



# EMPOWERING MINDS FOR NEW TIMES GR. 4-6

Youth-led interactive assembly will help students to understand topics such as loneliness, anxiety about the future and ways to build resilience during difficult times. Youth speakers will share personal stories about their lived experience during the pandemic and steps youth speakers have taken to integrate self-care practices that work for them. Students will better understand coping tools and ways to build resilience during difficult times.

## ASSEMBLY FORMAT:

- INTRODUCTIONS / WARM UP
- OPINION POLL
- SPEAKERS STORY ONE
- COPING TOOLS 1-5
- SPEAKER'S STORY TWO
- COPING TOOLS 6-10
- A MESSAGE OF HOPE
- Q&A / RESOURCES

\*Includes Printable Resources Material



The presentations were excellent! The stories, information and manner was outstanding. Feedback from staff also supports my thoughts and feelings. The presenter stories were touching and powerful and memorable analogies used, leaving their mark motivating the audience to be active agents for change and for their own well-being! Thank you for inspiring us to stand up and speak out for justice, inclusion, and well-being!

Mary Oppedisano, Principal,  
Johnsview Village PS

YOUTHSPEAK PERFORMANCE CHARITY  
**SPEAK. INSPIRE. CHANGE.**

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

[www.youthspeak.ca](http://www.youthspeak.ca)

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