

### **Learning Outcomes**

By participating in Soundbites for Superkids, students will:

1. Understand the connection between music and overall health and wellbeing
2. Develop a problem-solving attitude and creative flexibility through music
3. Apply musical habits to everyday situations to reinforce positive mental health and to build resilience

### **Ontario Curriculum**

#### **A1.1 Identification and Management of Emotions**

Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others

#### **A1.2 Stress Management and Coping**

Apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience

#### **A1.3 Positive Motivation and Perseverance**

Apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope

#### **A1.4 Healthy Relationships**

Apply skills that help them build relationships, develop empathy, and communicate with others as they participate in learning experiences in health and physical education, in order to support healthy relationships, a sense of belonging, and respect for diversity

#### **A1.5 Self-Awareness and Sense of Identity**

Apply skills that help them develop self-awareness and self-confidence as they participate in learning experiences in health and physical education, in order to support the development of a sense of identity and a sense of belonging

#### **A1.6 Critical and Creative Thinking**

Apply skills that help them think critically and creatively as they participate in learning experiences in health and physical education, in order to support making connections, analyzing, evaluating, problem solving, and decision making