

TEd Talks (Courtesy of Mrs Fell)

During our Friday Enrichment sessions, we will explore a huge range of issues and ideas, from the mundane skills required to navigate adult life, to skills that will help you to be happy and successful in your studies, all the way to the big questions that make us fully embrace our own and others' humanity. To whet your appetites, here are some fantastic, thought-provoking TEd Talks:

- **How Does Your Brain Work?**
 - [Your Brain on Video Games](#)
 - [One More Reason to Get a Good Night's Sleep](#)
 - [Don't Eat the Marshmallow](#)
 - [Your Body Language May Shape Who You Are](#)

- **Being Happy and Successful in the Sixth Form:**
 - [What Top Students Do Differently](#)
 - [The Power of Believing You Can Improve](#)
 - [10 Mindful Minutes](#)
 - [Skills We Need in an Unpredictable World](#)
 - [The Best Kindergarten in the World - How Do We Learn?](#)
 - [Grit: The Power of Passion and Perseverance](#)
 - [Boredom and Brilliant Ideas](#)

- **Building a Tolerant Community:**
 - [Embracing Contradictions - Being a Queer Muslim](#)
 - [No, You Cannot Touch My Hair](#)
 - [The Danger of a Single Story](#)
 - [The Danger of Silence](#)
 - [How to Start a Movement](#)
 - [Why I Love a Country That Once Betrayed Me](#)
 - [America's Neo-Nazi Movement - from an insider](#)
 - [Why Lunch Ladies are Heroes](#)
 - [A Teen Just Trying to Figure it Out](#)
 - [How I Unlearned Dangerous Lessons about Masculinity](#)
 - [Conversations with People Who Hate Me](#)

I hope you enjoy these – all we ask is that you are open, and ready to listen, discuss and learn. Our Friday Enrichment mantra is as follows:

Be kind, to each other, and to yourselves...