Inspirational videos linked with Winning Wellbeing lessons

| Lesson | Description of Video |
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| Feeling Connected | |
| 1. Valuing Friendship | <https://youtu.be/l5ikzPGlSK4> True friendship  A short motivational video by Nick Vujicic |
| 2. Overcoming Social Anxiety | <https://youtu.be/tq4klkup4mk> My social anxiety  Author Jennifer Shannon credits her own daughter’s struggle with social anxiety as inspiration for writing The Shyness and Social Anxiety Workbook for Teens. Here Rose speaks about her social anxiety as a teen and how cognitive behavioural therapy (CBT) helped. |
| 3. The Benefits of Teamwork | <https://youtu.be/8PAnd4fVpxs> The power of teamwork  In this teamwork motivational video, Tyler Waye, a work expert and media entrepreneur, talks about how the strength of the team is each individual member. The strength of each member is the team. |
| 4. Respecting Points of View | <https://youtu.be/x95_BTeanI8> The legend of the two wolves  Native American legend about feeding the positive wolf inside of each of us. By feeding the good wolf, you will take time to see things from another’s perspective. |
| 5. Celebrating Difference | <https://youtu.be/5IJA-uxretY> To you who are different  This a powerful video that features high school students from Randolph, Massachusetts, USA, speaking directly to their peers (the viewers) to help them survive and surmount being different. The film is also a compelling plea for tolerance and respect amongst school-age peers, building on the premise ‘Every one of us is different.’ |
| Communicating Positively | |
| 6. Relaxation | <https://youtu.be/AFQEHy-P_Bk> Sleep – Top tips for teens – Relaxation  This is a short video for teenagers offering advice about how to use relaxation strategies in order to have a better night’s sleep. |
| 7. Effective Communication | <https://youtu.be/O5kj-nr26o8> Healthy communication tips for teens  This video by the Healthy Relationships Initiative shares important tips to help teenagers fine-tune their communication skills. When teenagers know how to communicate their needs and listen to others, it helps them set the foundation for healthy, happy and safe relationships later on in life. |
| 8. Conflict Resolution | <https://youtu.be/A9tk_0lrHHQ>  The best of you: The three Cs of conflict resolution  Motivational tips for a better lifestyle. It is not always easy to resolve conflicts, especially when we are the ones involved, but this video gives you three tips to help you find a solution. |

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| Communicating Positively (cont’d) | | |
| 9. Anger Management | <https://youtu.be/BjWenE1uDt4> For teens – Control your anger NOW  Supporting teenagers mental health. FACT: We all feel angry at times – it’s part of being human. Anger is a normal, healthy emotion. However, it can often be viewed as a ‘bad’ emotion. In this video, Jo explains the importance of learning to understand our anger and talks about finding out your ‘chimp triggers’. |
| 10. Saying Sorry | <https://youtu.be/6ImM5eEztE0> Why is apologising important?  Even the best communicators make mistakes every once in a while. Communication mistakes can happen for lots of reasons. No matter what led to the mistake, good communicators realise the importance of apologising. |
| 11. Becoming Assertive | <https://youtu.be/FFjGGZecO04> Assertiveness examples  Compilation of Disney movies showing aggressive, assertive and passive behaviour. |
| Personal Leadership | |
| 12. Building Character | <https://youtu.be/coh_JLnhi_8> Character strengths  This video shows us the importance of using character strengths. |
| 13. Choosing Your Values | <https://youtu.be/Kz__qGJmTMY> What are your values?  This video reminds us to focus on the values that are most important to you. |
| 14. Positive Self-Talk | <https://youtu.be/71_NkXgAK1g> Positive self-talk  What is positive self-talk? Our internal dialogues, or ‘self-talk’, can shape our beliefs, influence our emotions and behaviour, and provide assurance and motivation. Positive self-talk is a healthy way to cope with anxiety. |
| 15. Self-Acceptance | <https://youtu.be/AF21bMBAOGI> The problem with perfect  Motivational video by Eddie Pinero about accepting that there is no such thing as perfect or flawless. We all have to learn to accept ourselves and move forward, flaws and all. |
| 16. Being Yourself | <https://youtu.be/AjZ0KbJcav0> Believe in yourself  Motivational video featuring Jaret Grossman and Eric Thomas, encouraging you to believe in yourself. Build on your self-concept – a proper belief system on who you are. |

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| Dealing with Adversity | |
| 17. Overcoming Obstacles | <https://youtu.be/etQJ1FUbOxk> Perspective  Eddie Pinero talks about overcoming life’s obstacles. |
| 18. Grief and Loss | <https://youtu.be/2Ar-9DhGr5o>  Coping with bereavement – The missing piece  Imogenn Thornton is concerned that people can struggle to cope with the loss of a loved one. With Fixers, she created a very short film to demonstrate how to deal healthily with bereavement. |
| 19. Feeling Grateful | <https://youtu.be/7uzynHWxn5Q> Say ‘Thank you’  A motivational video on the importance of gratitude, with an introductory speech by Denzel Washington (commencement speech). |
| 20. Unhealthy Relationships | <https://youtu.be/rWmzXA5FN4k> Get out of a toxic relationship  Until you let go of all the toxic people in your life, you will never be able to grow into your fullest potential. Let them go so you can grow. |
| 21. Forgiveness | <https://youtu.be/YTujl_fykjk> Forgiveness motivational video  Words of wisdom from Les Brown and Brian Tracy on the importance of forgiveness so you can focus on moving forward and growing.  ‘The weak can never forgive. Forgiveness is the attribute of the strong.’  ― Mahatma Gandhi |
| 22. Learning from Failure | <https://youtu.be/0FB9i7P9Zs4> Denzel Washington's life advice  Denzel’s life advice on overcoming failure and being willing to face your fears. Nothing in life is worthwhile if you don’t take risks. Be willing to fail big. It teaches you great lessons as you learn and move forward. |
| Making a Difference | |
| 23. Brain Health | <https://youtu.be/0O1u5OEc5eY> Dan Siegel – The adolescent brain  Dan Siegel teaches about what is happening in the adolescent brain as it develops. |
| 24. Spreading Kindness | <https://youtu.be/O9UByLyOjBM> The science of kindness  There are scientifically proven benefits to being kind! It is contagious, teachable, and makes you feel all fuzzy inside. |
| 25. Standing Up to Bullying | <https://youtu.be/A1J5IXV6P54> You are not alone – assembly version  If all these successful and inspiring people can move beyond being bullied, so can you! |
| 26. Online Safety | <https://youtu.be/YIzlB83MNno> Staying safe online: what teens think  Online safety in today’s constantly connected world is so important, as negative issues can easily raise their ugly heads and the effects on a victim can be long-standing. Teenagers give their advice on how to be safe online. |

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| Physical Wellbeing | |
| 27. Healthy Eating | <https://youtu.be/c06dTj0v0sM> Nutrition for a healthy life  Constant exposure to our environment, the things we eat, and stresses from both inside and outside our bodies all cause us to age over time. Healthy eating is so important for our bodies. |
| 28. Get Active! | <https://youtu.be/yTL_bNvXJ9s>  10 benefits of exercise on the brain and body – why you need exercise  We all know exercise is good for us, but what actually happens inside your body when you get active? Watch to find out and learn more about the benefits of exercise for your brain and body. |