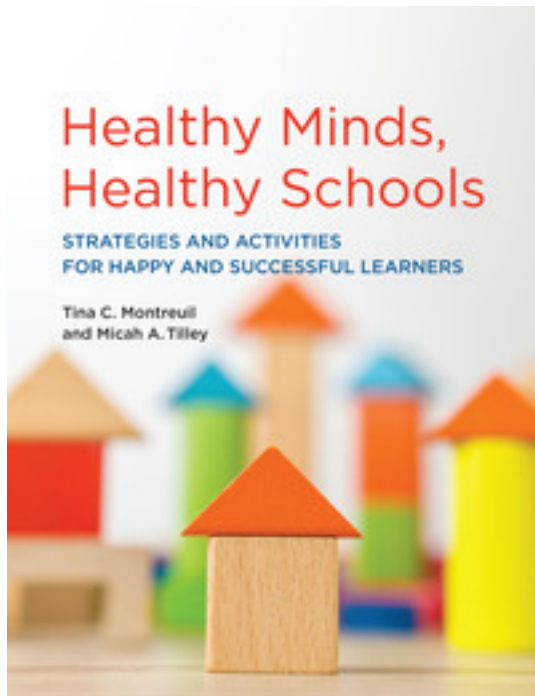


# Healthy Minds, Healthy Schools

## Strategies and Activities for Happy and Successful Learners



### Subjects

Early Childhood Education  
Child and Youth  
Education

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Aimed at improving children's social, emotional, behavioural, and academic functioning, *Healthy Minds, Healthy Schools* provides students at the elementary level with practical, everyday strategies to combat stress, anxiety, and depression. Comprised of 16 sessions, this curriculum-based program demonstrates the universal need for policy-oriented approaches to school-based mental health. A number of components are integrated throughout, including: emotional regulation and expression; mindfulness and metacognition; the link between thoughts, feelings, and bodily sensations; acceptance and self-compassion; goal-directed behaviours; problem solving; and conflict resolution.

With guided instruction, sections on personal reflection, and group activity exercises, this essential resource equips children with tools to develop improved attention, inhibition, and cognitive flexibility, strengthen their social skills, and enhance their academic performance.

### Author Information

#### Tina Montreuil

Dr. Tina C. Montreuil is an Assistant Professor of School/Applied Child Psychology at McGill University and a Clinical School Psychologist. As a licensed member of the Quebec Order of Psychologists and the College of Psychologists of Ontario, as well as a credentialed member of the Canadian Association of Cognitive-Behavioural Therapies, she practices privately with children, families, and adult populations. Her research focuses on investigating the role of emotion regulation and anxiety disorders in children and how related deficits may not only lead to the development of psychopathology, but also affect school adaptation and academic achievement.

#### Micah Tilley

Micah A. Tilley is a doctoral student in the School/Applied Child Psychology program at McGill University. Her current doctoral research focuses on the role of emotions and self-regulation in children's academic achievement, anxious symptomatology, and overall social-emotional functioning.

### Reviews

"How wonderful to see the child's emotional development finally play a prominent role in the framework of classroom learning. *Healthy Minds, Healthy Schools* is a pedagogical treasure box filled with visually appealing and age-appropriate activities that will ease and encourage young students to consider their thoughts and feelings in a variety of contexts. Through thoughtfully developed exercises, students will have the opportunity to adopt self-regulatory strategies that will help them to take ownership of their learning, in the classroom and beyond." — Yasmine Ghandour, Founder and General Director, Orchard House—Centre for Early Childhood Development

"Every child should have a copy of *Healthy Minds, Healthy Schools*. This colourful, interactive workbook is like an indispensable toolbox, jam-packed with real-life power tools and techniques that makes regulation of emotion fun, easy, and achievable. [This book] introduces the basics of recognition and regulation of emotion, mindfulness, metacognitive thinking, and more, in an easy-to-understand and interactive way. The text is easy to read for children, fun to use, and has colourful graphics. This is an innovative, go-to resource for teachers, school psychologists, other educators, and parents, too." — Dr. Jerome M. Sattler, Professor (Emeritus) and Diplomate In Clinical Psychology, San Diego State University

### Table of Contents

Program Delivery Instructions  
Program Guidelines  
Other Reminders  
C.A.R.E. Check-In  
Lesson 1. Introduction to Thoughts and Feelings  
Lesson 2. How My Body Reacts to My Emotions  
Lesson 3. Mindfulness and Relaxation Part 1  
Lesson 4. Mindfulness and Relaxation Part 2  
Lesson 5. Labelling Emotions  
Lesson 6. Expressing Emotions  
Lesson 7. Thinking About What I am Thinking (Metacognition)  
Lesson 8. Metacognition and Gratitude  
Lesson 9. My Strengths and Skills  
Lesson 10. Strategies That Work for Me  
Lesson 11. Using Positive and Context Appropriate Emotions  
Lesson 12. Goal Setting  
Lesson 13. Problem Solving  
Lesson 14. Problem Solving when Interacting with Others  
Lesson 15. Conflict Resolution  
Lesson 16. What I've Learned  
Subject Index

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