Annex No 1

to the Guidelines for applicants of the open call “Provision of health offices in pre-schools and schools with methodological tools” under the EEA financial mechanism programme “Health” 2014-2021

**LIST OF RECOMMENDED MEASURES FOR STRENGTHENING MENTAL HEALTH**

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| **LITERATURE** | |
| Psychological self-help books | Books for children and adolescents which discuss various relevant topics: friendship, love, family relationships, loss, crisis, as well as other life problems and natural, human feelings, how to overcome them on your own, without help or information of a similar nature. |
| Theoretical books for specialists | Theoretical information on children's development, mental health, mental health promotion interventions and information of a similar nature. |
| Methodical books for specialists | Methodological books containing information and / or material for a specialist:   * Work methods with children that help to teach the child to recognize feelings (anger, fear, mistrust, sadness, loss, etc.) and to help the child to cope with feelings. * Sample tasks, illustrations and similar material that can be used for children. * Aids (games, audio / video material, etc.). |
| Specialised mental health promotion books for children of pre-school and younger school age. | * Colouring books for recognizing feelings, emotions, moods, and the like. * Educational picture books that are designed to recognize feelings, emotions, moods, and the like. * Task books that are designed to deal with various life situations, that foster a sense of empathy. |
| **GAMES** | |
| Games for the improvement of social skills | Games designed to help meet other people, communicate, establish and maintain relationships, resolve conflicts, accept criticism and express it appropriately, and that develop other social skills. |
| Games for the development of emotional intelligence | Games that help understand, recognize, and manage your emotions and feelings. |
| Games to promote self-expression | to unfold children's creativity, and to release emotions through creating. |
| Confidence building games | Games designed to enhance self-confidence in children. |
| Games of thought recognition and change | Games based on the principles of Cognitive Behavioural Therapy and Mindfulness, which are designed to distinguish between negative and positive thoughts and to develop positive thinking. |
| Games for learning to solve problems | Games for children who have experienced parental divorce, lost a loved one, that promote openness, closeness, understanding, support. |

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| **EDUCATIONAL TOOLS** | |
| Educational dolls | Dolls designed to teach young children to recognize and express emotions and feelings. |
| Cards | Cards designed to help recognise and identify various feelings, to recognise appropriate and inappropriate behaviour, which teach conflict and problem-solving techniques, appropriate and inappropriate behaviour, etc. |
| Puzzles | Puzzles for emotional education. |
| Educational programs | Plain, simple and effective socio-emotional education programs. |
| Measures to prevent bullying | Various tools aimed at teaching children to recognise bullying and to teach how to change behaviour. |
| Measures for prevention of addictions | Educational tools that depict, stage, and help identify addictions and their consequences. |
| Kinetic sand | Kinetic sand is a relaxation tool that is especially recommended for children who are hyperactive or have autism spectrum disorders. |