

Presentation List

The following presentations are available to your school's students, staff, and parents. Each school may request one student, one staff, and one parent/family presentation per school year for a total of three.

Requests must be made at least 3 weeks in advance.

	Students K-5	Students 6-12	Staff	Parents/Families
Building A Resilient Me	x	x		
Building a Resilient Family			x	x
Don't Get Vaped In!		x	x	x
Technology & Well-Being		x	x	x
Listening to Your Body	x			
Mindfulness	x	x	x	x
Sugar Shockers		x	x	x
Healthy Lifestyle Choices	x	x	x	x
Communication Styles		x	x	
Hygiene	x	x		
What is SEL?				x
Healthy Relationships		x		x
Emotions	x	x		
Growth Mindset	x			
Importance of Sleep			x	x
Add 10 Minutes of Fitness to Your Day	x	x	x	x

Request Link

Deadline for requests: May 1, 2026



Presentation Descriptions

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Building a Resilient Me

Define resiliency, why it is so important to success, and how they can develop and apply it in their own lives.

Building A Resilient Family

Define resiliency and explore strategies for how to strengthen your family's ability to bounce back from tough times.

Don't Get Vaped In!

Learn the facts about e-cigarettes and the risks of vaping to prevent numerous long-term development and health risks.

Technology & Well-Being

Learn how to use technology to support your wellbeing and how to limit tech time that can result in unhealthy habits.

Listening to Your Body

Based on the children's book, this presentation helps students learn more about their senses, basic needs and how to take action for each.

Mindfulness

Ground the body, quiet the mind, balance the soul. Individuals will review the benefits and strategies to building mindfulness skills.

Sugar Shockers

Let's take a closer look at how much sugar is really in your favorite foods and drinks as well as ways to swap them out for healthier options.

Healthy Lifestyle Choices

Each day we make many choices related to our health. Learn about how these influence each other and how to make healthy choices part of your routine.

Communication Styles

Learn communication styles, recognize your style, and how to converse with individuals who may have a different style than you.

Hygiene

Explore the different areas of personal hygiene and personal space including dental, hair, body, hands, and clothing.

What is SEL?

Define SEL and what you can do (and are already doing) to promote social emotional learning for your children in your daily routine.

Healthy Relationships

Help students understand what healthy relationships are in their life and why they are important.

Emotions

Help students name and identify their emotions as well as practice self-regulation strategies with this Inside Out inspired lesson.

Growth Mindset

In this presentation students will learn what growth mindset means, looks like, and sounds like plus practice ways to incorporate growth mindset.

Importance of Sleep

With such busy schedules, sleep is often the first thing to go but important for children and adults alike. Let's learn why and ways to get better sleep.

Add 10 Minutes of Fitness to Your Day

Exercise doesn't always have to mean hours in the gym. Let's explore ways to add more exercise in your routine and where it may already be present.

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