

book list

FOR MENTORS, PARENTS + EDUCATORS




QUIET POWER
Susan Cain

THE MINDFUL TEEN
Professor Dzung X Vo

Lots of fun
mindfulness
activities to do
with teens

THE RESILIENCE DOUGHNUT
Lyn Worsley

THE FIVE LOVE LANGUAGES
OF TEENAGERS
Gary Chapman 

THE GROWN UP'S GUIDE TO
TEENAGE HUMANS
Josh Shipp
(one of our guest teachers!)

RADICAL SELF-LOVE
Gala Darling

AMAZING +
modern!
full of curriculum
ideas + content

GIRLS RISING
Urana Jackson

SOULPRENEURS
Yvette Luciano
(one of our guest teachers!
Great for business, not teen specific)



Other resources:

The Youth Mentor Podcast
Gutsy Girl Mantra Cards
Animal Kin Card Deck by The Fifth Elemental Life
Gratitude Card Deck by Top Five Movement