

SPOTLIGHT

Cameron's Camp for
Wellness

SUPPORT MENTAL HEALTH & WELLNESS FOR ELEMENTARY STUDENTS

One out of every seven U.S. children aged 2 to 8 years have a diagnosed mental, behavioral or developmental disorder. * Cameron Gallagher was a bright and talented young girl battling depression and anxiety. Cameron's dream was to raise awareness and erase the stigma about the topic. At the tender age of 16, she suddenly passed away from an undiagnosed heart condition.

Recognizing the dire need for solutions to support all students' mental health and wellness, Gale partnered with the Cameron K. Gallagher Foundation to curate Cameron's Camp for Wellness with nearly 30 eBooks that provide targeted resources and guidance for elementary students, teachers, and counselors – letting our young students know that they are never, ever alone.

**Source: Centers for Disease Control and Prevention, 2018.*



HELP YOUNG STUDENTS WITH GALE EBOOKS ON GVRL

RAISE AWARENESS AND PROMOTE MENTAL HEALTH

Mental health matters; especially when setting young children up for success. Making sure kids feel secure and confident to speak up about their emotions is the starting point. Cameron's Camp for Wellness on GVRL can help promote mental health in elementary schools and raise awareness.

INTEGRATE INTO CURRICULUM WITH EASE

With the rise of mental health issues and the pressure to increase Social and Emotional Learning in the classroom, teachers are doing the heavy lifting and can feel overburdened. Mental health interventions that are integrated into a regular curriculum are most effective. Fortunately, this digital collection makes that possible and easy.

PROVIDE A WIDE RANGE OF TOPICS

The titles in Cameron's Camp for Wellness span a wide range of topics, including social skills such as sharing, being honest, and team work, recognizing emotions, learning how to communicate about sensitive issues, and more.

more 

ADDITIONAL COLLECTIONS TO SUPPORT HEALTH & WELLNESS FOR ALL STUDENTS

Cameron's Collection- Helping students cope with everyday stressors and stay in the present moment by working on mindfulness is the core foundation of this collection. Created with the Cameron K. Gallagher Foundation, this collection of over 50 eBooks will help students who are affected by mental illness and inspire them to seek help.

Mental Health- A great add-on collection for those who have Cameron's Collection. Covering topics in depression, anxiety, PTSD, family issues, drug and alcohol abuse, sexual violence, relationships and more.

Digital Citizenship- Built on the Nine Elements of Digital Citizenship by Mike Ribble. These nine elements are: digital access, commerce, communication, literacy, etiquette, law, rights & responsibilities, health & wellness and security.

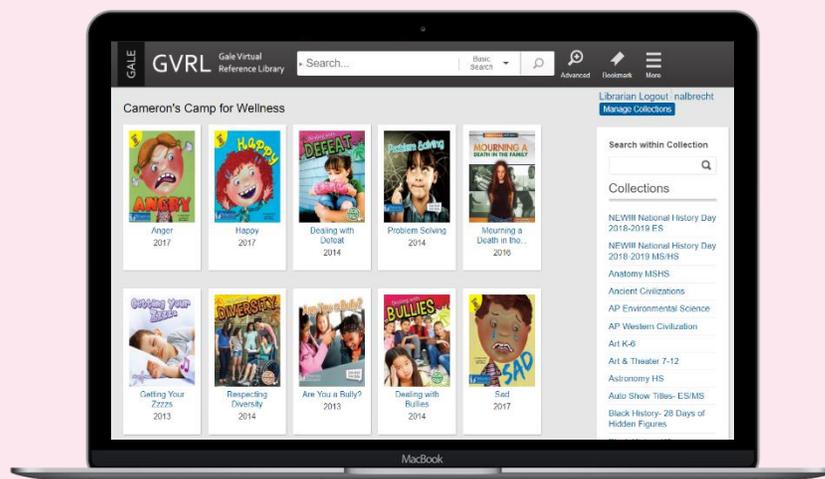
SUPPORT FOR TEACHERS AND COUNSELORS

Gale partners with several publishers to provide authoritative content on topics such as school counseling, grief, and bullying. Round out your collection with Gale eBooks on GVRL, or for more support on the subject, please look at our *Health & Wellness Resource Center*.

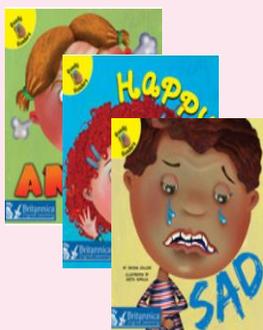
Nicole Albrecht, GVRL Sales Specialist

Nicole is a certified high school teacher from Michigan and has her master's degree in Curriculum & Instruction with a focus on Adolescent Literacy. As a former teacher, Nicole recognizes the importance of curating eBook collections that meet the needs of the school and its students. Follow Nicole on Twitter @GVRLNicole.

WHAT'S INSIDE



TOP PICKS TO SUPPORT MENTAL HEALTH



I HAVE FEELINGS SERIES

Grades: PreK-1

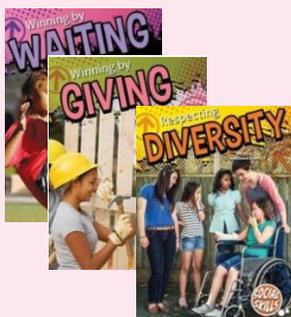
A perfect series by Britannica Digital Learning to engage young students in discussion about positive ways to recognize and handle their feelings. Includes before and after reading activities and comprehension questions.



LITTLE WORLD SOCIAL SKILLS SERIES

Grades: K-2

Published by Britannica Digital Learning covering social skills which are illustrated via themes, experiences and real-world examples throughout this series. Each title provides the tools necessary to teach children the skills they need to initiate and maintain positive relationships in school, at home and in the community.



SOCIAL SKILLS SERIES

Grades: 3-5

The Social Skills Series by Rourke Educational Media teaches children about manners, respect, diversity, cooperation, and ethics. Kid friendly, real world examples are included with information to help all children become better citizens.