

RESOURCES FOR PROMOTING SOCIAL AND EMOTIONAL WELL-BEING IN SCHOOLS

Recommended Resources for School (Educators)

Websites

https://greatergood.berkeley.edu/article/item/how_to_teach_happiness_at_school

The Greater Good Web-based magazine provides videos, quizzes, and podcasts about a host of topics related to well-being.

<http://kidshealth.org/en/teens/self-esteem.html>

The website TeensHealth provides practical guidance for teachers, students, and parents interested in a variety of health-related topics, including promoting self-esteem, positive emotions, gratitude, and optimism, among other targets.

NIH Toolbox described at

http://www.healthmeasures.net/images/nihtoolbox/NIH_Toolbox_brochure_June_2017.pdf

The NIH Toolbox Emotion Battery (described on pg. 10 of overview PDF) includes brief measures of psychological well-being, including life satisfaction and positive affect; Can be used with brief measures of emotional and behavioral problems/symptoms (PROMIS tools)

<https://casel.org>

The Collaborative for Academic, Social, and Emotional Learning (CASEL) website provides knowledge about high-quality, evidence-based social and emotional learning (SEL). CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students.

<https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes/>

Educators can use three principles to improve the outcomes for children and families: support responsive relationships for children and adults, strengthen core life skills, and reduce sources of stress in the lives of children and families.

Workbooks

WISE Teacher Well-Being Workbook

<http://www.medstarwise.org/resources> (scroll down and select “Teacher Well-Being Workbook”)

This workbook helps teachers develop their own personal well-being plan. Each chapter will focus on important components of well-being, such as physical, occupational, intellectual, social, or emotional well-being. Effective skills and tools for each component are then provided for you to consider enhancing your own well-being.

Books and Articles

Lazarus, P. J., Suldo, S. M., & Doll, B. (2021). *Fostering the emotional well-being of our youth: A school-based approach*. Oxford University Press.

The expert chapters in this edited book explain how to deliver school mental health services using a dual-factor model of mental health. Focuses on practices that promote the psychological well-being of all students. Describes the latest evidence-based research on reduction of emotional and behavioral disorders.

Lyubomirsky, S. (2007). *The how of happiness: A new approach to getting the life you want*. NY: Penguin Press.

Written by a leading researcher, this book explains the genetic basis for happiness as well as why lasting positive changes in happiness are possible. In self-help style, the book describes activities that are both practical and highly effective in increasing happiness.

Suldo, S. (2016). *Promoting student happiness: Positive psychology interventions in schools*. NY: Guilford Press.

The initial chapters of this book summarize the body of scientific studies on youth happiness in relation to measurement, determinants, and outcomes. The book's manualized program of 10–15 lessons can be used with individuals, small groups, or classes.

Jennings, P. A. (2015). *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education)*. WW Norton & Company.

This book includes mindful awareness practices to help teachers recognize and regulate emotional reactivity in their classrooms.

O'Grady, P. (2013). *Positive psychology in the elementary school classroom*. New York, NY: Norton.

This book for teachers of K–5 students integrates the principles of positive psychology with research on neuroscience to recommend how educators can address the needs of the whole child through creating a healthy classroom environment.

RESOURCES FOR PROMOTING POSITIVE CLASSROOM RELATIONSHIPS

Doll, B., Brehm, K., & Zucker, S. (2014). *Resilient classrooms: Creating healthy environments for learning (2nd ed)*. New York, NY: Guilford Press.

This book describes what makes a classroom a healthy place to learn. The book also details effective procedures for recognizing when a classroom is lacking essential supports, and how to put into place—and evaluate—missing supports.

Recommended Resources for Home (Parents)

Websites

<http://www.viacharacter.org/>

The VIA Institute on Character website describes the VIA character strengths framework and links to online surveys that youth and adults can complete to identify their character strengths.

<https://www.authentic happiness.sas.upenn.edu/>

Maintained by the original Positive Psychology Center at the University of Pennsylvania, this website provides historical and updated information about positive psychology. Users can monitor their personal well-being by taking surveys in the Questionnaire Center and see the recommended resources for ways to improve happiness.

https://www.cdc.gov/healthyyouth/protective/pdf/connectedness_parents.pdf

Strategies and actions parents and families can take to increase school connectedness, including connecting to the caring adults in your child's school.

Book

Waters, L. (2017). *The strength switch: How the new science of strengths-based parenting can help your child and your teen to flourish*. New York, NY: Avery.

This book for parents explains why parents are prone to a negativity bias, and explains why and how to train oneself to focus on children's strengths instead. The book includes practical suggestions for how to raise children in a way that draws attention to strengths and talents, which in turn builds their happiness, confidence, and resilience.