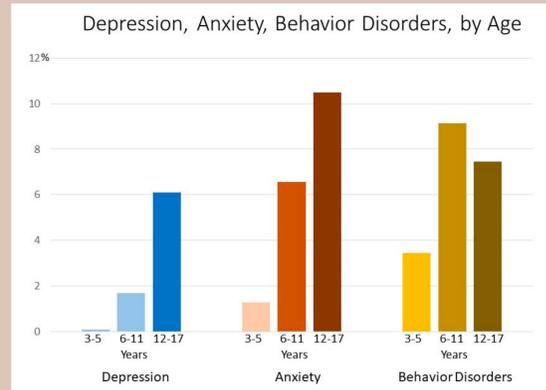


CREATING AND RESTORING MENTAL HEALTH EDUCATION THROUGH CHILDREN'S LITERATURE

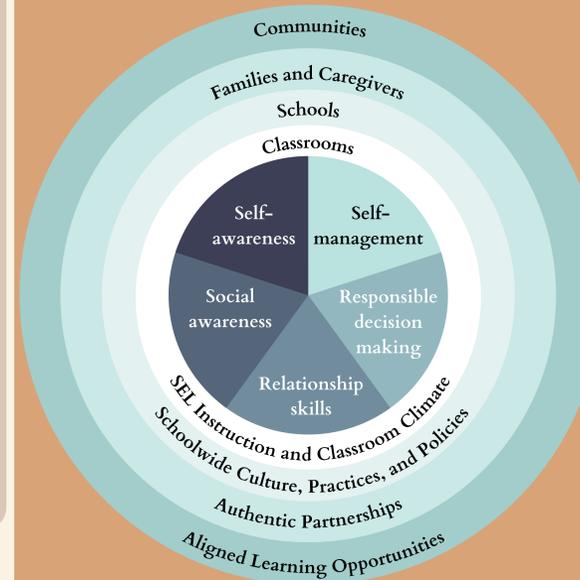
Mary Schuld, Monmouth University, West Long Branch, NJ

LITERATURE REVIEW

- SEL = Social Emotional Learning, a preventative measure that teaches students to be healthy, competent, and helpful members of society.
- Bibliotherapy = support social and emotional needs through literature
- Increased need for SEL amidst social media and COVID-19
- A universal approach reduces risk factors
- Teacher prep programs



FIVE SEL COMPETENCIES



Focus on anxiety, depression, stress, and self-esteem

CHECKLIST

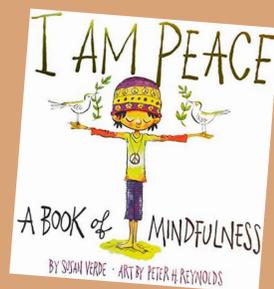
- Does the book target at least one of the 5 SEL competencies according to CASEL?
- Is the collection of books diversely representative?
 - Does the book create an honest, accurate, relatable, yet hopeful representation of mental health struggles?
- Does the piece exclude stereotypes of mental health struggles?
- Does the character or book avoid romanticizing the mental illness?
- Do the characters seek help or learn to seek help when needed?
- Does the book provide concrete and healthy coping mechanisms?

STANDARDS FOR A STRONG SEL BOOK

1. Dynamic characters who overcome challenges
2. Authentic, positive and compassionate
3. Opportunities for supporting activities
4. Continues the journey of destigmatization

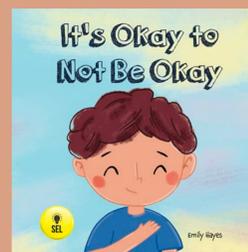
STANDARDS FOR A STRONG SEL LIBRARY

1. Targets all areas of SEL learning appropriate for the grade level.
2. Culturally responsive and representative
3. Encompasses a wide range of mental health struggles and SEL skills

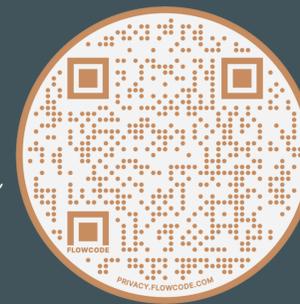


PURPOSE

To create standards and an inventory for impactful and beneficial SEL K-6 children's books.



Inventory of Books, Thesis Progress, and Resources

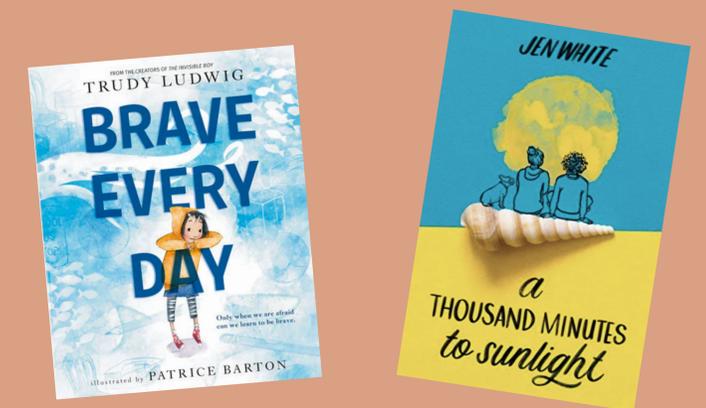


SUPPLEMENTAL MATERIALS

- Connects the book to reality
- Purpose driven to connect to the targeted competency
- Taught along side other SEL practices

Examples:

- Storyboard mirroring the journey of the main character
- Identifying the emotions of character, empathizing
- Practice with decision making (What would you do?)



CONTACT

Please direct all feedback and questions to Mary Schuld at s1302548@monmouth.edu