

Instructor Resource Guide: Mental Health and Wellness

The following activities and resources were selected to support classroom instruction and family literacy engagement. In addition to these instructor resources, each book in the collection has three short engagement activities for adults and families.

Suggestions for Using the Collection and Activities

- ◆ Explore the books in the *Mental Health and Wellness* collection by clicking on a book title in the table below.
- ◆ Notice that the books in the collection provide text across a span of reading levels for adults and include books that are engaging for children and families to read together.
- ◆ Access the short, guided activities for each book that offer suggestions for both instructors and families. You may access the activities by clicking on the book title in the table below. The activities are attached to each book.
- ◆ Allow learners individual time to access the application and explore the collection and guided activities.
- ◆ If using the reading collection for the first time, model how the age and language filters work in the application, and how to locate the search function, so books can be easily found.
- ◆ Decide how you will interact with the topic and curated text collection. This resource guide has suggestions to support in-person instruction and offers online resources for instructors and family engagement. Consider using the materials as starting points for larger units or creative activities to engage with topics and texts.
- ◆ Use this collection and guide to help develop and foster a reading life for your learners and their families!

Engaging Books for Adults		
Book Title	Author	Lexile Reading Level
<i>Step by Step: Meditation</i>	Marisel Calderón Álvarez	610-800
<i>News for You: Millones de estadounidenses se abren paso en</i>	New Readers Press (ProLiteracy)	610-800

<i>la vida con pocos en quienes confiar</i>		
<i>News for You: Millions of Americans Struggle Through Life With Few to Trust</i>	New Readers Press (ProLiteracy)	740
<i>The Sky's the Limit</i>	Kimberly Le Bel	880
Engaging Books for Adults and Children		
<i>Mi elástica y fantástica burbuja</i>	Krystal Song	260
<i>My Elastica Fantastical Bubble</i>	Krystal Song	410
<i>Mi abecedario de palabras especiales</i>	Ruby Yayra Goka	460
<i>My ABC Book of Special Words</i>	Ruby Yayra Goka	500
<i>The Story of You</i>	Lisa Ann Scott	510
<i>Big Moon Tortilla</i>	Joy Cowley	620

Activities to Support Instruction

To explore this topic, consider how you will build anticipation, background knowledge, and schema for your learners about topics regarding *mental health and wellness*. To do this, consider addressing the following questions with your learners:

- What does the term “mental health” mean to you?
- What are some ways that one can be a mentally healthy?
- Why do you think it’s important to learn about mental health?
- What do you like to do for your own positive mental health?

There are many ways to get your learners thinking, collaborating, and actively engaging with each other. Consider any of the following activities:

- **Four Corners:** This strategy is great for sparking discussion and/or healthy debate among learners. Learners are presented with different scenarios or situations and required to take a stance when presented with a particular topic.
- **Keep the Discussion Alive!** This resource will provide sentence starters that are adaptable for learners of all skills and abilities and can be used across contents and topics. The starters will help foster conversation.
- **Anticipation Guides:** This strategy helps learners activate background knowledge and make connections to topics prior to engaging in a unit

or lesson. It promotes a deeper understanding and engagement to a text or learning activity.

- **Chat Stations:** This strategy is great for fostering creativity and collaboration among learners while exposing them to a variety of topics and perspectives. This can be used at any point during a unit or lesson and is adaptable for all.

While you read the texts, you will want to support your learners with literacy strategies to foster their learning growth. Consider comprehension skills that learners will need to access the texts within the collection. It will also be important for learners to continue building background knowledge. For example, if learners are reading the text, [News for You: Millions of Americans Struggle Through Life With Few to Trust](#), consider having them gather information about mental health issues and resources for support. It will also be important for them to have informational context, so consider having them watch short clips of television shows or movies, or read short stories to better understand the reading for deeper comprehension. The following resources and templates will help learners build literacy skills and comprehension as they read:

- **Iceberg Diagrams:** This strategy provides a visual exploration for learners and supports their thinking as they connect causes to events. It will help them explore their thinking at a surface level and deeper level.
- **Graphic Organizers:** Graphic organizers are a great tool to use with learners. They can be learner-created or educator-generated, which means learners can get creative with them and use them in a variety of ways to organize their thinking and learning over the course of a topic.
- **Note-Taking 101:** This resource provides educators with different examples on teaching note-taking skills to learners. It also provides suggestions for online tools to support learners who may need to embed technological support for note-taking into their learning.
- **Stop and Jot:** This strategy will help learners stop while reading to think and reflect about the part of text they just read. Then, they write their thoughts on sticky notes as an annotation tool to refer to for deeper comprehension.

Online Resources to Support Instructors

The following resources will help instructors gather more ideas and insights for teaching texts within the *Mental Health and Wellness* collection:

- **Teach.Com:** This resource will provide educators fifty resources regarding the topic of mental health for themselves, their learners, and the families they serve.

- **Can We Talk?:** This resource will provide educators with additional links, ideas, resources, and activities to engage learners about topics regarding mental health and wellness issues.
- **Let's Talk About Mental Health:** This resource will provide educators with mental health related discussion starters, activities, and resources to use with secondary students and adult learners. There is also a toolkit for [younger learners](#) as well.
- **Walk in Our Shoes:** This is a great resource full of lesson plans that can be used as a comprehensive unit or as stand-alone activities. Each lesson presents issues regarding mental health and asks learners to think about their own feelings on the topic as well as from the perspective of others.

Suggestions for Using the Collection and Activities with Families

These suggestions may be shared directly with adult learners and their families, so they can explore this theme and books together.

- ◆ Choose a book to explore from the *Mental Health and Wellness* collection.
- ◆ Read and discuss the book with your child. Use *before, during, and after reading* questions to help your child make connections to themselves and to other parts of their life. The following are some examples:
 - **Before Reading**

Look at the front cover with your child. Explore the pictures and text, and ask them:

 - Does this book remind you of anything?
 - What do we already know about _____?
 - What do the words, “mental health” mean to you?
 - Why do you think it is important to learn about mental health like we learn about physical health?
 - **During Reading**
 - If you were in this story, what do you think you would be hearing? Seeing? Tasting? Smelling? Feeling?
 - What has happened to the character(s) so far?
 - Have you been in a situation that is similar, or like, the situation the character in the story is in? What was the same for both of you? What was different?
 - What is the problem this character is experiencing? How do you think it will turn out?
 - What evidence do we know so far from the book?

- **After Reading**
 - Tell me the story in your own words.
 - What would you like to ask the author (or characters) of the book?
 - What did you like most about the story? Why?
 - Would you have done things in a different way than the character in the story did? If so, what would you have done differently?
 - Do you think it was a good ending? What would you have changed?
- ◆ After reading the story, you will notice activities at the bottom of the screen. Explore these activities with your child!