

Born To Shine

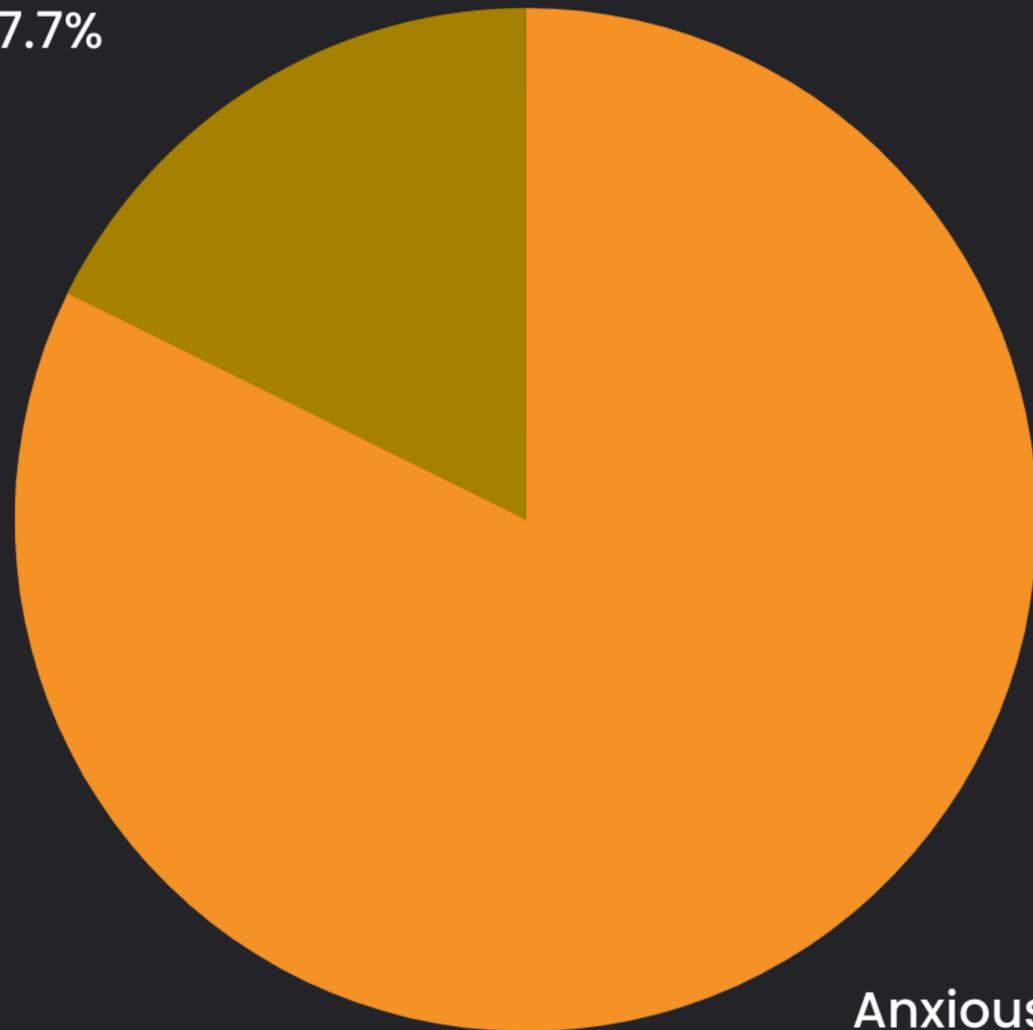
Setting your K-5 students UP for Success!!

Evidence based school assembly

How are you feeling?

Before – Born To SHINE

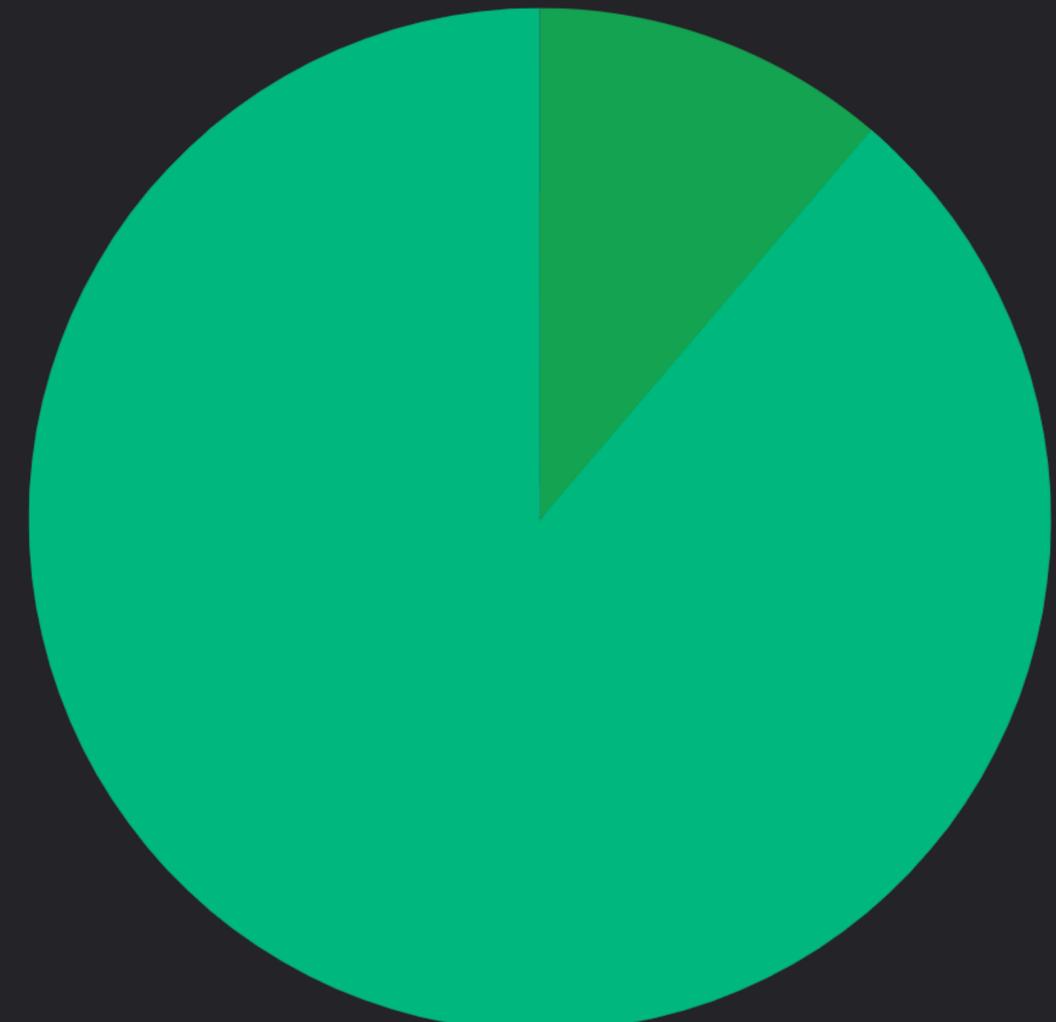
Feeling okay
17.7%



Anxious/Sad/Struggling
82.3%

After – Born To SHINE

Anxious/Sad/Struggling
11.2%



Calm/Confident/Happy
88.8%

I'm NOT good enough

I'm NOT smart enough

No one likes me



I'm not PRETTY enough

I'll never be good at anything

**K-5
INTERNAL-
CRITIC**

Evidence Based



Some of the Books and Research
used in Born To SHINE

Love Yourself



There are countless books on this
subject and the many benefits it
provides. Eliminating our
'Internal Critic'.

Reducing Anxiety



'Being Peace' - by Thich Nhat
Hnah, and NAVY SEAL 'box
breathing' technique

Overcoming Fears



'The 5 Second Rule' by Mel Robins,
plus personal stories about being
afraid to raise my hand in class.

Young kids can experience suicidal thoughts

Contrary to popular belief, kids under 10 are capable of wanting to die and can conceive of death or suicide.

“[Kids as young as 5] understand killing themselves better than the word suicide,” said [John Ackerman, a child clinical psychologist and the suicide prevention coordinator at the Center for Suicide Prevention and Research at Nationwide Children’s Hospital](#). But they may not grasp the finality of death. “Often they know that they would be dead, but they don’t understand the permanence of that in the same way. They don’t understand that doesn’t mean they’re coming back or they’re not having conversations with loved ones,” he added.

That is why Ackerman said it is important that educators and those in the mental health field have developmentally appropriate conversations with young children when they feel deep emotional stress.

School psychologists and counselors are in short supply

The pandemic has stoked demand for school counselors and psychologists by students. Nine in 10 teachers and school and district leaders surveyed by the EdWeek Research Center said that the percentage of students seeking school-based mental health services in their communities has increased since the fall of 2019. [Millions of students across the K-12 spectrum are feeling the effects of these shortages](#). Nearly 2 in 5 districts, which represent 5.4 million students, didn’t have any counselors during the first year of the pandemic, according to an Education Week analysis. During the same period, only 8 percent of districts in the United States met the recommended ratio of 1 school psychologist to 500 students, and 14 percent of districts met the recommended ratio of 1 school counselor to 250 students, a federal study showed.

Data: Does Your State Have Enough School Psychologists and Counselors?

Maya Riser-Kositsky, March 28, 2022

Despite the influx of federal money going to mental health resources through programs like the American Rescue Plan Act last year, Ackerman said that, as a country, the United States is “definitely far behind the curve” in its resources for young children.

“We shouldn’t be this far behind, but we are,” Ackerman said. “And so [the only thing we can do now is invest in learning what we can do to address that gap.](#)”

"Anxiety is the most common mental health condition in children and youth," said Dr. Martha Kubik, a task force member and professor at [George Mason University](#).

<https://www.foxnews.com/health/us-task-force-recommends-anxiety-screenings-children-older>

Anxiety is specifically defined by the task force as a form of excessive fear or worry that **transforms** into physical and/or emotional symptoms.

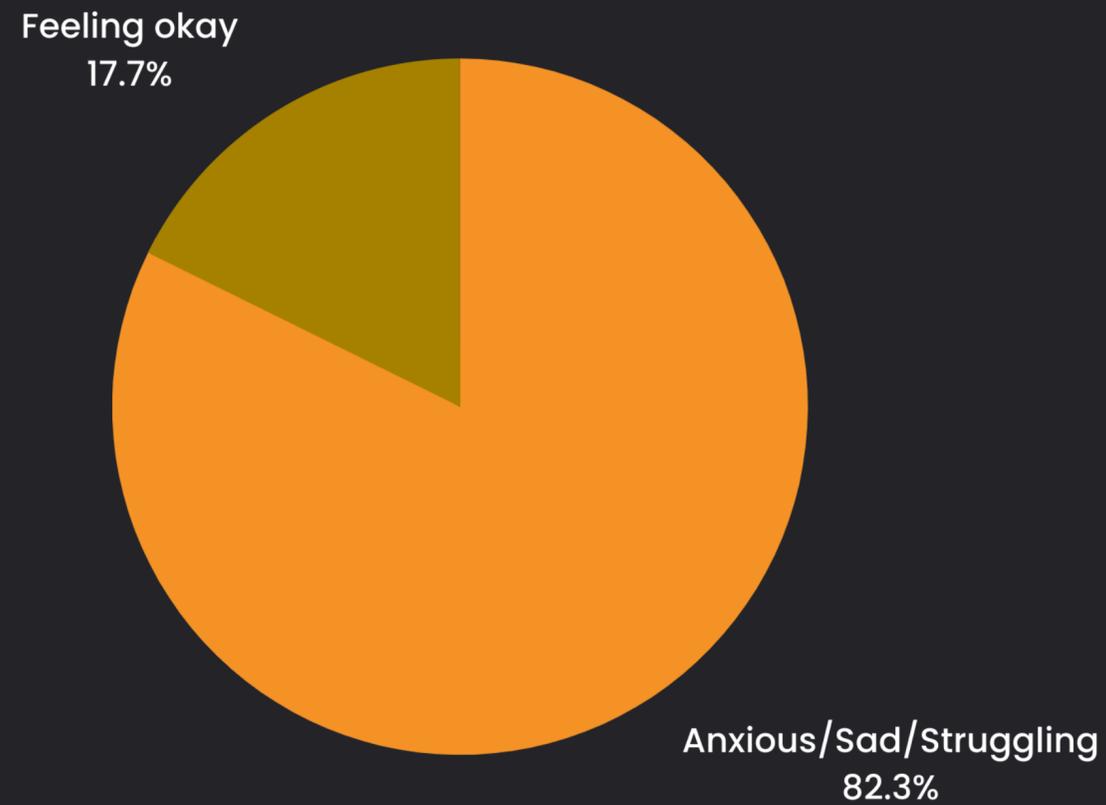
A task force made up of medical experts from across the United States recommended on Tuesday (10.11.22) that doctors begin screening all children between the ages of 8 to 18 for anxiety, **whether they show symptoms or not**.

Kubit noted that **childhood anxiety** might manifest later in adulthood and increase the risk of **severe depression**.

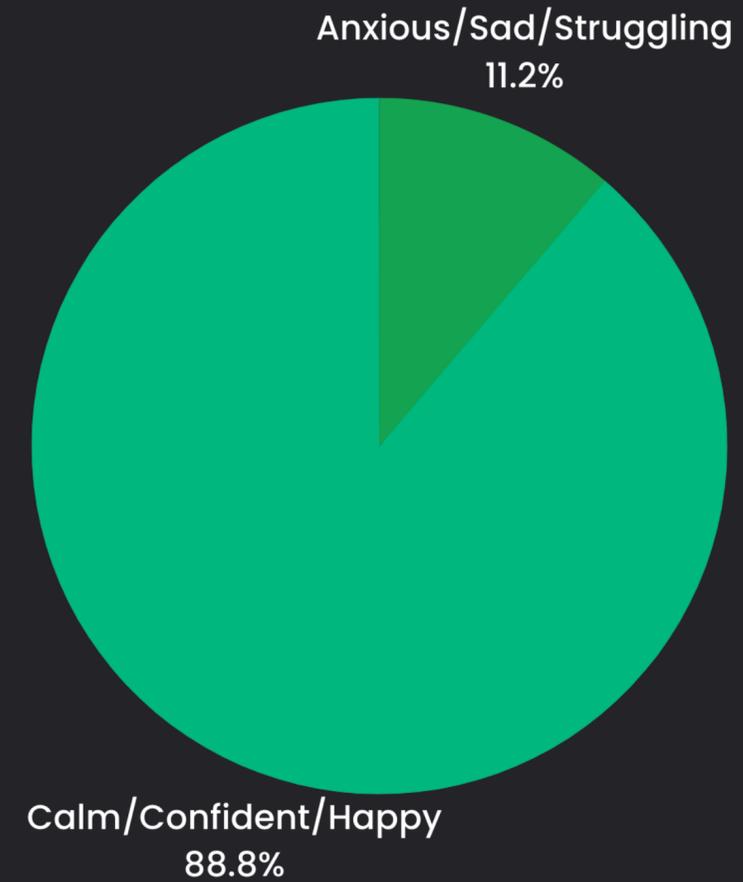
<https://www.foxnews.com/us/florida-parents-sound-alarm-mental-health-crisis-teen-daughter-commits-suicide>

How are you feeling?

Before - Born To SHINE



After - Born To SHINE



Love Yourself



Character Development



Turbo Boost Self-Esteem



Overcome Fears / Test Anxiety



Empathy & Kindness



Reducing Anxiety

Every kid is 'one caring adult'
away from becoming
a success story!



That 'one caring adult' is YOU!



Click on video to HEAR what School Principal - Lindsey Wolsey thinks of Born To Shine.



56 second video - it's super short...

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away from becoming
a success story!**



That 'one caring adult' is YOU!

