



EMPOWERING MINDS FOR NEW TIMES GR. 7-8

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



Our junior and intermediate students were thrilled with the presentation and the speakers. They felt that they weren't alone in some of the struggles they are facing and felt inspired and hopeful. They really enjoyed the opportunity to participate throughout the presentation.

Michelle Eisen, Principal
Clearmeadow PS

*Includes Printable Resources Material

YOUTHSPEAK PERFORMANCE CHARITY
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