

Promoting Student Mental Health

Strategies for the classroom

Collaborative for Academic, Social and Emotional Learning (2019). SEL 3 Signature Practices Playbook: A tool that supports systemic SEL. Retrieved from https://casel.org/casel_sel-3-signature-practices-playbook-v3/ on December 15, 2022.

Videos focused on mindfulness, movement and grounding practices:

Mindfulness Bell – A 5 Minute Mindful Meditation

<https://youtu.be/wGFog-OuFDM>

Rachel's Day in the Garden – recorded read aloud with yoga pose for young children

<https://youtu.be/OP35IIWpm4w>

Guided Square Breathing for Children

<https://youtu.be/PHQ7YZYRAms>

The 5-4-3-2-1 Method: A grounding exercise to manage anxiety

<https://youtu.be/30VMIEmA114>

Qi Gong for Routine for Stress, Anxiety and Energy w/Jeff Chand

<https://youtu.be/CCicH-iz1oU>

References

Centers for Disease Control and Prevention (2022). About Mental Health. Retrieved from <https://www.cdc.gov/mentalhealth/learn/index.htm> on December 12, 2022.

Centers for Disease Control and Prevention (2022). Data and Statistics on Children's Mental Health. Retrieved from <https://www.cdc.gov/childrensmentalhealth/data.html> on December 12, 2022.

Centers for Disease Control and Prevention (2022). Mental Health, Suicidality, and Connectedness Among High School Students . During the COVID-19 Pandemic — Adolescent Behaviors and Experiences Survey, United States, January–June 2021. Retrieved from https://www.cdc.gov/mmwr/volumes/71/su/su7103a3.htm?s_cid=su7103a3_w on December 12, 2022.

Centers for Disease Control and Prevention (2022). Mental Health-Related Emergency Department Visits Among Children <18 During Covid 19 Pandemic, US January 1-October 17, 2021. Retrieved from https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm#F1_down on December 12, 2022.

Centers for Disease Control and Prevention (2020). Suicidal Ideation and Behaviors Among High School Students — Youth Risk Behavior Survey, United States, 2019. Retrieved from <https://www.cdc.gov/mmwr/volumes/69/su/pdfs/su6901a6-H.pdf> on December 12, 2022.

Chapin Hall (2017). Missed opportunities: Youth homelessness in America. Retrieved from <https://voicesofyouthcount.org/wp-content/uploads/2017/11/VoYC-National-Estimates-Brief-Chapin-Hall-2017.pdf> on December 12, 2022.

Journal of American Medical Association Pediatrics (2022). Five-Year Trends in US Children's Health and Well-Being, 2016-2020. Retrieved from <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2789946> on December 12, 2022.

National Action Alliance for Suicide (2020). Ring the Alarm: the Crisis of Black Youth in America. Retrieved from <https://theactionalliance.org/resource/ring-alarm-crisis-black-youth-suicide-america> on December 12, 2022.

Salud America! (2017). Mental Health and Latino Kids: A Research Review. Retrieved from <https://salud-america.org/healthy-minds-research/> on December 12, 2022.

Substance Abuse and Mental Health Services Administration (2010). To Live to See the Great Day that Dawns: Preventing Suicide by AI/AN Youth and Young Adults. Retrieved from <https://store.samhsa.gov/sites/default/files/d7/priv/sma10-4480.pdf> on December 12, 2022.

The Trevor Project (2022). The 2022 National Survey on LGBTQ Youth Mental Health. Retrieved from <https://www.thetrevorproject.org/survey-2022/#anxiety-depression> on December 12, 2022.

US Department of Health and Human Services (2021). Protecting Youth Mental Health: the U.S. Surgeon General's Advisory. Retrieved from <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf> on December 12, 2022.