

# SUMMER RENEWAL WITH CEL

## Week 2: "Happy and Proud"

Glance at the six images in [the email](#). Which one speaks to your state of mind? Take a moment to capture your answer.

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We invite you to watch a [six-minute video](#) featuring Jenn McDermott, director of innovative initiatives. In this video, she shares:

*"We asked the students to take their best experiences and organize them around themes. Very quickly, the words 'happy' and 'proud' emerged. We asked schools to bring a diverse group of students to the table – including students who didn't have great experiences in school, from the adult perspective, and those who did. We wanted to be sure students who don't usually get the chance were sharing their experiences. And 'happy' and 'proud' kept on showing up."*

QUESTIONS TO CONSIDER:

Imagine a typical day at work. Who and what helps you feel happy and proud? You can use the heroes and villains concept mentioned in the video as a guide.

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Who might you pose the "happy and proud" question to?

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Why did you choose this person or group of people?

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