The incidence of emotional disorders in children and young people is an escalating concern (NHS Digital, 2018). Although schools play a pivotal role in promoting students’ wellbeing and supporting pupils with psychological difficulties (Department of Health & Department for Education, 2017), there are gaps in school-based research in the field. There is, therefore, a demand for real-world evaluations of interventions to provide evidence-based models of good practice.

*Book of Beasties (BoB)* is a mental wellness card game predominantly targeted at school-aged children (6-13 years). It aims to de-stigmatise the discourses surrounding mental health issues in schools by raising pupils’ emotional literacy whilst promoting positive models of mental health and wellbeing. BoB is a manualised game, delivered by trained facilitators to small groups (up to five children) and consists of five 60-minute, weekly sessions.

This mixed methods, exploratory, pilot study aims to investigate the social validity of BoB; the acceptability of and satisfaction with the sessions experienced by recipients and other stakeholders (teachers and parents/carers). It also aims to test the suitability of selected measures for assessing the impact the intervention has on the children who participate.

Participants comprised year 5 pupils (n=8) (Four pupils were allocated to the intervention group (IG) and four to the comparison group); parents/carers (n=8), and class teachers (n=2). Quantitative measures included: Emotional Awareness Questionnaire (EAQ-30-UK) (Reiffe, Oosterveld, Miers, Meerum Terwogt, & Ly, 2008); Emotion Regulation Questionnaire (ERQ-CA) (Gross & John, 2003); Mood Questionnaire (MQ) (Reiffe, Meerum Terwogt, & Bosch, 2004); and Parent-Rating Emotion Regulation Questionnaire (P-ERQ) (Guzenhauser, Suchodoletz & McClelland, 2017). Qualitative methods comprised observations; a focus group with IG children; and semi-structured interviews with parents/carers and class teachers.

Data analysis is expected to be completed by September 2019. It is anticipated that findings from this pilot research will help inform the design of a larger-scale, full evaluation of the *Book of Beasties* intervention with the potential to inform evidence-based policy and practice in the area of children’s and young people’s mental health.


