

Hello Students and families!

I thought I would put up some of the online ideas/activities that I have provided for homeroom and/or in class lessons this year. Not all teachers covered all the topics so please look these over and see if there is something you might enjoy watching. I hope you are all doing alright navigating this time at home. My thoughts and prayers are with you all. Please email me and check in, I would love to hear from you! Take care and I hope to see you soon!

-Mrs. Fortier :)

(Make sure you scroll down.....)

Self-esteem video

<https://www.youtube.com/watch?v=uOrzmFUJtrs> Nikko Everett

Video notes:

What can we do to make ourselves feel better?

1. Spend time with people who help you feel good about yourself.
2. Turn up the volume on positive thoughts and delete negative ones.
3. Tell others what you like about them!
4. When given a compliment, stand your ground, look at the giver in the eye, let it sink in and say thank you!

****Let's create a new culture by practicing these things!!!**

=====

How to improve your self esteem.....

#1- watch and discuss this video (about 12 minutes long), a 17 year old boy tells his story and how he improved his self esteem through 5 steps

<https://www.youtube.com/watch?v=BZ05M1UhPrY>

Five steps

1. Find yourself
2. Don't care what other people think of you
3. Self assess your attitude
4. Surround yourself with encouragement
5. Be Humble

Meditation videos

<https://www.youtube.com/watch?v=Aw71zanwMnY>

<https://youtu.be/Vp-wrBr6YHs>

Friendship songs

Gift of a Friend Demi Lovato

<https://www.youtube.com/watch?v=UsiColZPY3Y&list=PLzutbR6dV7e6xdLx7I5-yTXqpelflpKKF&index=8>

True Friend Miley Cyrus

<https://www.youtube.com/watch?v=Uw2rNbiMj6Q&list=PLzutbR6dV7e6xdLx7I5-yTXqpelflpKKF&index=12>

Friendship Song Bruno Mars

<https://www.youtube.com/watch?v=PVDiQcJwolQ&list=PLzutbR6dV7e6xdLx7I5-yTXqpelflpKKF&index=1>

Best Friend Jason Mraz

<https://www.youtube.com/watch?v=mBsWZzbkLMA&list=PLzutbR6dV7e6xdLx7I5-yTXqpelflpKKF&index=4>

Giving/generosity videos

<https://www.youtube.com/watch?v=poiJv43MQZA> young girl recycling for \$ for others

<https://www.youtube.com/watch?v=D-4Rhd0HZjo> 4 stories of generosity

<https://www.youtube.com/watch?v=bVZcuMfAbBY> HS boy helping girl climb mountain

https://www.youtube.com/watch?v=UdgALI_UgUg Giving is Better.....storybook/song

<https://www.youtube.com/watch?v=zcrulov45bl> gets emotions/girl to school

Empathy videos

Empathy can change the world.....Empathy is a choice.....

<https://www.youtube.com/watch?v=aU3QfyqvHk8>

The Present

<https://www.youtube.com/watch?v=96kl8Mp1uOU>

What is Empathy?

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

My Shoes

<https://www.youtube.com/watch?v=SolGBZ2f6L0>