




Suicide Prevention in Elementary School Counseling

At the elementary level, suicide prevention can be about building resilience and positive skills including problem-solving, emotional regulation, and identifying and reporting to trusted adults.

This guide has a lot of information about Emotional Resilience. It starts with definitions and general info, then provides resource lists, examples of programs to run with students, and includes ready to use worksheets. <https://positivepsychologyprogram.com/wp-content/uploads/2017/06/Emotional-resilience-.pdf>

4 Resilience Building Games for Kids: <https://goo.gl/4CGi3J>

One problem solving model to teach kids to think through problems and solve them peacefully and proactively:

 1 STOP Ask yourself: What is the problem? _____ _____ _____ _____	2 THINK What are my choices?  1. _____ 2. _____ 3. _____ <small>*Is this choice safe? *How will this choice affect me and the people around me? *Will this choice make me feel good about myself?</small>	 3 ACT Which solution will you try? _____ _____ _____ _____	4 Review Did it work? Yes No If not, which solution will you try next? _____ _____ _____
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Emotional Regulation is an Executive Functioning skill that can be strengthened through mindfulness. Take a walk to intentionally notice things you hadn't, practice sharing and listening to others share things for which they are grateful, listen to a bell or chime, etc.

Other ideas: <https://goo.gl/Gf9XrF> & <https://goo.gl/5cKiWn>

Sources:

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