

Resilience(Grades 6-12)



Overview:

Students need opportunities to see success and triumph in the midst of struggle. This lesson provides a video that discusses resilience from a young man who faced a lot of trials in his life. The discussion will provide an opportunity for the classroom to share ideas about trust, growth, and overcoming obstacles.

Character Education Objectives:

Students will:

- watch a video about why adversity can build resilience.
- discuss resilience and trust through the lens of overcoming obstacles.
- share ideas for building resilience.

Materials

- Markers

- Post-it pads (large stick posters or paper)
- Access to stream YouTube video

Lesson Plan Day 1

Journal: (5 mins)

- What is something that has been challenging in your life to overcome?
- Who have you trusted in your life to help you overcome challenges?

Whole Group (35 mins)

- Watch the video: (15 mins)
 - What Trauma Taught Me About Resilience: https://youtu.be/3qELiw_1Ddg
- Discussion (20 mins)
 - What does this quote mean to you? “The worst of life could not take out the best of me.”
 - Why do people still succeed and flourish despite pain and trauma?
 - What is resilience?
 - Why does change cause adversity?
 - How do your belief systems impact whether you succumb or surmount challenges?
 - How is your mind the most crucial resource to building resilience?
 - What does trauma teach us about resilience?
 - Tell your mind what to think- how do we do this?
 - Life is easier when you are prepared – how do you prepare for the unknown?
 - Perspective requires partnership
 - Why do we need others to help us overcome adversity?
- Exit Ticket: (5 mins)
 - Who can you trust to help you overcome adversity

when you need it?

Lesson Plan Day 2

Journal (5 mins)

- What is important about learning to trust yourself in tough situations?

Whole Group Discussion (5 mins)

- What did you learn about building trust and resilience yesterday?

Small Group Discussion (10 mins)

- Everything happens for a reason- How can you use your trauma/struggle for a purpose?
- Who can you trust to support you amid trauma or challenges?
- What does it mean to trust resiliency to help you overcome adversity?

Productive Group Work (10 mins)

- On poster paper: What are some ways you can build resilience?
 - Have students use a Post It Poster page to record ideas.

Gallery Walk: (10 mins)

- What are some ways you can build resilience?
 - Put a star next to an idea you want to remember.
 - Put a tally mark next to an idea you have used in the past to help you overcome an obstacle.

Exit Ticket (5 mins)

- What is the most important thing you learned in this lesson?

References

Hunt, C. (2020). What Trauma Taught Me About Resilience | Charles Hunt | TEDxCharlotte. Retrieved 1 April 2020, from https://youtu.be/3qELiw_1Ddg