

HEAD, HEART, HAND RELECTION

Teen leaders and VOX ATL supported a reflection exercise for the day. This exercise was captured in Augusta, Georgia, in partnership with the Boys & Girls Club of Greater Augusta.

Head: Something you learned

Feelings Matter How to deal with bullies You should express your feelings

How to express myself better Its ok to think about myself How to be ok with my depression

Stay humble and have confidence at the same time How to deal with suicidal thoughts

How to tell my mom when I feel like she is not listening

To talk to people To Listen Actively

Skills to help me with my mental Self-Care

Hand: Something you are taking with you

Resources Yoga and deep breathing To be open minded

I understand how to truly express my feelings Sensory Kit

To share what I learned today Knowing we have a support system Hotline numbers

Affirmation Mirror New Friendships Food

Pour life into my kid

Go to another adult if your parent isn't listening

Heart: something you felt

I will make life better

I feel I can speak without judgement

Important I wasn't alone with my feelings Understood

Loved Helpful Accepted

Mental health is being taken more seriously I can talk to my parents more

I felt happy emotions I felt all of my emotions Seen and Heard

Breakout activities were awesome