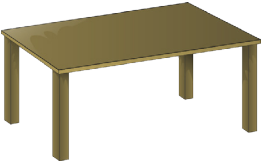


# Levelness

*A metaphor for child mental health*



*The story you're telling:*

**"Just as the levelness of a table is what makes it functional, the mental health of children is what enables them to function well in all areas of life."**

***Strategic way to redirect thinking away from patterns such as:***



- **Determinism**
- **Fatalism**
- **Information is Everything**
- **Separate Influences**

***Concepts and ideas included in this frame element:***

- **A child's mental health can be likened to a table that is either level or wobbly:** helps to structure understanding that children do, in fact, have mental states.
- **A table needs to be level to perform its main function - supporting things:** good mental health is about functioning, and it supports other domains of development
- **If a table is wobbly, it's less able to support its load:** points to the ways poor mental health disrupts learning and development in other domains.
- **If the floor is sloped or slanted, that affects the levelness of the table:** communicates the role of the environment and the influence of multiple factors.
- **Tables don't level themselves, but could need anything from a sugar packet to a team of specialists:** establishes the need for intervention, and range of interventions.