



Instructional strategies

1. Have students watch this [video](#) from Harvard University (about the impact of dogs on stress and exercise) and then explore how people deal with stress.
 - a. Write on the board, “Dealing with stress ...” and “dogs” and have students brainstorm other ways to deal with stress – capture some of these on the board (if no one mentions exercise or cannabis, you should slip these into the conversation during the brainstorm).
 - b. Then facilitate a discussion using questions like the following. Throughout the discussion, as appropriate, draw attention to the issues of dogs, cannabis and exercise to have students reflect on the question relative to some of those issues in particular.

What is it about some of these things that helps them reduce stress? (While many answers are possible be sure someone mentions the ability of some of these things to make changes in our bodies, e.g., heartrate, blood pressure, etc.).

Do all ways of reducing stress work for all people? Why, or why not?

If something helps you reduce stress today, will it necessarily work tomorrow? Explain.

If a little of something is good, is more better? – with dogs? what about other things?



- Following the dialogue, have students mentally rate their own stress levels on a scale from 1 to 10. Then lead them through a short vigorous exercise regime ending with a cool-down involving deep breathing. Then have students reflect on their current stress levels. End with a short discussion about why this short exercise may have had different impacts on different people and why it is important to do mental check-ups on what is going on in our own bodies and on the choices we are making in response to these bodily situations.



Drug literacy



As humans, both individually and as communities, we need to learn how to manage the drugs in our lives

We can learn how to control drugs by examining human thinking through time, exploring stories from various cultures and listening to each other



Assess the complex ways in which drugs impact the health and wellbeing of individuals, families, communities and societies

Explore and appreciate diversity related to the reasons people use drugs, the impact of drug use and the social attitudes toward various drugs

Recognize binary constructs (e.g., good vs bad) and assess their limitation in addressing complex social issues like drug use

Develop social and communication skills in addressing discourse and behaviour related to drugs

Develop personal and social strategies to manage the risks, benefits and harms related to drugs

Well-being and Relationships

Choices

Healthy choices influence our physical, emotional, and mental well-being

Healthy relationships can help us lead rewarding and fulfilling lives

Physical Literacy

Physical literacy

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

Develop and apply a variety of movement concepts and strategies in different physical activities

Healthy and active living

Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness