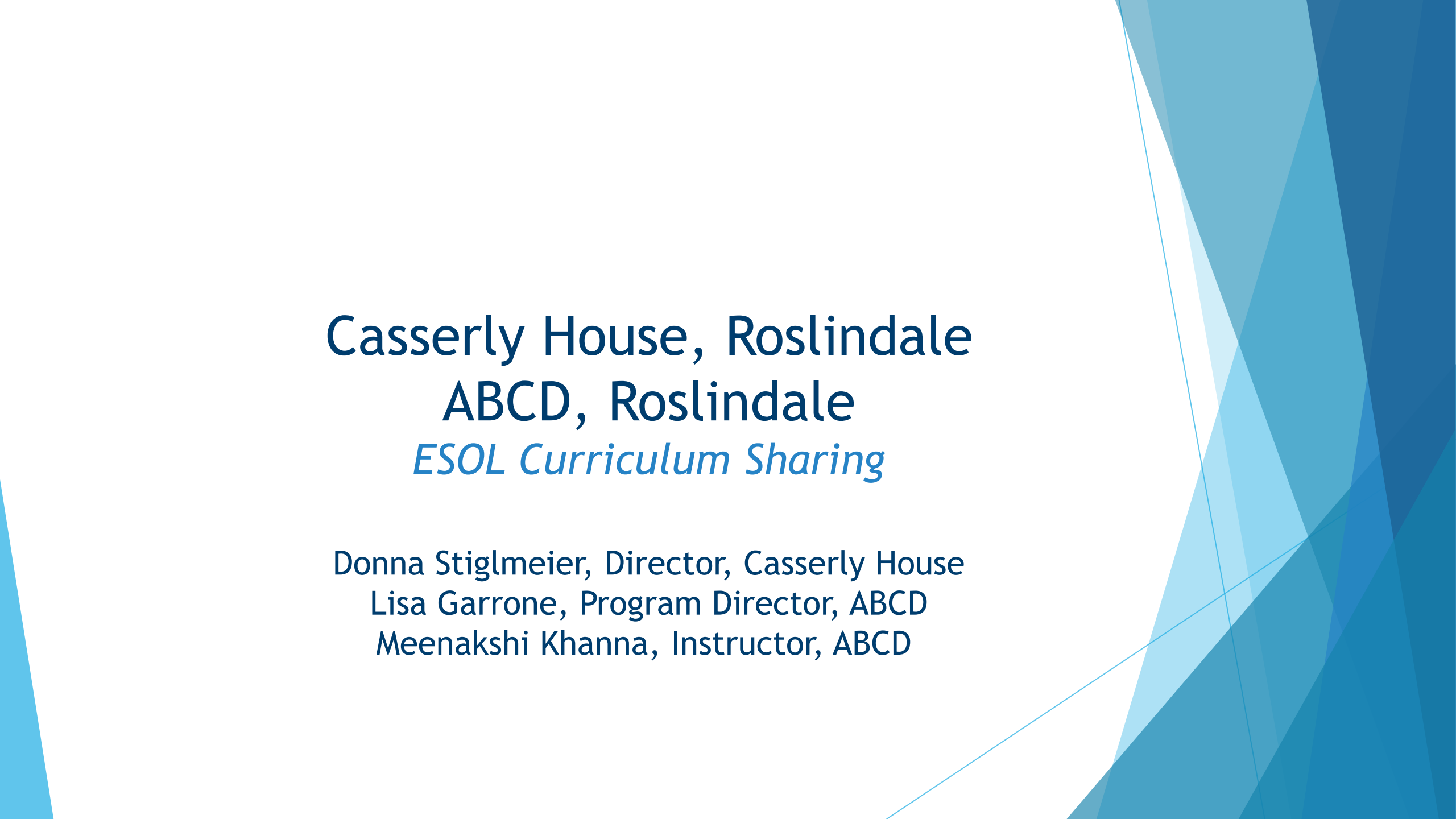


The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the slide, creating a modern, dynamic feel.

Casserly House, Roslindale

ABCD, Roslindale

ESOL Curriculum Sharing

Donna Stiglmeier, Director, Casserly House
Lisa Garrone, Program Director, ABCD
Meenakshi Khanna, Instructor, ABCD

Mental Health Lesson Objective:

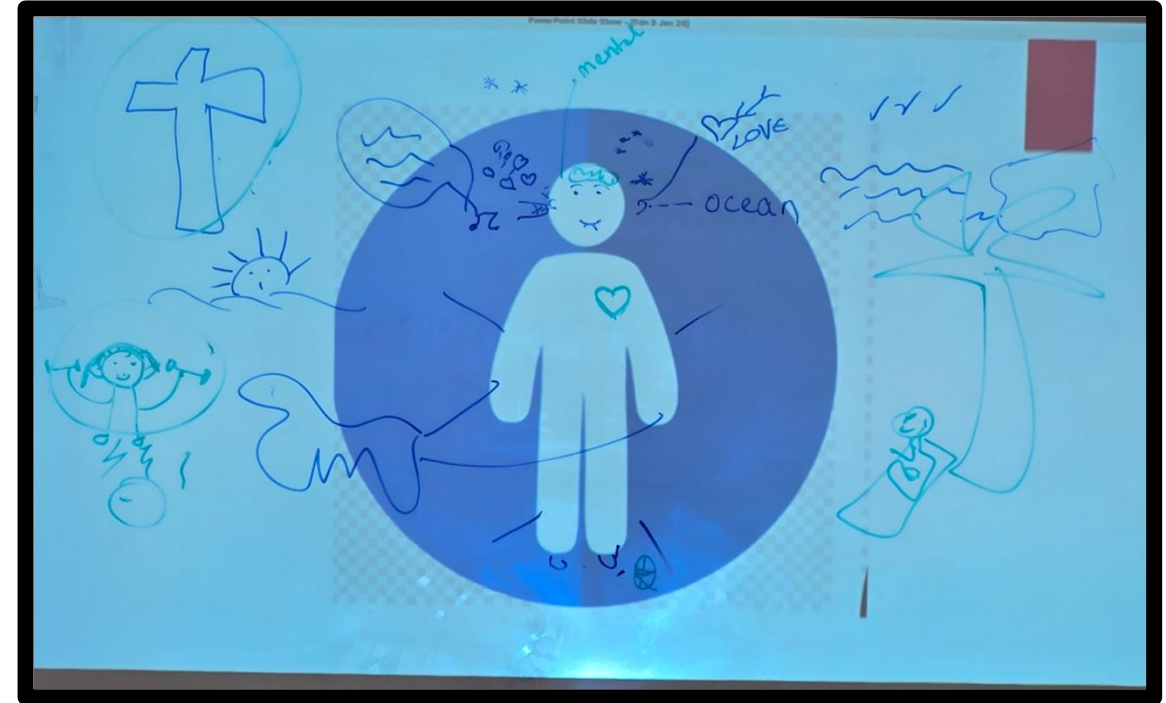
- Drawing upon life experiences, students will arrive at a definition of mental health and well-being

1.

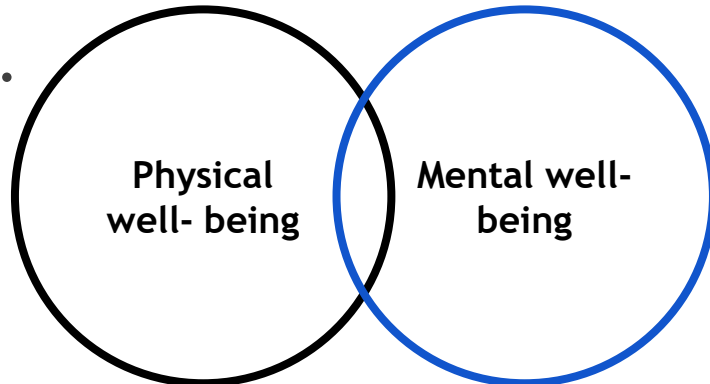
Identify times when you feel calm.

Guiding questions:

- ⚡ How do those moments make you feel?
- ⚡ How do your body and mind respond?
- ⚡ What connections can you make?



2.



Definition of well-being

- Identify stressors and coping strategies in students' lives
- Student-led feedback

Stressors	Coping Strategies
• Tight deadlines at work • Health problems (sick family members, doctors say, "no problem") • Financial stress (paying bills, taxes) • Exams • Public speaking • Unhealthy work environment • Racism • Feeling isolated • Losing a loved one • Neighborhood violence	• Ask mentor, family, friends for advice • Create a plan and put it into action • Meditate • Talk to yourself to calm yourself down • Pray, read the Bible, worship • Listen to music • Deep breathing • Calm yourself physically (shower, drink wine, exercise, go to the park) • Stoicism • Reading • Focus on what you can do in the present - you control the future

Outcomes

- ➔ “Physical and Mental Wellness Unit”, ABCD ESOL Program-Wide Curriculum (Roslindale, Mattapan, Roxbury, Cambridge, Allston, Chelsea)
- ➔ Staff and students report increased ability to identify signs and symptoms of stress and knowledge of resources available for support;
- ➔ Teachers are encouraged to use calming techniques and grounding activities throughout all units to enhance student learning;
- ➔ Strengthened working relationship between community partners (ABCD, Casserly House, Greater Roslindale Medical and Dental/Behavioral Health).

