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The content and technologies of strengthening the mental health of children in the system of continuing education

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The Russian model of child mental health support

Purpose: to protect and strengthen the physical and mental health of children, including their emotional well-being:

the order from the state, reflected in the documents

the requirement of federal state educational standards

it is implemented at all levels of education (preschool, primary school, secondary general education, secondary and higher education)

Program analysis

1. Forms of organization of activities - cognitive, problem-search, project, game, training.
2. Technologies are selected according to the age, problems of the child, individual characteristics of development, mental health status.
3. The programs are implemented in each educational organization.

Program analysis

The content of the program is developed by a psychologist, a teacher, parents.

The goals and objectives of the program reflect one target orientation (to preserve mental health) or a complex one (psychological and cognitive health, psychological and social health).

Technologies are selected according to the age, problems of the child, individual characteristics of development, mental health status. The format of implementation is 1-2 times a week in extracurricular (joint) activities.

The programs are built on the principles of

principles

- focus on the individual characteristics of the child and on his mental health indicators

principles

- focus on achieving the expected result

principles

- assistance to a child in overcoming a social psychological problem

Program analysis: goals, objectives

ways to preserve the mental health of children

description of the expected result in mental health indicators

child support in the independent development of mental health support tools, etc.

ways to achieve positive dynamics in the indicators of mental health of children.

Program analysis: topics

Title:

1. "Good and evil", "Friendship", "Communication" (preschool level.)
2. "Useful habits", "Workshop of self-expression" (1 - 4 cl.)
3. "Prevention of maladaptation "I am a fifth grader", A path to my Self" (5th grade).
4. "Strategies of behavior", "Prevention of risky behavior, suicide", Psychology lessons in secondary school (grades 7-11)

Program content:

1. rules of behavior in various social situations,
2. mutual understanding, cooperation;
3. ways to express positive (negative) feelings,
4. restrictions, refusals, accusations, criticism, insults

Program analysis: expected results in mental health indicators

**Positive social adjustment
to new conditions,
integration into the social
community**

**Confident and adequate
behavior in difficult life
situations**

**Regulatory and
communication skills**

**Positive attitude towards
yourself and positive
relationships with other
people**

**Stable emotional state.
Satisfaction with interpersonal
relationships.**

Mental health technologies

Educational level	Technologies
Early childhood 2-4 years old.	Parents are essential in helping a child to adjust well to kindergarten. In the “settling in” period, kindergarten staff and family should unite to support the child, but in this case support by the family is key.
Overcoming stressful conditions in children during the “settling in” period.	Parents were invited to a meeting on the topic "What is ‘adjustment’ and what does it depend on?" Classes for parents were also held on the following topics: psychological characteristics of age, daily routine, self management, etc. These interactions with parents were intensive and totally ‘immersed’ them in the educational aspects of child-rearing.

Joint games



Mental health technologies

Educational level 2-4

Technologies

Early childhood
“settling in” period

development of fine motor
skills, joint games



Mental health technologies

Educational level

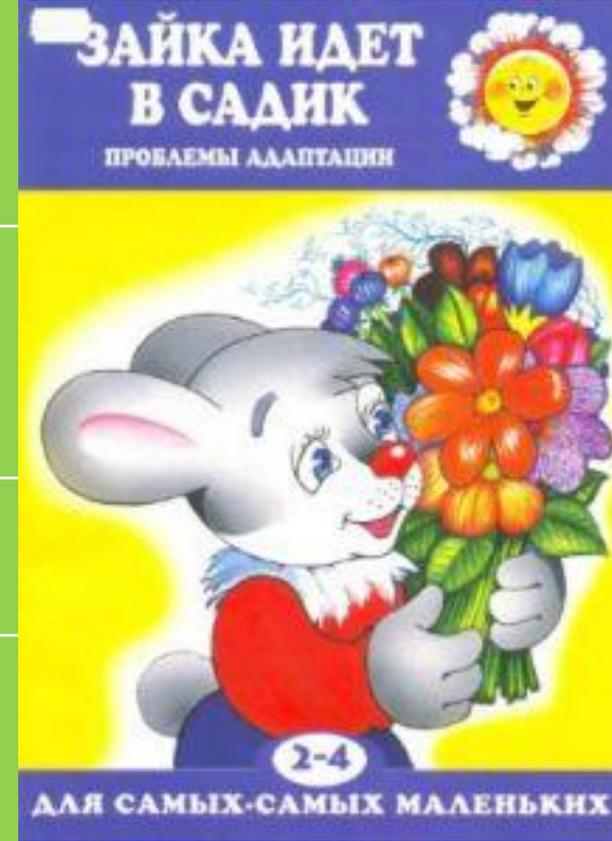
Technologies

Early childhood
“settling in” period 2-4 years
old

Classes of a psychologist with
children during the “settling
in” period

Methodical manuals for classes
with children

Bunny goes to kindergarten



Literature for teachers, parents, children.
Psychological service in Kindergarten

Mental health technologies

Educational level	Technologies
Preschool (3-7 years old)	Drawing fear The magic glasses. The Game Radio. The game «Evil Dragon». Compliments
Primary school (7-11 years old)	Relaxation and breathing exercises. Finish the sentence Journey into the Future
General secondary education (11-18 years old)	Me and my inner world
Secondary vocational education	Unfinished sentences Rituals of greeting Ketel's Personal Questionnaire
Higher professional education	Discussion "One day in my life" Journey to the future "I'm in conflict" test



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ATTENTION!**