



# EMPOWERING STUDENTS THROUGH RESILIENCY

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Charity for Change, Inc.

## PRIME TIME PALM BEACH COUNTY AFTERSCHOOL SYMPOSIUM 2025

Empowering Young Minds, Engaging Communities, Creating Lasting Impact

#AfterschoolSYM2025



### Partners



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# INTRODUCTION

## Who We Are



# WHY?

## Current Challenges

- World
- Out-of-School Time



# Maslow's Hierarchy of Needs



# Surgeon General Advisory, 2023

## Our Epidemic of Loneliness & Isolation

- Social connection is a fundamental human need, as essential to survival as food, water, and shelter
- Loneliness and isolation are associated with lower academic achievement



# THE SOLUTION

**Enhancing Mental Health & Resiliency  
through Character Education,  
Community Engagement  
& Academics**





# THE SOLUTION



Character



Charity



Community



Academics

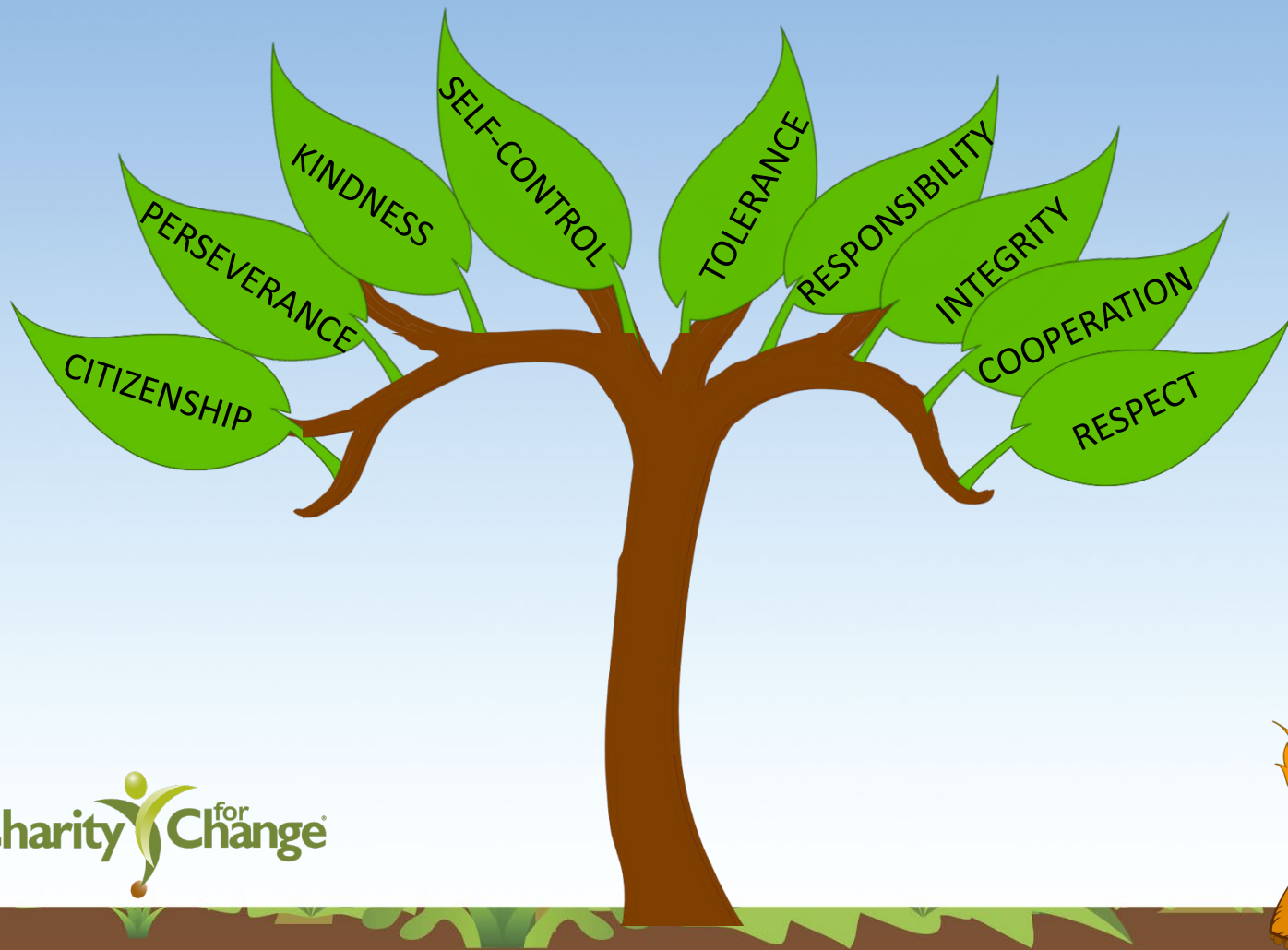


# CHARACTER EDUCATION

**A foundational tool to build  
resiliency & mental wellness**







# ACTIVITY

## PEOPLE PUZZLE



# Engaging Students

**Modeling**

**Mindfulness**

**Academics**

**Role Play**

**Community  
Involvement**

**Family  
Activities**

**Peer Interaction**



# Delivering Information



Integrating 9-character traits through academics and interactive activities throughout the year and summer -  
*Building Resiliency*



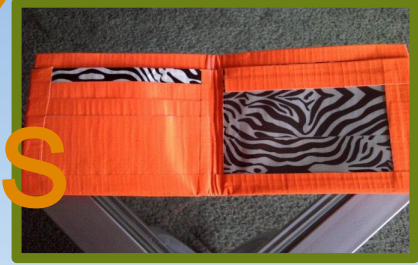


# COMMUNITY CONNECTIONS



Suncatcher

Project-Based  
Activities



Duct Tape Wallet



Dog & Cat Toys



Paper Mache'



Plarn Mats



# Generosity and Gratitude

## Develop Empathy -- Compassion





# CHARITY DONATION





# ACTIVITY

## MINDFULNESS MATTERS



# OUTCOMES

1. Understand and manage emotions
2. Set and achieve positive goals
3. Feel and show empathy for others
4. Establish and maintain positive relationships
5. Make responsible decisions





# OUTCOMES

## Mental Well-Being

**8.50** Improved students' mental well-being

## Self-Esteem

**9.13** Increased students' self-esteem

## Resiliency

**8.63** Improved students' resiliency

## Character

**8.88** Increased students' application of the character traits

## Charitable Habits

**9.13** Increased students' charitable habits

## Behavior

**8.13** Reduced negative behavior incidents

## Self-Efficacy

**9.25** Increased students' self-efficacy

## Learning Environment

**9.25** Enhanced positive learning environment



## Outcomes for Students



**85%** increased their practice of the character traits



**85%** increased their understanding of the role of charity in the community



**75%** increased self-efficacy & belief that they can affect positive change in their community



**65%** demonstrated increased empathy, compassion & resiliency



**85%** increased their charitable habits and community & charitable involvement



**75%** improved relationship skills





# Q & A



# THANK YOU!

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