sleep routine and the overall impact on well-being; sleep/wake cycles.	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 6: Communication	Passive, assertive, and aggressive communication; effective communication strategies.	Civics - Decision-making and Representation - Explore how values influence people and inform decision-making in a democracy. Civics - Decision-making and Representation - Investigate different ways that citizens are represented within Canada and around the world. Civics - Decision-making and Representation - Explore digital citizenship to respond to issues of civic importance. Civics - Citizenship and Belonging - Investigate community and online spaces that respond to issues of belonging. Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.

Lesson 7: Critical Thinking in Online Environments	Critical thinking skills to evaluate the credibility and reliability of online information; develop digital literacy through experience.	Civics - Decision-making and Representation - Explore digital citizenship to respond to issues of civic importance. Civics - Citizenship and Belonging - Investigate community and online spaces that respond to issues of belonging. Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 8: Setting Boundaries in Relationships	Relationship Boundaries; physical, emotional, spiritual, and intellectual boundaries; boundary maintenance.	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 9: Coping and Substance Use.	Explore how challenging experiences influence coping behaviours; develop understanding of the bodies natural feel-good chemicals compared to short-term relief of substances..	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 10: Loss, Change and Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.
Lesson 11: Local Mental Health Resources	Explore local mental health resources.	Civics - Citizenship and Belonging - Consider issues of power, voice, and belonging.



Grade 11 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. HS - Understanding Human Services - Recognize ways to support community needs through human services. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs. 2.1 - Students access community wellness resources. 3.3 - Students investigate the impact of mental fitness on healthy living.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs. 1.3 - Students analyze how society, media and culture influence wellness. 3.3 - Students investigate the impact of mental fitness on healthy living.
Lesson 3: Physical Activity & Mood	Physical activity in relation to mood.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs. 3.1 - Students examine health and skill related fitness components. 3.3 - Students investigate the impact of mental fitness on healthy living. 3.4 - Students create a healthy active living plan applying fitness principles, nutritional guidelines and mental fitness.



Lesson 4: Motivation and Goal Setting	Intrinsic and extrinsic motivation; motivation to live a healthy lifestyle with meaningful and achievable goals.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.
Lesson 5: Conflict Resolution	Conflict resolution strategies; communication styles; assertive skills for healthy relationships.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.
Lesson 6: Digital Citizenship: Safe, Respectful, Wise Online Choices	Understand reasonable sharing and oversharing online; impacts of digital behaviours; critical thinking use for safe, respectful, and wise choices on social media.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs. 1.3 - Students analyze how society, media and culture influence wellness.
Lesson 7: Managing Anxiety	Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.
Lesson 8: Sleep Q&A	Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.



Lesson 9: Relationships with Substances	Impacts of substances and potentially addictive behaviours; levels of substance involvement; inclusive, recovery-oriented ways to support health and well-being.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.
Lesson 10: Problem Solving	Practice problem solving and decision making strategies; create space in the mind, heart, and body when addressing challenges can significantly impact outcomes.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.
Lesson 11: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs.
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	HC - Health and Wellness - Students will examine practices that support health and wellness. PSYC - Nervous and Endocrine Systems - Explore the biological factors that influence thoughts, feelings, and actions. PSYC - Emotions - Discuss influences on emotions. PSYC - Personal Development - Develop strategies for positive well-being. HS - Understanding Human Services - Recognize ways to support community needs through human services. 1.1 - Students investigate what it means to be well. 1.2 - Students evaluate and address personal wellness needs. 2.1 - Students access community wellness resources.



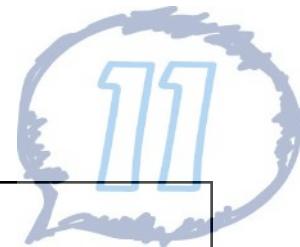
Grade 12 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	New Brunswick General Curriculum Outcome(s)
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	PSYC - Motivation - Analyze the factors that influence motivation. PS - Political Engagement - Examine the rights, responsibilities, roles and status of individuals and groups in Canada. PS - Political Engagement - Model responsible citizenship. IEL - Acquire a strong sense of self, community, and place - Develop respect and appreciation for selves and community. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	IFW - Personal Growth - Engage with components of self-awareness, concept of self, and self-esteem. IFW - Social Influences on Identities - Analyze how social media and technology influence personal identities. IFW - Personal Choices - Analyze how healthy decision-making affects your well-being. PSYC - Motivation - Analyze the factors that influence motivation. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.

Lesson 3: Health and Balanced Lifestyles	Routines and self-compassion in a healthy balanced lifestyle; build realistic schedules that align with personal wellness goals.	IFW - Personal Growth - Engage with components of self-awareness, concept of self, and self-esteem. IFW - Social Influences on Identities - Analyze how social media and technology influence personal identities. IFW - Personal Choices - Analyze how healthy decision-making affects your well-being. PSYC - Motivation - Analyze the factors that influence motivation. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
Lesson 4: Communicating Well in a Team	Learn effective communication with teammates to support team success; practice giving and receiving respectful, constructive feedback.	PSYC - Motivation - Analyze the factors that influence motivation. PS - Political Engagement - Model responsible citizenship. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.

Lesson 5: Managing Anxiety	Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.	IFW - Personal Growth - Engage with components of self-awareness, concept of self, and self-esteem. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
Lesson 6: Responsible Digital Media Use	Responsible digital media choices and their role in wellness; reflect on personal digital media habits; develop strategies with digital media.	IFW - Personal Growth - Engage with components of self-awareness, concept of self, and self-esteem. IFW - Social Influences on Identities - Analyze how social media and technology influence personal identities. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. PS - Political Information - Investigate methods used by media, governments, and political groups to influence public opinion. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals. SFS - Post Graduation Readiness - Determine effective ways to collect and manage digital information.

Lesson 7: Sense of Self	Discover identity development over time; reflect on family and community influences on identity development; core values and beliefs; learn how to build connections that support your authentic self.	IFW - Personal Growth - Engage with components of self-awareness, concept of self, and self-esteem. IFW - Social Influences on Identities - Analyze how social media and technology influence personal identities. PSYC - Motivation - Analyze the factors that influence motivation. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. PS - Political Engagement - Model responsible citizenship. IEL - Acquire a strong sense of self, community, and place - Develop respect and appreciation for selves and community. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
Lesson 8: Relationship Health	Healthy Relationships in mental wellness; strategies to increase independence; reflection on personal healthy relationship skills.	IFW - Social Influences on Identities - Analyze how social media and technology influence personal identities. IFW - Exploring Adolescence - Examine healthy decision-making strategies around sexuality. IFW - Transition to Adulthood - Consider factors that influence decisions on forming relationships. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.



Lesson 9: Sleep Q&A	Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.	PSYC - Motivation - Analyze the factors that influence motivation. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
Lesson 10: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
Lesson 11: Substances and Mental Health	Consider how lifestyle choices impact your well-being; learn how to support individuals facing specific mental health and addiction challenges.	IFW - Personal Choices - Analyze how healthy decision-making affects your well-being. PSYC - Motivation - Analyze the factors that influence motivation. PSYC - Social Relations - Examine factors that influence building and maintaining personal relationships. SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.



Lesson 12: Local Mental Health Resources	Explore local mental health resources.	SFS - Planning for Success - Apply personal strengths to real-life situations. SFS - Planning for Success - Examine how mindset contributes to success. SFS - Managing Challenges - Determine strategies for resilience when facing disappointments and challenges. SFS - Managing Challenges - Develop techniques for individual wellness. SFS - Behaviour and Application - Apply information about mindsets to personal success. SFS - Behaviour and Application - Develop time management strategies. SFS - Behaviour and Application - Demonstrate how to improve habits and behaviours by setting and adapting achievable goals.
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