

Nova Scotia Curriculum Alignment with Project 11 (Grades K-12)





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PROJECT 11





Primary Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: New Friends	Friendship-promoting behaviours; making new friends; friendly/unfriendly actions	CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 2: We Are All Unique	Uniqueness; personal qualities; strengths; classroom belonging	B2.4 - Make connections between texts and self. B3.2 - Express personal thoughts and feelings about ideas presented in texts. CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 3: It's Okay to be Different	Celebrating differences; self-acceptance; being true to oneself	B2.4 - Make connections between texts and self. CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 4: The Golden Rule	Kindness; compliments; respectful treatment of others	CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.

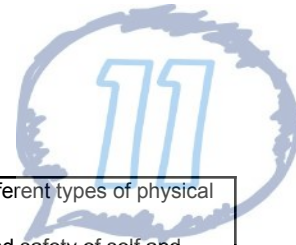
Lesson 5: Fairness	Fairness; similarities and differences; sharing, taking turns, and inclusion	CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 6: Mindful Monkey, Happy Panda	Mindfulness; focus; relaxation; mindful eating, listening, movement, art, and breathing	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types physical activities. CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 7: Take the Time	Slowing down; relaxation; stretching; self-care; mindful listening	CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 8: Peer Pressure	Peer pressure; opinions; positive/negative choices; being your best self	CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 9: Kindness	Acts of kindness; classroom community; kindness in action	CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.

Lesson 10: Can I Play Too?	Inclusion; feeling left out; friendship; retelling and problem solving	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types physical activities. CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 11: What is Family?	Family diversity; family uniqueness; belonging and support	
Lesson 12: My Friend is Sad	Helping a sad friend; empathy; cheering self and others up	A1.2 - Use oral and non-verbal communication to express ideas and emotions. CP.1 - Demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 13: Feelings	Emotion vocabulary; recognizing feelings in self and others; healthy expression	A1.2 - Use oral and non-verbal communication to express ideas and emotions. B3.2 - Express personal thoughts and feelings about ideas presented in texts.
Lesson 14: Making Mistakes	Mistakes; learning and growth; positive self-talk; trying again	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types physical activities.
Lesson 15: Optimism	Trying new things; asking for help; positive attitude; perseverance	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types physical activities.



Grade 1 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Proud to Be Me!	Self-awareness; uniqueness; sharing talents; confidence	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 2: I Like Myself	Self-worth; identity; appreciation of differences	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 3: Emotions	Identifying emotions; non-verbal cues; body language	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 4: Feelings Chart	Daily emotional check-ins; tracking and naming feelings	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 5: Class Collection of Feelings	Comparing class feelings; respecting different emotional experiences	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.



Lesson 6: Anger Thermometer	Anger awareness; body signals; calming strategies	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 7: Peanut Butter and Cupcake	Making friends; courage; social behaviours	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 8: How to Be a Good Friend	Kindness; friendship qualities; self-reflection	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities.
Lesson 9: Being a Good Classmate	Responsible social behaviours; kindness; classroom community	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities.
Lesson 10: The Zax	Peaceful conflict resolution; listening; compromise	CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities. CP.3 - Demonstrate respect for self and others, equipment, and the environment, while participating in different physical activities.
Lesson 11: Work It Out	Conflict causes; kindness during disagreement; peaceful strategies	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. CP.1 - Demonstrate consideration, care and compassion for the well-being and safety of self and others during different types of physical activities. CP.2 - Demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 12: Giraffes Can't Dance	Perseverance; encouragement; believing in yourself	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities.

Lesson 13: Positive Self-Talk	Perseverance; confidence; encouraging inner voice	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 14: Encouragement	Encouraging others; kindness; positive peer influence	AP.2 - Demonstrate persistent behaviour and effort toward mastery during different types of physical activities. CP.4 - Express their feelings while participating in and upon completion of different physical activities.
Lesson 15: Making Mistakes	Learning from mistakes; trying again; growth mindset	

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Grade 2 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Friendships	Healthy friendship qualities; trust; kindness; cooperation	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity.
Lesson 2: Courage	Courage; confidence; asking for and offering support	A2.2 - Students will be expected to demonstrate persistent behaviour and effort toward mastery during different types of physical activities. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 3: Encouragement	Positive words; motivation; supporting peers	A2.2 - Students will be expected to demonstrate persistent behaviour and effort toward mastery during different types of physical activities. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity.
Lesson 4: Be Kind	Kindness; compliments; inclusion; positive communication	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 5: How Full is Your Bucket?	Bucket fillers; emotional wellbeing; caring actions	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity.



Lesson 6: Breathe	Mindfulness; breathing; relaxation; stress management	GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 7: Empathy	Empathy; feelings; non-verbal cues; caring responses	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities.
Lesson 8: Loyalty	Loyalty; trust; teamwork; sticking together	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities.
Lesson 9: Growth Mindset	Growth mindset; mistakes; goal-setting; perseverance	A2.2 - Students will be expected to demonstrate persistent behaviour and effort toward mastery during different types of physical activities. B2.2 - Students will be expected to demonstrate an understanding of decision-making skills while applying skill and movement concepts, as adaptations are placed on settings, space time, rules, and tasks. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 10: Can I Join Your Club?	Inclusion; belonging; friendship qualities; body language	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity.
Lesson 11: Words Matter	Hurtful words; teasing; emotional safety; kindness	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity.
Lesson 12: Sorry	Sincere apologies; repairing harm; communication	C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities.
Lesson 13: Shi-shi-etko	Family traditions; memories; cultural connection; belonging	



Lesson 14: Problem Solving 101	Problem-solving; decision-making; asking for help	B2.2 - Students will be expected to demonstrate an understanding of decision-making skills while applying skill and movement concepts, as adaptations are placed on settings, space time, rules, and tasks. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 15: Small Steps, Big Difference	Kindness; helping others; positive action; community impact	B2.2 - Students will be expected to demonstrate an understanding of decision-making skills while applying skill and movement concepts, as adaptations are placed on settings, space time, rules, and tasks. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.

Grade 3 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Ruby the Copycat	Behaviour awareness; friendship; being yourself; good citizenship	A1.2 - Use oral and non-verbal communication strategies to interpret and contribute to the meaning of messages and information. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 2: Citizenship	Classroom citizenship; responsibility; respect; class treaty	A1.2 - Use oral and non-verbal communication strategies to interpret and contribute to the meaning of messages and information. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 3: Kindness is Cooler	Acts of kindness; home, school and community; paying kindness forward	A1.2 - Use oral and non-verbal communication strategies to interpret and contribute to the meaning of messages and information. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 4: Gossip	Power of words; rumours; responsible communication	A1.2 - Use oral and non-verbal communication strategies to interpret and contribute to the meaning of messages and information.
Lesson 5: Just Kidding	Playful vs. hurtful teasing; respectful responses; kindness	A1.2 - Use oral and non-verbal communication strategies to interpret and contribute to the meaning of messages and information. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 6: Teasing - Bystander Strategies	Bystander strategies; teasing prevention; helping others	C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity.



Lesson 7: The Invisible Boy	Belonging; inclusion; loneliness; small acts of kindness	
Lesson 8: Spread the Love	Peer appreciation; positive qualities; teamwork; encouragement	A1.2 - Use oral and non-verbal communication strategies to interpret and contribute to the meaning of messages and information. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 9: Act It Out	Feeling left out; inclusion strategies; calm responses	GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 10: People Search	Visibility; belonging; getting to know classmates; inclusion	
Lesson 11: A Walk in the Rain with a Brain	Unique talents; brain differences; strengths; self-awareness	
Lesson 12: Positive Thoughts, Words and Actions	Thoughts, words and actions; brain health; positive interactions	GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.

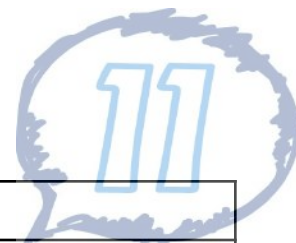


Lesson 13: Setting Goals	Strengths; brain growth; short-term goals; action planning	A2.2 - Students will be expected to demonstrate persistent behaviour and effort toward mastery during different types of physical activities. B2.2 - Students will be expected to demonstrate an understanding of decision-making skills while applying skill and movement concepts, as adaptations are placed on settings, space, time, rules, and tasks. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility. C2.1 - Students will be expected to demonstrate consideration, care, and compassion for the well-being and safety of self and others during different types of physical activities. C2.2 - Students will be expected to demonstrate honesty and integrity by following the rules of an activity. C2.3 - Students will be expected to demonstrate communication and interpersonal skills during different types of physical activities.
Lesson 14: Bubblegum Brain	Growth mindset; flexible thinking; fixed vs. growth mindset	A2.2 - Students will be expected to demonstrate persistent behaviour and effort toward mastery during different types of physical activities. B2.2 - Students will be expected to demonstrate an understanding of decision-making skills while applying skill and movement concepts, as adaptations are placed on settings, space, time, rules, and tasks. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility.
Lesson 15: The Power of YET	Optimistic thinking; growth mindset; positive perspective; resilience	A2.2 - Students will be expected to demonstrate persistent behaviour and effort toward mastery during different types of physical activities. B2.2 - Students will be expected to demonstrate an understanding of decision-making skills while applying skill and movement concepts, as adaptations are placed on settings, space, time, rules, and tasks. GCO C - Students will be expected to participate in diverse physical activities that will foster personal, social, and emotional growth and responsibility.



Grade 4 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Self Awareness	Self-awareness; identity; personal qualities; uniqueness	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts. A4.1 - Demonstrate an understanding of health-related physical fitness components and develop personal SMART goals for health-related physical fitness. C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life. C4.3 - Demonstrate their feelings having collaborated with others and explore other areas within school life where collaboration could be beneficial to them and others.
Lesson 2: Character Strengths	Character strengths; self-reflection; positive attributes	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts. A4.1 - Demonstrate an understanding of health-related physical fitness components and develop personal SMART goals for health-related physical fitness. C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life. C4.3 - Demonstrate their feelings having collaborated with others and explore other areas within school life where collaboration could be beneficial to them and others.
Lesson 3: Gratitude	Gratitude; positive emotions; thankfulness; classroom community	
Lesson 4: Flexible Thinking	Flexible thinking; healthy choices; problem-solving; positive mindset	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts. C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life. C4.3 - Demonstrate their feelings having collaborated with others and explore other areas within school life where collaboration could be beneficial to them and others. C4.4 - Identify positive attributes of a group member during different types of physical activities, and explore other areas of life where they could use these attributes.
Lesson 5: Problem Solving	Problem-solving steps; identifying the true problem; choosing solutions	C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life.
Lesson 6: Conflict Resolution	Win-win solutions; resolving disagreements; cooperation	C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life.
Lesson 7: Apologizing	Sincere apologies; accountability; repairing harm	
Lesson 8: Active Listening	Listening skills; verbal/nonverbal communication; respectful conversation	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts.



Lesson 9: Empathy	Empathy; recognizing feelings; supporting others	
Lesson 10: Trouble Talk	Gossip; rumours; hurtful words; respectful communication	
Lesson 11: Reporting vs. Tattling	Reporting; tattling; safety; responsible communication	
Lesson 12: Mindfulness	Mindful breathing; body scan; gratitude; self-regulation	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts. C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life.
Lesson 13: Working With Others	Cooperation; communication; group work; collaboration	C4.3 - Demonstrate their feelings having collaborated with others and explore other areas within school life where collaboration could be beneficial to them and others. C4.4 - Identify positive attributes of a group member during different types of physical activities, and explore other areas of life where they could use these attributes.
Lesson 14: Stress	Stress awareness; stress responses; coping strategies	
Lesson 15: Goal Setting	SMART goals; wishes vs. goals; action steps; personal growth	A4.1 - Demonstrate an understanding of health-related physical fitness components and develop personal SMART goals for health-related physical fitness. C4.1 - Apply effective coping strategies and peaceful conflict-resolution skills across learning experiences in physical education and explain ways to connect these to other areas of school life.



Grade 5 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Friendship Traits	Friendship qualities; positive/negative traits; vocabulary; healthy relationships	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 2: A Good Friend	Healthy friendship qualities; self-respect; boundaries; choosing supportive friends	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 3: Friendship Self-Reflection	Self-reflection; personal friendship strengths/challenges; improving relationships	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 4: My Friendship Bullseye	Support systems; circles of connection; emotional/social/physical supports	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 5: Our Classroom Community	Classroom community; respect; inclusion; valuing differences	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 6: Facial Expressions	Emotions; nonverbal cues; recognizing feelings in self and others	A1.2 - Identify and use oral and non-verbal communication strategies to understand or communicate ideas and meaning.
Lesson 7: Whole Body Listening	Active listening; body language; respect; empathy	C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.



Lesson 8: Conflict Strategies	Conflict resolution; decision making; pros/cons; choosing healthy strategies	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 9: Compliments	Genuine compliments; positive peer influence; kindness; character strengths	C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 10: Respect	Respect for self and others; Golden Rule; discussion; values	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 11: Mick E. and Me	Self-awareness; similarities/differences; identity; connection	
Lesson 12: My Personal Profile	Interests; strengths; characteristics; self-awareness; peer connection	C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment.
Lesson 13: Feelings and Emotions	Emotion vocabulary; how feelings look/sound/feel; emotional awareness	C5.1 - Apply effective coping strategies and peaceful conflict resolution skills across learning experiences in physical education and explain ways to connect these to all areas of life. C5.3 - Apply respectful language and behaviour toward self and others during different physical activities, and explain how respectful language and behaviour impacts the learning environment. C5.4 - Demonstrate an understanding of how to give and receive feedback effectively, and explain how it positively impacts their performance and feelings.
Lesson 14: Empathy	Perspective-taking; empathy vs. sympathy; supporting others	
Lesson 15: Seeing Red	Anger management; physical cues; cooling-off strategies; self-control	



Grade 6 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Stress	Stress awareness; forms of stress; personal stress ratings; stress-management resources	A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.3 - Use personal SMART goals to improve their learning readiness. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours. C6.4 - Describe their mood and any changes that occurred during activities at moderate to vigorous intensities, and analyze ways to maintain or increase positive feelings associated with these experiences.
Lesson 2: Healthy and Unhealthy Stress	Healthy/unhealthy stress; emotions and the brain; grief and loss; expression through art	A6.3 - Use personal SMART goals to improve their learning readiness. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 3: Stress Reducers	Coping strategies; physical, emotional/social, and time-management stress reducers	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts. A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.3 - Use personal SMART goals to improve their learning readiness. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 4: Resilience	Resilience; bouncing back; realistic personal goals	A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.3 - Use personal SMART goals to improve their learning readiness. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 5: Signs and Symptoms	Internal/external signs of stress; body responses; stress warning signs	
Lesson 6: Facing Challenges	Challenges; resilience; coping strategies; healthy responses	A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.3 - Use personal SMART goals to improve their learning readiness. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.

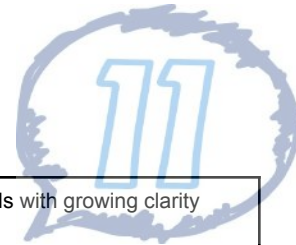


Lesson 7: Positivity	Positive influences; negative influences; emotional reflection	A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.2 - Apply effective motivation concepts to demonstrate effort toward mastery during different types of physical activities in school, and explain ways to apply these concepts effectively outside of school. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 8: Self-Care	Self-care; stress reduction; building inner strength	
Lesson 9: Optimism	Optimistic thinking; positive perspective; strategies for optimism	A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.2 - Apply effective motivation concepts to demonstrate effort toward mastery during different types of physical activities in school, and explain ways to apply these concepts effectively outside of school. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 10: SMART Goals	SMART goals; future planning; dream board; optimism	A6.1 - Apply their understanding of health-related physical fitness components by analyzing their own behaviours related to SMART goals. A6.2 - Apply effective motivation concepts to demonstrate effort toward mastery during different types of physical activities in school, and explain ways to apply these concepts effectively outside of school. A6.3 - Use personal SMART goals to improve their learning readiness. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 11: Managing Emotions	Emotional expression; healthy/unhealthy reactions; perspective-taking	
Lesson 12: Support Networks	Support systems; community connections; helping others	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts. C6.1 - Apply effective coping behaviours to different challenges while working alone and in collaboration with others and analyze the impact of these behaviours.
Lesson 13: Setting Boundaries	Morals and values; classroom boundaries; personal boundaries	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts.
Lesson 14: Communicating Limits	Healthy boundaries; communicating limits; role play	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts.
Lesson 15: Crossing Boundaries	Healthy/unhealthy boundaries; saying no; refusal strategies	A1.1 - Select and use listening strategies by asking questions to clarify understanding and respond to others in different contexts including cultural contexts.

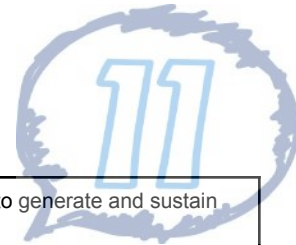


Grade 7 Curriculum Alignment with Project 11

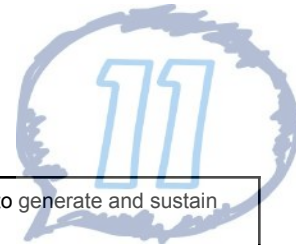
P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Mental Wellness	Mental wellness; physical and mental supports; help-seeking	SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 2: Win-Win	Win-win thinking; conflict outcomes; problem solving	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 3: Attitudes and Behaviours	Positive attitudes; reframing negative thoughts; uniqueness	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 4: Anger	Anger management; calming strategies; self-regulation	SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate.



Lesson 5: Obstacles	Obstacles; problem-solving; overcoming challenges	SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence.
Lesson 6: Mental and Physical Fitness	Mental health stigma; compassion; mental and physical wellness	SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. PE - Learners will evaluate health related physical fitness principles and community resources that enhance physical fitness. PE - Learners will reflect on the relationship between sport, games, and activities and personal and cultural identity.
Lesson 7: Use and Abuse	Substance use and abuse; addiction; safe medication use	
Lesson 8: Personal Goal Setting	Long-term goals; SMART goals; self-monitoring	SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence.



Lesson 9: Problem Solving	Accept/ignore/make a change; problem-solving choices	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 10: Decisions That Affect Our Future	Serious decisions; consequences; decision-making reflection	SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 11: Compliments	Meaningful compliments; positive peer support; self-worth	
Lesson 12: Healthy Communication	Passive, aggressive, and assertive communication	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.



Lesson 13: Mental Skills	Mental skills; calm breathing; mindfulness	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 14: Reciprocal Relationships	Support networks; reciprocal friendships; emotional support	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions.
Lesson 15: Social Factors	Media/social influences; positive and negative influences on teens	SCO 1.3 - Recognize that contributions from many participants are needed to generate and sustain discussions. SCO 5.1 - Identify and articulate personal needs and personal learning needs with growing clarity and some independence. GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.



Grade 8 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Self Esteem	Self-esteem; confidence; positive messages; self-consciousness	GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 2: Anxiety	Anxiety symptoms; body cues; coping strategies; personal reflection	
Lesson 3: Stereotyping	Stereotyping; unfair judgement; bias; acceptance of others	SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening skills and respect for the needs, rights, cultural differences, and feelings of others.
Lesson 4: Seeking Out Facts	Depression facts; mental health support; valid information; peer education	GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening skills and respect for the needs, rights, cultural differences, and feelings of others.
Lesson 5: Peer Pressure	Healthy/unhealthy peer pressure; refusal; role play; influence	
Lesson 6: Focus	Mindfulness; focus; distractions; organization; planning	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Contribute to small group and whole group discussion, choosing appropriate strategies that contribute to effective talk.
Lesson 7: Sleep	Sleep hygiene; routines; research; wellness goals	



Lesson 8: Roles and Responsibilities	Roles; responsibilities; balance; best self; focus	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Contribute to small group and whole group discussion, choosing appropriate strategies that contribute to effective talk. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening skills and respect for the needs, rights, cultural differences, and feelings of others.
Lesson 9: Resiliency	Resiliency; bouncing back; goal setting; coping supports	SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. SCO 3.1 - Demonstrate active listening skills and respect for the needs, rights, cultural differences, and feelings of others.
Lesson 10: Grieving	Grief and loss; stages of grief; supporting self and others	
Lesson 11: Body Image	Body image; self-acceptance; true beauty; positive self-view	
Lesson 12: Technology and Media	Technology/media influences; attention; connection; personal goals	SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 13: Nutrition	Nutrition; exercise; healthy body journal; Canada Food Guide reflection	
Lesson 14: Relationships	Healthy/unhealthy relationships; self; crush/love; friendship foundation	SCO 1.1 - Contribute to small group and whole group discussion, choosing appropriate strategies that contribute to effective talk. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening skills and respect for the needs, rights, cultural differences, and feelings of others.



Lesson 15: Community and You	Community resources; emotional/physical/social supports; research and sharing	SCO 1.1 - Contribute to small group and whole group discussion, choosing appropriate strategies that contribute to effective talk. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. SCO 2.3 - Recognize that spoken language reveals values and attitudes such as bias, beliefs, and prejudice; understand how language is used to influence and manipulate. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening skills and respect for the needs, rights, cultural differences, and feelings of others.
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Grade 9 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Classroom Community Development	Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Participate constructively in small group and whole-group discussions, using a range of strategies that contribute to effective talk. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. C9.1 - Apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community. C9.2 - Evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice. C9.3 - Evaluate their collaboration skills, behaviours that promote fairness, and their impact on self and others.
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.	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Participate constructively in small group and whole-group discussions, using a range of strategies that contribute to effective talk. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. C9.1 - Apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community. C9.2 - Evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice.
Lesson 3: 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.	
Lesson 4: Setting Wellness Goals	Science of goal setting; role of Dopamine in motivation. Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. C9.1 - Apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community. C9.2 - Evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice.



Lesson 5: Understanding Sleep	Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	
Lesson 6: Communication	Passive, assertive, and aggressive communication; effective communication strategies. Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Participate constructively in small group and whole-group discussions, using a range of strategies that contribute to effective talk. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. C9.1 - Apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community. C9.2 - Evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice. C9.3 - Evaluate their collaboration skills, behaviours that promote fairness, and their impact on self and others.
Lesson 7: Emotional Regulation	Emotional awareness; strategies for responding thoughtfully rather than reactively.	GCO 1 - Students will speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. C9.1 - Apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community. C9.2 - Evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice. C9.3 - Evaluate their collaboration skills, behaviours that promote fairness, and their impact on self and others.
Lesson 8: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	

Lesson 9: Healthy Relationships	Health and unhealthy relationships; reflection on impacts of healthy and unhealthy relationships.	SCO 1.1 - Participate constructively in small group and whole-group discussions, using a range of strategies that contribute to effective talk. GCO 2 - Students will speak and listen to communicate information and ideas effectively and clearly, and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. C9.1 - Apply an understanding of compassion toward others and the environment, and analyze how compassion can impact school climate and their community. C9.2 - Evaluate personal and social responsibility that values diversity and analyze how personal and social responsibility relates to social justice. C9.3 - Evaluate their collaboration skills, behaviours that promote fairness, and their impact on self and others.
Lesson 10: Digital Stress	Impact of digital media on mental health; non-digital activities for a balanced lifestyle.	
Lesson 11: Self-Esteem	Impacts of self-comparison; reflection on what makes you who you are.	
Lesson 12: Substance Use & Addictions Awareness	Risks of substances; addictive behaviours.	
Lesson 13: Local Mental Health Resources	Explore local mental health resources.	



Grade 10 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Classroom Community Development	Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.	GCO 1 - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Examine the ideas of others in discussion and presentation to clarify and extend their own understanding. SCO 1.4 - Listen critically to analyze and evaluate ideas and information in order to formulate and refine opinions and ideas. GCO 2 - Students will be expected to communicate information and ideas effectively and clearly and to respond personally and critically. SCO 2.2 - Recognize that communication involves an exchange of ideas (experiences, information, views) and an awareness of the connections between the speaker and the listener; use this awareness to adapt the message, language, and delivery to the context. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening and respect for the needs, rights, and feelings of others. Analyze the positions of others.
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.	GCO 1 - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.4 - Listen critically to analyze and evaluate ideas and information in order to formulate and refine opinions and ideas. SCO 3.1 - Demonstrate active listening and respect for the needs, rights, and feelings of others. Analyze the positions of others.
Lesson 3: Understanding Stress	Identify personal stressors; sustainable strategies for lifelong stress management.	GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 4: Cultivating Healthy Habits	Formation of habits; intentional changes; routines.	GCO 1 - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.4 - Listen critically to analyze and evaluate ideas and information in order to formulate and refine opinions and ideas. GCO 2 - Students will be expected to communicate information and ideas effectively and clearly and to respond personally and critically. SCO 2.2 - Recognize that communication involves an exchange of ideas (experiences, information, views) and an awareness of the connections between the speaker and the listener; use this awareness to adapt the message, language, and delivery to the context. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening and respect for the needs, rights, and feelings of others. Analyze the positions of others.



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.	
Lesson 6: Communication	Passive, assertive, and aggressive communication; effective communication strategies.	GCO 1 - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. SCO 1.1 - Examine the ideas of others in discussion and presentation to clarify and extend their own understanding. SCO 1.4 - Listen critically to analyze and evaluate ideas and information in order to formulate and refine opinions and ideas. GCO 2 - Students will be expected to communicate information and ideas effectively and clearly and to respond personally and critically. SCO 2.2 - Recognize that communication involves an exchange of ideas (experiences, information, views) and an awareness of the connections between the speaker and the listener; use this awareness to adapt the message, language, and delivery to the context. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. SCO 3.1 - Demonstrate active listening and respect for the needs, rights, and feelings of others. Analyze the positions of others. SCO 3.2 - Demonstrate an awareness of the power of spoken language by articulating how spoken language influences and manipulates, and reveals ideas, values, and attitudes.
Lesson 7: Critical Thinking in Online Environments	Critical thinking skills to evaluate the credibility and reliability of online information; develop digital literacy through experience.	SCO 2.2 - Recognize that communication involves an exchange of ideas (experiences, information, views) and an awareness of the connections between the speaker and the listener; use this awareness to adapt the message, language, and delivery to the context. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
Lesson 8: Setting Boundaries in Relationships	Relationship Boundaries; physical, emotional, spiritual, and intellectual boundaries; boundary maintenance.	GCO 2 - Students will be expected to communicate information and ideas effectively and clearly and to respond personally and critically. GCO 3 - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose.
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..	
Lesson 10: Loss, Change and Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 11: Local Mental Health Resources	Explore local mental health resources.	



Grade 11 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. LIFE 11 - Learners will reflect on their emerging sense of self. LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways. LIFE 11 - Learners will evaluate methods used to address inequities relating to the social determinants of health. LIFE 11 - Learners will evaluate methods used to protect the rights of self and others. PE11:8 - Demonstrate effective communication and interpersonal skills in TGFU settings, and effectively connect these skills to life outside of physical education.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. LIFE 11 - Learners will reflect on their emerging sense of self. LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways. LIFE 11 - Learners will analyse how social determinants of health impact the lives of people and communities. LIFE 11 - Learners will analyse the relationships between protective factors and the social determinants of health. LIFE 11 - Learners will evaluate methods used to address inequities relating to the social determinants of health. LIFE 11 - Learners will evaluate methods used to protect the rights of self and others.
Lesson 3: Physical Activity & Mood	Physical activity in relation to mood.	LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways. LIFE 11 - Learners will analyse the relationships between protective factors and the social determinants of health. PE11:8 - Demonstrate effective communication and interpersonal skills in TGFU settings, and effectively connect these skills to life outside of physical education.
Lesson 4: Motivation and Goal Setting	Intrinsic and extrinsic motivation; motivation to live a healthy lifestyle with meaningful and achievable goals.	LIFE 11 - Learners will reflect on their emerging sense of self. PE11:10 - Demonstrate effective coping and self-management skills while in TGFU settings, and effectively connect these skills to life outside of physical education.



Lesson 5: Conflict Resolution	Conflict resolution strategies; communication styles; assertive skills for healthy relationships.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways.
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.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. LIFE 11 - Learners will analyse the relationships between protective factors and the social determinants of health.
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.	LIFE 11 - Learners will reflect on their emerging sense of self. LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways.
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.	
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.	LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways. LIFE 11 - Learners will analyse how social determinants of health impact the lives of people and communities. LIFE 11 - Learners will analyse the relationships between protective factors and the social determinants of health. LIFE 11 - Learners will evaluate methods used to address inequities relating to the social determinants of health.



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.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways. PE11:9 - Demonstrate effective decision-making skills and critical thinking skills in TGFU settings, and effectively connect these skills to life outside of physical education. PE11:10 - Demonstrate effective coping and self-management skills while in TGFU settings, and effectively connect these skills to life outside of physical education.
Lesson 11: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways.
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. LIFE 11 - Learners will evaluate strategies used to navigate changing life circumstances in healthy ways. LIFE 11 - Learners will analyse how social determinants of health impact the lives of people and communities. LIFE 11 - Learners will analyse the relationships between protective factors and the social determinants of health. LIFE 11 - Learners will evaluate methods used to address inequities relating to the social determinants of health. LIFE 11 - Learners will evaluate methods used to protect the rights of self and others.



Grade 12 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Nova Scotia Specific Learning Outcome(s)
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. H&H SERVICES 1.4 - Explain the relationship between personal wellness and the determinants of community health. H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. H&H SERVICES 1.4 - Explain the relationship between personal wellness and the determinants of community health. H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
Lesson 3: Health and Balanced Lifestyles	Routines and self-compassion in a healthy balanced lifestyle; build realistic schedules that align with personal wellness goals.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. H&H SERVICES 1.4 - Explain the relationship between personal wellness and the determinants of community health. H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.



Lesson 4: Communicating Well in a Team	Learn effective communication with teammates to support team success; practice giving and receiving respectful, constructive feedback.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. ELA - Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically. ELA - Students will be expected to interact with sensitivity and respect, considering the situation, audience, and purpose. H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
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.	H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
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.	H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
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.	ELA - Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences. H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
Lesson 8: Relationship Health	Healthy Relationships in mental wellness; strategies to increase independence; reflection on personal healthy relationship skills.	H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
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.	H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.



Lesson 10: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
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.	H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	H&H SERVICES 1.4 - Explain the relationship between personal wellness and the determinants of community health. H&H SERVICES 1.5 - Identify the components of personal wellness. H&H SERVICES 1.6 - Develop a plan for personal wellness. H&H SERVICES - Identify the determinants of health and report on how they influence the health of a community.

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