

Additional RESOURCES

- 01** Dr. Brené Brown
Daring Greatly Series
www.brenebrown.com
- 02** Dr. Martin Seligman
Authentic Happiness
www.authentichappiness.sas.upenn.edu
- 03** Dr. Corey Keyes
PERMA Questionnaire
- 04** Bounce Back Project
www.bouncebackproject.org 
- 05** Children in Nature Network
www.childrenandnature.org 
- 06** Childhood by Nature
www.childhoodbynature.com 
- 07** Thrive
www.ottertailcountymn.us 
- 08** Yellow Zones
www.stearnscountymn.gov/969/Yellow-Zone
- 09** Virtual Calming Space
sites.google.com/edinaschools.org/epsvirtualcalmingspace
- 10** StayConnected Toolkit
health.state.mn.us/communities/mentalhealth/tools

70

BOOKS

Daring Greatly Series by Dr. Brené Brown
Dare to Lead by Dr. Brené Brown
The Gifts of Imperfection by Dr. Brené Brown
Flourish by Martin E.P. Seligman
Search Inside Yourself by Chade-Meng Tan
Onward by Elena Aguilar
Suicide Survivors Club by Rebecca Anderson
The Gratitude Jar by Josie Robinson
Strengths Finder from Gallup, Don Clifton
Blue Zones by Dan Buettner
102 Challenges: Become the Best You by Tad Mitchell
Tipping Point by Malcome Gladwell
Outliers by Malcome Gladwell
Unstuck by Keith Yamashita
Nudge by Richard H. Thaler
Rising Strong by Dr. Brené Brown
Braving the Wilderness by Dr. Brené Brown
Bounce Back! by Karen Salmansohn



VIDEOS & PODCASTS

[How to Make Stress Your Friend: TED TALK](#)
[Dare to Lead with Brené Brown](#)
[Unlocking Us with Brené Brown](#)

TOGETHER WE CAN *build a better future!*