

**4-H Mental Health and Wellbeing Champion Group
Suggested Curriculum & Programs**

Target Audience	Link to access curriculum/program	Training Information	Contact Information
<p>Mindful Me <i>Mindful Me: A 4-H Primary Mindfulness Curriculum</i>, introduces cloverbud youth members to basic concepts in mindfulness practices. The program promotes mindful practices that lead to improvements in managing one’s own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Specific outcomes from youth participation in the curriculum include short-term (skill development and knowledge gain), mid-term (increased stress management, mindful eating, etc.), and long-term (improved physical, emotional, and social health) benefits</p>			
Youth ages 5-8	https://shop4-h.org/collections/healthy-living-foods-curriculum/products/mindful-me-a-4-h-primary-mindfulness-curriculum	https://shop4-h.org/collections/2021-meet-the-author-webinar-series https://www.youtube.com/watch?v=0Jqkha8FUL4	Anne Iaccopucci amiaccopucci@ucanr.edu Kendra Lewis Kendra.Lewis@unh.edu Katherine Soule kesoule@ucanr.edu
<p>Mindful Mechanics The overall program aims to promote mindful practices that lead to improvements in managing one’s own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. <i>Mindful Mechanics</i> can also serve as a training for teens that would like to lead lessons from the companion curriculum, <i>Mindful Me</i>, through a ‘teens as teachers’ (TAT) approach. The <i>Mindful Me</i> curriculum uses children’s literature and best practices in the field of positive youth development to deliver programming to 5-8-year olds. The TAT approach provides teens with the opportunity for individual growth and meaningful contribution.</p>			
Teens and adults	https://shop4-h.org/collections/healthy-living-foods-curriculum/products/mindful-me-a-4-h-primary-mindfulness-curriculum	https://shop4-h.org/collections/2021-meet-the-author-webinar-series	Anne Iaccopucci

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	<p>https://shop4-h.org/collections/healthy-living-foods-curriculum/products/copy-of-mindful-mechanics-a-4-h-mindfulness-curriculum-for-adolescents-adults</p> <p>https://shop4-h.org/collections/healthy-living-foods-curriculum/products/mindful-mechanics-a-4-h-mindfulness-curriculum-for-adolescents-adults-and-participant-journal-set</p> <p>https://shop4-h.org/collections/healthy-living-foods-curriculum/products/mindful-mechanics-journal-workbook-a-4-h-mindfulness-curriculum-for-adolescents-adults</p>	<p>2021-meet-the-author-webinar-series</p> <p>https://www.youtube.com/watch?v=0Jqkha8FUL4</p>	<p>amiaccopucci@ucanr.edu</p> <p>Kendra Lewis Kendra.Lewis@unh.edu</p> <p>Katherine Soule kesoule@ucanr.edu</p>
<p>Teen Mental Health First Aid</p> <p>teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers. tMHFA also covers the impact of school violence and bullying on teens' mental health along with equipping teens with an action plan to open a difficult conversation and seek adult assistance when a crisis arises.</p>			

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Teens in grades 10-12, ages 15-18	https://www.mentalhealthfirstaid.org/population-focused-modules/teens/	https://www.mentalhealthfirstaid.org/population-focused-modules/teens/	Reach out to your State Office to see if there are any trainings or program offerings happening in your state.
<p>Your Feelings Matter Feelings can be confusing. The <i>Your Feelings Matter</i> workbook lets you explore what emotions are, how to express them, and how to react to them in a positive way. After completing this project, you'll have tools and techniques to help you through any emotional situation. This workbook is intended for beginner-level youth who are interested in learning more about mental health and resilience.</p>			
Youth in grades 3-6, ages 8 to 14	https://extensionpubs.osu.edu/your-feelings-matter/	See contact information	Jami Dellifield dellifield.2@osu.edu Amanda Raines raines.74@osu.edu
<p>Your Thoughts Matter What is mental health and how many people are affected by related issues like anxiety and depression? Learn the answers to those questions and more with the <i>Your Thoughts Matter</i> workbook. This workbook is intended for advanced-level youth who are interested in learning more about mental health, why it is important to overall well-being, and steps that promote understanding and action.</p>			
Middle to high school ages	https://shop4-h.org/collections/healthy-living-foods-curriculum/products/your-thoughts-matter-navigating-m	See contact information	Jami Dellifield dellifield.2@osu.edu Amanda Raines raines.74@osu.edu

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	ental-health		
<p>Mindful Teen Mindful Teen: From Surviving to THRIVING! is a six-lesson workshop series for youth in grades 7-12 based on the book, The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dr. Dzung Vo. The program can be implemented both in-person or virtually, empowering youth and equipping them with practical strategies and mindful practices to manage stress, difficult emotions, and improve and support their overall well-being, relationships, and performance in school, sports, the arts, and other daily activities.</p>			
Ages 7 to 12	https://www.extension.iastate.edu/4h/iowa-4-h-mental-health-and-well-being?fbclid=IwAR0mLPwT0njCFw3wpLeRScRT3zHJlltorHcBlNXzTFJWZ1Qi2HkX_d7NAIE		Laura Liechty llichty@iastate.edu Tiffany Berkenes berkenes@iastate.edu
<p>GEM: Get Experiences in Mindfulness This program places an emphasis on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning. The program is a research based and theory driven program that meets National Health Education Standards. There are five lesson topics: Intentions and Goal Setting, Awareness and Attention, Self-care: Stress Reduction and Relaxation, Communication and Relationships, and Gratitude and Acceptance. Among other things, participants of the program will learn what mindfulness is and how to integrate it into daily life, alignment and form for over 25 strength and flexibility poses adapted from yoga poses, and relaxation techniques.</p>			
10 and up	https://shop4-h.org/collecti	https://shop4-h.org/collections/	Sarah Bercaw

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	<p>ons/healthy-living-foods-curriculum/products/gem-get-experience-in-mindfulness</p> <p>https://shop4-h.org/collections/healthy-living-foods-curriculum/products/gem-get-experience-in-mindfulness-facilitator-guide-journal-set</p> <p>https://shop4-h.org/collections/healthy-living-foods-curriculum/products/set-of-10-gem-get-experience-in-mindfulness-youth-journals</p>	<p>2021-meet-the-author-webinar-series</p>	<p>sbercaw@udel.edu</p> <p>Karen Johnston krjohn@udel.edu</p>
<p>Be SAFE: Safe, Affirming & Fair</p> <p>Be SAFE: Safe, Affirming and Fair Environments is designed to help young people aged 11 to 14 and adults work in partnership to create environments that are physically and emotionally safe. It draws from extensive research from a variety of key disciplines – as well as evidence-based bullying prevention programs.</p> <p>Be SAFE includes engaging activities that promote social and emotional learning and development, address and prevent bullying and foster positive relationships with peers and adults. Designed for use in out-of-school time settings (such as 4-H, Boys and Girls Clubs, Scouts and afterschool programs), Be SAFE also applies to middle school settings.</p>			

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Ages 11 to 14	https://www.canr.msu.edu/resources/be-safe-safe-affirming-and-fair-environments-usb#:~:text=Be%20SAFE%3A%20Safe%2C%20Affirming%20and%20Fair%20Environments%20is%20designed%20to,evidence%2Dbased%20bullying%20prevention%20programs	See contact information	Kea Norrell-Aitch kea@msu.edu
<p>YA4-H! Youth Advocates for Health: Youth Participatory Action Research</p> <p>Built on a foundation of positive youth development and the 4-H Essential Elements of belonging, mastery, independence, and generosity, YA4-H! provides opportunities to teens to develop skills to successfully navigate the transition to adulthood. YA4-H! is flexible in that it can be used to promote a variety of health behaviors. This means that in addition to positive youth development outcomes, teens and the youth they teach are exposed to healthy lifestyle content.</p> <p>Some states have used this program for teens to explore mental health.</p>			
Teens	Article with program and contact information https://jyd.pitt.edu/ojs/jyd/article/view/18-13-03-RR-02/667	See contact information	Mary Arnold mary.arnold@oregonstate.edu
<p>Youth Mental Health First Aid (training)</p>			

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<p>Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.</p>			
<p>Adults working with/who care for and about youth ages 12-18</p>	<p>https://www.mentalhealthfirstaid.org/population-focused-modules/youth/</p>	<p>https://www.mentalhealthfirstaid.org/population-focused-modules/youth/</p>	<p>Reach out to your State Office to see if there are any trainings happening in your state.</p>

Other useful resources

Trainings and Toolkits:

- Building Early Emotional Skills (BEES)
 - BEES for Early Childhood Professionals is an opportunity to learn more about how children develop important social emotional skills and how you can help them learn to understand and express their emotions appropriately. We will talk about dealing with your stress as a caregiver and handling tantrums, biting and other troublesome behaviors of young children. You will learn about the important role you play in helping young children feel safe and secure as they learn to navigate their strong emotions. BEES is a MiRegistry–approved training. Digital course materials are provided at no cost. A certificate for 8 hours of training is available upon successful course completion.
<https://www.canr.msu.edu/courses/bees-building-early-emotional-skills-for-early-childhood-professionals>
- Social & emotional learning in practice: A toolkit of practical strategies and resources
 - A toolkit for adult staff and volunteers wanting to incorporate SEL into programming.
<https://shop4-h.org/collections/healthy-living-foods-curriculum/products/social-and-emotional-learning-in-practice-a-toolkit-of-practical-strategies-and-resources>

Activity Guides:

- Heads In, Hearts In
 - Mindfulness activities for the whole family!
 - https://www.canr.msu.edu/4h/uploads/files/4-H_Heads_In_Hearts_In_Minfulness_FullSet_Final_AA_1.06.2021.pdf
- Ten Lessons Dealing with COVID
 - Curriculum/lessons plans for dealing with social, emotional and mental health related to COVID.
 - <https://ohio4h.org/books-and-resources/design-team-curriculum/coping-covid-lesson-plans-promote-mental-emotional-and>
- 4-H Inspire Kids to Do Guides:
 - <https://4-h.org/about/blog/inspire-kids-to-do-kids-guide-to-mindfulness/>
 - <https://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf>

- 4th H for Health Challenge
 - The challenge encourages physical activity, healthy eating habits, and social-emotional health activities at 4-H club meetings
 - <https://ohio4h.org/4thHChallenge>

- Youth Mental Health Month
 - Resources, videos, activities and more from Ohio 4-H
 - <https://ohio4h.org/healthy-living-resources/ohio-4-h-mental-health-month>

- Mindfulness Annotated Bibliography, children's literature
 - <https://ucanr.edu/sites/UC4-H/files/267083.pdf>

- Ohio State Mindfulness resources:
 - Introduction: <https://ohioline.osu.edu/factsheet/hyg-5243>
 - Ideas and Activities Mindfulness Information:
 - <https://fairfield.osu.edu/sites/fairfield/files/imce/FCSPDFs/Mindfulness%20Ideas%20and%20Activities%20%28session%204%29.pdf>
 - Adding mindfulness to your day:
<https://u.osu.edu/4hjournal/2021/01/25/make-mindfulness-part-of-your-day/>

- Incorporating Mindfulness into 4-H
 - <https://extension.psu.edu/how-to-incorporate-mindfulness-practices-into-4-h-settings>
 - Camps: <https://ucanr.edu/sites/betterlivingtoolkit/files/293069.pdf>

- COVID wellness activities
 - <https://ucanr.edu/sites/ca4H/Wellness/#health>