



ProWell

Protecting the mental wellbeing of our children during
and after public health emergencies

IO4. Training Adaptation Toolkit
Guidance and Recommendations for VET-trainers



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[Project number: 2020-1-DE02-KA226-VET-008072]

Co-funded by the
Erasmus+ Programme
of the European Union



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Activities of Module 3: Developing and Implementing school-based interventions regarding students' mental health promotion

Unit 1

Activity 1

Please choose the correct answer:

A Teacher's role is to:

- A. Academically support pupils and cannot replicate or replace specialist care for mental health problems especially during public health crises
- B. Provide counselling for emotional and behavioural issues to students during public health crises
- C. Educate and support students for common mental health struggles in public health crises
- D. Organise group counselling sessions for parents to support them with mental health issues of students

- Correct answer: **C**

Activity 2

Which of the following **sentences** represent SMART goals?

- 1. By the end of term students will know the common symptoms of anxiety and constant worry
- 2. I will learn to practice self-love and self-compassion
- 3. I will organise a brainstorm session with pupils to discuss mental health stigma
- 4. During the next parents meeting I will inform parents about the available mental health services for children in the community

- Correct answers: 1 and 4

Activity 3

Please choose the correct answer:

Evaluation is:

- A. Helpful to the school principal to assess my performance
- B. Unnecessary as I can tell if a programme or an activity is working or not
- C. About assessing students' performance
- D. Helpful to see what was well received and which element of the programme needs further adjustment

Correct answer: D

Unit 2

Activity 1

Please choose the correct answer:

To create a successful intervention:

- A. I will link it to my own interests and strengths
- B. I will think about how to eliminate the costs
- C. There is no need to look at what others have done, I know my class better.

Correct answer: A

Activity 2

Please choose the correct answer:

A mental health and wellbeing policy aims to:

- A. Explain how students will be reprimanded if they show inappropriate behaviour.
- B. Show the national guidance on how students should be disciplined.
- C. Explain the commitment of the educational setting to the well-being of students.

Correct answer: C

Activity 3

Please choose the correct answer:

Social and emotional learning interventions are about:

- A. Developing children's learning skills
- B. Helping children with their emotional and behavioural development
- C. Helping children cope with schoolwork

- Correct answer: B

Unit 3

Activity 1

- Your student Anna, who is recovering from an eating disorder, just ran out of class because of triggering course content. In class, there was a visitor dietician who was discussing nutrition, body image, and healthy eating when a co-student made an implicitly offensive comment about weight and body mass index. This triggered Anna, causing her to run out of the classroom. You also leave

class to check on her, and you find her pacing anxiously up and down the hallway with a worried look on her face.

Which of the below options are appropriate response in this case?

- A. I thought you recovered from your eating disorder. Why does this bother you?
- B. I noticed that you ran out of the class after your co-student made that insensitive comment. Do you want to talk about how you're feeling, or do you need time for yourself?
- C. Come on back to class, you don't want to miss everything and fall behind.

Correct answer: B

Activity 2

Case scenario

- Suzie's (who is 13 years old) mother died a year ago from Covid-19, and Suzie is still having a hard time at school. At times she seems spirited and may be playing with her classmates at the schoolyard while other times she gets visibly upset or emotional and withdraws from activities and social interactions. Suzie has difficulty sleeping at night and concentrating in school. Last week during your class, you caught Suzie crying. You had a discussion with her and she told you that she is feeling very sad and that she also feels guilty when she is having fun with her classmates during classroom breaks. She said that she misses her mom and she finds dealing with school difficult.

How would you respond to Suzie?

Key points to consider

- Actively and non-judgmentally listen to the student's story.
- Recognise, validate and normalise the student's feelings and thoughts.
- Encourage her to speak to her loved ones about her feelings stating that it is important to share her grief with her family. Remind her the importance of asking for help when she needs it.
- You could also discuss with her ways that she can honour the memory of her mom.
- Discuss with her what you could do to support her in class when she feels overwhelmed.

Response

- I'm sorry to hear you are feeling very sad, grieving is a difficult process for everyone and it is OK to be upset and miss your mother.
- We physically can't remain sad all day, it is natural and human to enjoy your friend's company. That doesn't mean that you don't miss your mother, you love her and remember her dearly.

- Have you spoken to your family about how you feel? Sometimes if we are having a hard time, discussing talking to our loved ones makes us feel better. We can't deal with difficult situations all by ourselves it is very important that you ask for help when you feel overwhelmed. If you are not sure what to say, try writing a note about how you are feeling and what is on your mind, and give that note to somebody who cares about you.
- Some people find it soothing to carry a small object that reminds them of their loved one (such as a photograph- would you like to do that?)
- Next time you feel very sad, you can let me know and I could call your family or connect you with a psychologist that can help you cope during this difficult time.

Please make sure that you have considered the following points this is an indicative response

Unit 4

Activity 1

Please choose whether the below statement is True or False:

- Art can help children heal and communicate better since their language skills are limited.

Correct answer: **True**

Activity 2:

- It is important to finish the standard curriculum of the day and if there is enough time left, scuffle in creative activities.

Correct answer: **False**

Activity 3

- If a pupil makes mistakes during the art making process it is important to show them the right way to do it.

Correct answer: **False**

Unit 5

Activity 1

Please choose whether the below statement is True or False:

- An information session about the pandemic aims to educate parents about the students' school performance during the pandemic.

Correct answer: **False**

Activity 2

- Common behaviour of teenagers during public health crises like Covid-19, include having difficulties in concentration, feeling sad for not seeing people, boredom and loneliness.

Correct answer: **True**

Activity 3

Please choose the correct answer:

When coping with Worried Thoughts:

- A. It is important to prevent our “fight, flight” or “freeze” response from being triggered.
- B. We may notice that we have less thoughts than usual.
- C. Our mind is racing or gets stuck on little things that didn’t previously bother us.

Correct answer: C

Final Assessment Activities for Unit 3

Activity 1

Can you distinguish the social and emotional (SEL) skills from the academic skills of students?

- Self-Awareness
- Social Awareness
- Writing skills
- Self-Management
- Reading comprehension
- Responsible Decision Making
- Communicating clearly
- Listening actively
- Cooperating
- Time management
- Resisting inappropriate social pressure
- Negotiating conflict constructively
- Seeking help when it is needed
- Presentation and public speaking skills

Social and emotional skills	Academic skills

Activity 1- Answer

Can you distinguish the social and emotional (SEL) skills from the academic skills of students?

Social and emotional skills	Academic skills
Self-Awareness Social Awareness Self-Management Responsible Decision Making Communicating clearly Listening actively Cooperating Resisting inappropriate social pressure Negotiating conflict constructively Seeking help when it is needed	Writing skills Reading comprehension Time management Presentation skills Public speaking skills

Activity 2

Put the stages of intervention development in the right order:

Evaluation and follow up	
Setting goals and objectives	
Selecting activities	
Monitoring progress	

Activity 2- Answer

Put the stages of intervention development in the right order:

Evaluation and follow up	1. Setting goals and objectives
Setting goals and objectives	2. Selecting activities
Selecting activities	3. Monitoring progress
Monitoring progress	4. Evaluation and follow up

Activity 3- Answer

Categorise the below statements in the TRUE or FALSE column:

When designing a school or educational setting mental health policy, I should ensure to:

True	False
<ul style="list-style-type: none">• Consult pupils, parents or carers in creating this policy• Schedule a yearly meeting to review or update the policies• Make the policies clear and be transparent with how we developed them• Display our mental health and wellbeing policies in the premises or website	<ul style="list-style-type: none">• Hire a lawyer• Ask for advice from a governmental employee• Let the teachers and school staff know but not the students• Call the local media to announce our school plans

Activity 3

Categorise the below statements in the TRUE or FALSE column:

When designing a school or educational setting mental health policy, I should ensure to:

- Hire a lawyer
- Consult pupils, parents or carers in creating this policy
- Call the local media to announce our school plans
- Schedule a yearly meeting to review or update the policies
- Make the policies clear and be transparent with how we developed them
- Let the teachers and school staff know but not the students
- Display our mental health and wellbeing policies in the premises or website
- Ask for advice from a governmental employee

True	False

Activity 4

Please choose the correct answers

Group discussions are effective because:

- A. Students learn to manage conflict resolution
- B. It is easier for students to take notes during group discussions
- C. Controls the class environment
- D. Provides teacher with instant feedback
- E. Helps students to dominate the conversation

Correct answer: A, C, D

Activity 5

Categorise the below statements under the DO or DON'T columns.

Dos and Don'ts after a traumatic event:

- Insist on children joining expressive activities.
- Observe signs of distress
- Direct children by giving them hints
- Pay attention and be a good listener
- Pressure children to talk about a trauma
- Allow them to ask questions
- Let children know that they are not to blame when bad things happen
- Validate their feelings
- State when you think they are overreacting

DO	DONT

Activity 5- Answer

Categorise the below statements under the DO or DON'T columns:

DO	DONT
<ul style="list-style-type: none">• Observe signs of distress• Pay attention and be a good listener• Allow them to ask questions• Let children know that they are not to blame when bad things happen• Validate their feelings	<ul style="list-style-type: none">• State when you think they are overreacting about a traumatic event• Pressure children to talk about a trauma• Direct children by giving them hints• Insist on children joining expressive activities

Activity 6

Please choose the correct answer

In order to create an evidence based intervention:

- A. I need to read all the relevant studies to understand the topic
- B. I need to do a seminar in Psychology to be able to implement it
- C. I need to spend time to learn what other schools or educational setting have done and went well

Correct answer: C

Activity 7

Please determine whether the statement is True or False:

During a discussion with a student about their mental health I should not give them concrete explanations about their mental state or wellbeing.

Correct answer: False

Activity 8

Please determine whether the statement is True or False:

To talk to students about their mental health it is a good idea to create a physical illness analogy.

Correct answer: True