

Techbridge Girls is committed to supporting our community by providing access to high-quality at-home STEM activities for our girls and curating resources for families and educators. The below activity was designed to empower girls to lead fearlessly by learning and teaching others while sheltering in place.

We all have songs that help us feel good during tough times and cheer us up, put us in a better mood, or even give us space to feel difficult feelings. With shelter in place and the unpredictable time we're in, having a Self-Love playlist can give us some support through tough times. It's medicine we can give ourselves and each other. Check out this awesome activity from our friends at the Young Empowered Women (YEW) program led by Stephanie Cariaga and Amreen Karmali!

Materials Checklist:

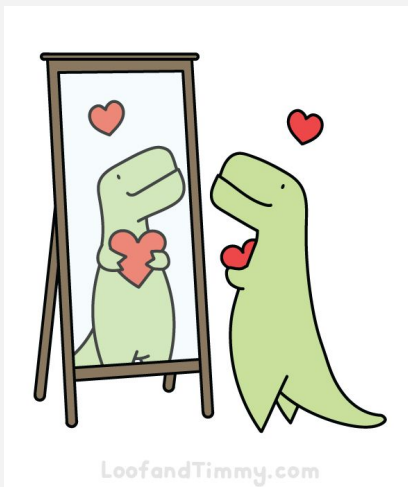
- A phone, laptop, or tablet to play a video or a song
- A piece of paper/journal
- A pen
- Collage materials (optional)

1 Self-Love Playlist:

1. Take out a pen and paper/your journal
2. Make a list of 3-5 songs that you can play on a hard day to give yourself some love.
3. Write down your favorite line from your TOP Self-Love song.
4. Listen to your TOP Self-Love song/watch the video.

2 Reflect & Journal:

- What was it like to create your Self-Love playlist?
- When did you first hear your TOP song? What does it mean to you?
- Is there anyone you would dedicate like to dedicate this song to? Who and why?
- How can using your Self-Love Playlist help you right now?



Go to the next page to learn how to connect to Self-Love Playlists by other TBG's!

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Get Next Level:

1. **Make Your Own:** Create your own Self-Love Playlist on YouTube or Spotify.
2. **Get Artsy:** Make a collage of your top 5 Self-Love songs using magazines, print-outs, and your own drawings.

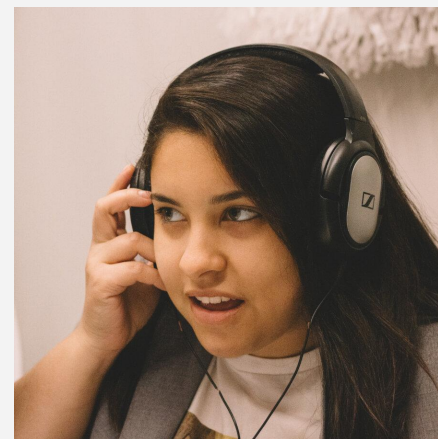


3. **Listen in:** Hear the Self-Love Playlist your friends and favorite staff put together during their weekly Zoom call.
4. **Check out your TBG COMMUNITY:** Check out the Self-Love Playlist Collages made by other TBG students and your favorite TBG staff and post your own pictures!!

Words of Wisdom

"One of the best guides to how to be self-loving is to give ourselves the love we are often dreaming about receiving from others...Do not expect to receive the love from someone else you do not give yourself.

-bell hooks



We are proud to support our girls' STEM journeys by providing resources to overcome barriers and to thrive and lead in STEM.

SHARE! With permission from your parents or guardians, please post a photo of your completed project on Facebook, Twitter, or Instagram, and tag @techbridgegirls so we can see your great work!