

EMPOWERING YOUNG MINDS

GR. 7-12



This youth-led interactive assembly will help students understand topics such as loneliness, anxiety about the future, and ways to build resiliency. Youth speakers will share personal stories about navigating our current times and steps they 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:

- INTERACTIVE INTRO / WARM UP
- SPEAKER ONE: PERSONAL STORY
- HAND MODEL OF THE BRAIN
- COPING TOOLS
- SPEAKER TWO: PERSONAL STORY
- COPING TOOLS CONTINUED
- CALL TO ACTION
- Q&A / RESOURCES



The Empowering Minds presentation was beautifully presented, with a clear structure and objective. The stories that the presenters shared were powerful and seemed to really resonate with the students. The room was silent when the stories were being shared! The students were raptured! I think there is such power in story and provides that little bit of extra weight to the strategies suggested because they have been tried and work. I think the presenters did an amazing job of pulling out the strategies they used and sharing them with the students.

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*Includes Printable Resources Material

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