

Citations & Inspirations

(zero affiliation)

One Track

Dr. Gregory W. Lester [GREGORY W. LESTER, PHD \(pesi.com\)](http://pesi.com) (The true inspiration for the entire presentation and the work I do)

[Dan Siegel - "Flipping Your Lid:" A Scientific Explanation - YouTube](#) – (Brain Science = understanding and empathy for everyone).

Trust:

[Paul J. Zak, Professor of Economic Sciences, Psychology & Management \(cgu.edu\)](#): Check out some of his “Trust” videos!

[Oxytocin increases trust in humans - PubMed \(nih.gov\)](#)- Informational/resourceful

Boundaries

[Brene Brown Boundaries - YouTube](#) – No explanation needed.....It’s Brené!

[Brené Brown on Empathy - YouTube](#) – Empathy can be difficult but – ALSO HAVE IT FOR YOURSELF (bring your **younger self** with you during those times)

Problem Solving/Neuroplasticity

[How Neurons Communicate - YouTube](#) : Awareness is key for a strong synapse.

[The Neuroscience of Learning - YouTube](#) – (Easy visual of how our neural-pathways grow stronger)

[The Backwards Brain Bicycle - Smarter Every Day 133 - YouTube](#) – (Don’t forget to take with you the knowledge that youth learn faster...coincidence? I think not!)

Other Fun Stuff

[Interactives | The Franklin Institute \(fi.edu\)](#) – Brain fun

[Award-Winning Footage Of The Microscopic World Around Us - YouTube](#) – Take a closer look

[2-Minute Neuroscience: The Neuron - YouTube](#) – Check out this entire channel! Make Hypothesis for yourself- TALK TO YOURSELF!!!!

[Brooks Gibbs | Social Psychologist](#)- “Will it matter in a year”/Resilience

[Appelstein Training Resources – No Bad Kid – Child Care Training, Consultation, & Publications \(charliea.com\)](#) – Respect/Strength-Based Approach

<https://kidsathope.org/> -(under construction- keep checking back!!)

[\(17\) THE IMPOSSIBLE RICE EXPERIMENT - YouTube](#) – The video quality isn’t the best but the results are INCREDIBLE!!!

Media played out loud during presentation:

All media below was played live from YouTube/Netflix

John Powell: *Kisses and Cake (P.S. I love you)* 30 Seconds

John Williams: *Jaws Title Theme* 30 Seconds

"Jazzagals"/Tina Turner: *Simply the Best (Schitt's Creek)* 00:45-1:04

Katy Perry: *Roar* 00:37-1:00

Starship: *Nothings going to stop us now* 00:21-00:32

Olivera: *Trust* 00:29-1:00

Logan & Isabel: *Lead on Lead on* 30 Seconds

Halo Neuroscience: *The Neuroscience of Learning* 00:00-2:21

Everything Sucks: *Netflix S1:E7* 20:15-20:59

Sara Bareilles: *Brave* 30 Seconds