

## RESOURCES

Most of the resource below were created by teens.

### Videos

In November 2019, Angela Chepkwoy spoke about negative thoughts as a bad friend and positive thoughts as a good friend at TEDxYouth@Brookhouse School in Langata, a suburb of Nairobi, Kenya.

[https://www.ted.com/talks/andrew\\_muchiri\\_breaking\\_up\\_with\\_negative\\_thoughts](https://www.ted.com/talks/andrew_muchiri_breaking_up_with_negative_thoughts)

In November 2018, Hailey Hultberg, a competitive figure skater, spoke on the importance of positive self-talk at TEDxYouth@ParkCity, an independent event.

[https://www.ted.com/talks/hailey\\_hultberg\\_self\\_talk](https://www.ted.com/talks/hailey_hultberg_self_talk)

In November 2018, Carley Rogers, an 8th-grader at Treasure Mountain Junior High School, spoke about feeling stress over performing well in school and shifting her perspective to that of someone who would give anything to be in her place at TEDxYouth@ParkCity.

<https://www.youtube.com/watch?v=dbic3JCX1jo>

In December 2018, Kylie Pilkinton shared her life story and how, despite the obstacles she's faced, she followed her passion and never gave up. She shares her strategy for finding strength, overcoming challenges and living life to the fullest at TEDxSouthLakeTahoe.

<https://www.youtube.com/watch?v=L4fX1Ah3jrM>

Sarah Kay is a poet, performer, educator and the founder of Project VOICE, an organization that uses spoken word poetry to entertain, educate and empower students and teachers. In this TED talk, she talks with listeners on seeing the impossible, persevering in the face of difficulties and that the journey to success begins with two words, "I can."

[https://www.ted.com/talks/sarah\\_kay\\_if\\_i\\_should\\_have\\_a\\_daughter](https://www.ted.com/talks/sarah_kay_if_i_should_have_a_daughter)

### Print/Audio

The print/audio resource "The Power of Positive Emotions" can also be shared during a check-in session. The author writes about the range of emotions we feel, how they're all useful, and how we can maintain a healthy balance. NOTE: Teachers can print out this article for students or direct them to the option to listen to the audio version of the article.

<https://kidshealth.org/en/teens/power-positive.html>

### Inspirational Music

"Rise Up" by Andra Day (two versions)

[https://www.youtube.com/watch?v=hmHfo\\_3EGFA](https://www.youtube.com/watch?v=hmHfo_3EGFA)

<https://www.youtube.com/watch?v=kNKu1uNBVku>

“The Climb” by Miley Cyrus

<https://www.youtube.com/watch?v=NG2zyeVRcbs>

“March March” by the Chicks

[https://www.youtube.com/watch?v=xwBjF\\_VVFvE](https://www.youtube.com/watch?v=xwBjF_VVFvE)

### **Student Activism/Involvement**

<https://www.meddlingkidsmovement.com/>

Meddling Kids Movement is an international youth-led media organization highlighting young people who are changing the world and encouraging those who want to. The website includes profiles of activists ages 8-19 who are organizing on issues such as gender equity, racial justice, and climate justice.

<https://www.cardsofcare.com/>

Brooke Soobrian, a senior at Los Altos High School, founded Cards of Care in April 2020 after reading about how seniors would no longer be able to receive visitors due to shelter-in-places across the country. She wanted to do something small to help brighten their day and spread positivity.