



Welcome to the Wellness Toolkit

Dear Teachers and School Professionals:

Welcome to the Wellness Toolkit developed by the Student Success Program at the Child Mind Institute! We are excited to have you join us in our effort to integrate mental health and wellness into the school day. This toolkit was designed to introduce your students to effective coping skills that will help them manage thoughts, feelings, and behaviors at home and school.

The content incorporates strategies from evidence-based interventions such as Cognitive Behavioral Therapy (CBT) (e.g., Cognitive Behavioral Intervention for Trauma in Schools (CBITS; Jaycox, Langley, & Hoover, 2003); Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH – ADTC; Chorpita & Weisz, 2009)), and Dialectical Behavior Therapy (DBT; Linehan, 2014; Rathus & Miller, 2014).

The **Wellness Toolkit** consists of the following topics:

- **Module 1** – Understanding Feelings
- **Module 2** – Relaxation Skills
- **Module 3** – Managing Thoughts
- **Module 4** – Social Problem Solving
- **Module 5** – Managing Big Emotions and Behavioral Activation
- **Module 6** – Mindfulness

The toolkit consists of the following materials **ready to deliver** to your students:

- Detailed **teacher's guides** that make content seamless for teachers to incorporate into their digital classrooms
- Instructional **videos** for students teaching the concepts and strategies
- Interactive student **worksheets and handouts** to reinforce the concepts and strategies
- A **comprehensive list** of further resources offered by the Child Mind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at [childmind.org](https://www.childmind.org).



Tips for Integrating the Wellness Toolkit into your Classroom

- You can use any module in isolation or the full toolkit. We recommend using a complete module (all videos and worksheets) because the videos tend to build on one another. If you are using the full toolkit, we recommend going in the order suggested above. See below for [overviews of each module](#) to learn more about what they entail.
- [Video and worksheet guides](#) are included for each module to help organize content delivery.
- This curriculum was designed to be used digitally and to minimize work for teachers. Videos are largely self-explanatory and cue students to refer to worksheets and handouts when needed. Thus, the content can be posted or assigned with minimal introduction. Sample student introductions are included for each module. These can be posted in your digital classroom, stated verbally, or used in any other way you see fit.
- We often collaborate with teachers to find ways of incorporating this thematic content into their academic curriculum. For example, we have seen this material incorporated into read-alouds, articles, discussion questions, writing prompts and even science and social studies activities that could align with the module topics. There are many creative ways these topics can be integrated into your academic lessons in order to embed social-emotional learning seamlessly into your classrooms. Consider reaching out to one of our school-based clinicians using our support hotline to learn about more ways of integrating this material at (646) 880-6820.

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Additional Resources

Thank you for using our Wellness Week curriculum. We hope you found it helpful. If you have any questions about this material, you can reach out to: digitaltraining@childmind.org

For further information and support during this time, check out the following resources:

- Support hotline for teachers: (646) 880-6820
- Twice weekly Facebook Live with Child Mind Institute Clinicians in [English](#) and [Spanish](#)
- Our comprehensive resource page – childmind.org and childmind.org/coronavirus for COVID-19-specific resources
- [Family Resources for Remote Learning](#)
- [CrisisLogger](#)- a community research initiative collecting messages from parents, educators, and frontline professionals
- [Telehealth Treatment at the Child Mind Institute](#)

We also offer free webinar trainings for educators with the option to purchase CTLE credits. Check out our list of training options [here](#). If you are interested in learning more about the Student Success Program and our typical program offerings, click here [here](#) for further information.

Sincerely,

The Student Success Program

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