



Empowering Students to Choose Emotional Wellbeing

resilience

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LESSON PLAN

MODULE OVERVIEW

The goal of this module is for students to recognize examples of resilience in their own lives and to identify the benefits and challenges of demonstrating resilience. This lesson will be delivered in two parts: An in-class lesson the first week and a peer-to-peer discussion period the following week.

LEARNING GOALS

We are learning to find ways to show resiliency.
Sometimes it's hard to be resilient; sometimes it's easy to be resilient.
Using optimism is always a choice.

SUCCESS CRITERIA

- I can explain what resiliency means;
- I can recognize examples of resiliency in the world;
- I can give examples of the benefits of resiliency;
- I can give examples of times when it is hard to have resiliency;
- I can practice resiliency by finding healthy ways to deal with challenges and by asking for help;
- I can practice resiliency by getting stronger and learning from the tough times;
- I can understand that resiliency is important for my well-being and for others.

WHAT YOU WILL FIND IN THIS DOCUMENT

Guiding Questions and Resources:

- [What is the definition of resilience?](#)
- [Why does resilience matter? How does it help us?](#)
- [Specific research on the benefits of using resilience](#)
- [Themes to locate stories about resilience](#)
- [Videos highlighting resilience](#)
- [Books highlighting resilience](#)
- [Minds on challenges/quotes/images](#)
- [Questions to accompany the stories for teacher led discussion](#)

Handouts (see Appendix A):

- [The Umbrella Project Parent Resource \(Resilience\)](#)
- [What is resilience? Class activity](#)
- [Umbrella Hunt](#)

Handouts (see Appendix B):

- [Activities to accompany Umbrella Hunt](#)
- [Anchor Chart Exemplar](#)
- [Options for student recognition](#)
- [Umbrella award template](#)
- [Umbrella Hunt Exemplar](#)

MID-MONTH CHECK-IN (ASSESSMENT)

Resource: [Assessment document](#)

CURRICULUM CONNECTIONS

[Click here for Primary Division](#)

REPORT CARD COMMENTS

Primary Report Card Sample Comment - Grade 2 - Level 3

In Writing, Bob produced and published a Story Capture Retell to explain what resiliency looks like in his life. He was able to proofread and correct his writing with peers and the teacher. Bob was able to bring his retell to life for the reader by adding personal examples of resiliency and was able to explain why resiliency was important for his well-being. A next step for Bob would be to continue to think about resiliency in the world, and the powerful effect it can have.

TEACHING AND LEARNING ACTIVITIES: PART 1

Approximate duration: 40 mins

#	Activity	Lesson Content	Materials & Resources
1	<p>Minds On Activity: Choose one minds on activity to begin the lesson plan. Select from videos, books, images, quotes or challenges provided to introduce the skill or select your own activity of choice.</p>		<p>Videos and questions for reflection</p> <p>Book list</p> <p>Challenge options</p> <p>Prompt options</p> <p>If I knew I couldn't fail I would....</p> <p>I made a mistake but I learned...</p>
2	<p>Guiding Question and Discussion: Ask students what they thought the significance of the minds on activity was and conduct a discussion.</p>	<p>Think-pair-share</p> <p>Elbow buddies</p> <p>White boards</p> <p>Turn and talk</p> <p>Small group discussion</p> <p>Whole class discussion</p>	<p>White board</p> <p>Sticky notes</p> <p>Chart paper</p>
3	<p>Class Activity: Brainstorm as a class a collective definition of Resilience.</p> <p>Optional - Add relevant content missed from lesson content provided to complete the definition.</p>	<p>What is Resilience?</p> <p>Why does Resilience Matter? How Does it Help Us?</p> <p>Research Based Outcomes of Resilience</p>	

4	Skill Solidification: Show additional videos, books or activities as needed to solidify skill concept.		Videos and questions for reflection Book list Challenge options
4	Group reflection: Have students think of an example of a time when someone didn't use resilience. Have them reflect on how that situation affected them and the people around them. Then have them think of an example when someone has used resilience and how that experience was different.	Think-pair-share Elbow buddies White boards Turn and talk Small group discussion Whole class discussion	White board Sticky notes Chart paper
	Class challenge: Give students <i>What is Resilience</i> handout and class activity to complete		What is resilience? (Handout and Activity)

	<p>Lecture/Group Discussion: Select this month's activities designed to see resilience in action in themselves and others from the list provided.</p> <p>Activities can be customized to integrate with existing curriculum goals for the month (see curriculum connections in the list provided).</p> <p>Give students the Umbrella Hunt template</p> <p>Explain the requirements of this month's assignment to the class: Ask students to complete their Umbrella treasure hunt by finding different stories and examples of Resilience through the classroom activities you have selected for the month. Complete the first activity selected and record key words, reflections or images in stop one on the Umbrella Hunt template (additional activities can be completed throughout the month during class, as at home assignments and as curriculum connections)</p>	<p>How to Find Stories of Resilience</p> <p>Examples may be found through the range of multimedia and personal interactions they will have (potential sources include documentaries/movies, newspaper, magazines, novels, social media, websites, community events, school speakers, peers, personal stories, teachers, families, community members).</p>	<p>Umbrella Project: Resilience (parent resource)</p> <p>Umbrella Hunt</p>
6	<p>Wrap-Up and Questions: Start an anchor chart for this month's Umbrella Skill.</p>	<p>Exemplar</p>	

LEARNING SKILLS CHECK-IN (ASSESSMENT)

[Link to resource](#)

FOLLOW UP LEARNING ACTIVITIES

Approximate duration: 50 mins

#	Activity	Lesson Content	Materials & Resources
1	Recap: Reiterate the key points from the previous session and ask students if they have any questions/comments.		
2	Group activity: Ask students volunteer to share their favorite story from their Resilience Umbrella Hunt	Think-pair-share Elbow buddies White boards Turn and talk Small group discussion Whole class discussion	
3	Optional recognition: Select a student or group of students who have demonstrated Resilience this month to receive the Umbrella Resilience Award.		
3	Wrap-up: Revisit anchor chart and have students add any additional points they have gathered through the month.		Anchor chart
4	Umbrella Book creation: Create a duotang for each child with the parent skill handout and add their resilience Umbrella Hunt to the book for sharing with their family.		Parent Skill Handout

TEACHER SKILL REFERENCE

WHAT IS RESILIENCE?

Resilience is a skill and takes practice! Resilience is:

- The ability to become strong, healthy, or successful again after something bad happens
- Responding and adapting to adversity in healthy ways
- Bouncing back from hardship as a stronger, more resourceful person
- The ability to keep going in the face of challenges
- Dealing with disruptive life events in a way that provides us with additional coping skills that we didn't have prior to the event
- Adapting well to change and new situations

WHY DOES RESILIENCE MATTER? HOW DOES IT HELP US?

Why do some people get knocked down by life and come back stronger than ever? It's their resilience. Over time everyone will face a range of obstacles and difficulties; it's part of life. Resilience allows us to adapt or even feel stronger and happier after these times. It helps us to feel less like the victim of our own story and more like the hero.

When it comes to resilience, practicing helps. With every storm you successfully weather, your resilience gets a bit better and the more we do that, the stronger we get. The next time life is difficult, know that you become a bit more resilient with each challenge you face.

RESEARCH BASED OUTCOMES OF RESILIENCE

1. Helps us graduate from school
2. Allows us to see bad times as temporary
3. Prevents us from feeling like victims
4. Helps us to manage pressures positively
5. Improves life satisfaction
6. Increases our feelings of self worth
7. Leads to better health and wellbeing

HOW TO FIND STORIES OF RESILIENCE

Stories of resilience involve making it through hardships and tough times. You will often hear resilient people mention that they are stronger because of the difficulties they have faced. These stories are about getting back up after we fall down and trying again even if things didn't go well the first time. They are also about being able to adapt to new situations and looking on the bright side. Stories of resilience are about how we get through tough times even when we are sad, angry, scared or frustrated. Being resilient is not about avoiding or not having those feelings. In fact, the deeper our feelings, the more resilience we can build.

Themes:

- Bouncing back from difficulty
- Building strength and courage through tough times
- Learning from failure
- Adapting well to change
- Looking on the bright side

EXAMPLES OF STORIES ABOUT RESILIENCE

VIDEOS

***Please Note - The Umbrella Project is being used with a range of different classrooms. The videos have been selected to demonstrate both examples of the rain of life and the use of the umbrella skills and because of this, can touch on mature themes. Each classroom is unique, so please use your own judgement to select the videos that will best teach the skills to your class.*

1. Overcoming challenges - Hannah Jordan - Tulsa Soul Cycle (Grit, Resilience)

<https://www.greatbigstory.com/stories/tulsa-soul-cyclist>

2. Inspirational video from Ashanteorganization

<https://youtu.be/mFMapVqlbuE>

3. Resilience in Kids Created by First to Draw

<https://youtu.be/HYsRGe0tfZc>

4. Solving Problems – Building Resilience with Hunter and Eve

<https://youtu.be/Sd9MZdB1ItU>

5. 'Boundin' short film by Pixar ** Recommended video

<https://youtu.be/7WYr4AqRweY>

BOOKS

The Hugging Tree: A Story about Resiliency – Jill Neimark

Bounce Back: A book about Resilience – Cheri Meiners

Step forward with Problem Solving – Shannon Welbourn

SUGGESTED DISCUSSION QUESTIONS TO ACCOMPANY STORIES:

- a. What happened in the video or book? What did you notice?
- b. What did you like in the video or book?
- c. The umbrella skills help you get through life's rain and take on new challenges. Was there some rain in this person's life? What did they do to get through the tough time?
- d. Did you notice any other umbrella skills in this video?

MINDS ON CHALLENGES

Minds On Activity #1

Have students reflect on and write about their most important values. The research shows that doing so improves our response to social exclusion.

Minds On Activity #2

Instruct students to describe their best possible self as an adult.

Questions for reflection during this activity: What do you do for a job? How do you treat your friends? What is your family like? What do you do for fun? What kind of person are you? What are your strongest coping skills?

QUOTES/IMAGES FOR REFLECTION

“They tried to bury me but didn’t know that I’m a seed.”

– Mexican proverb

“You may have to fight a battle more than once to win it.”

– Margaret Thatcher

“Do not judge me by my success, judge me by how many times I fell down and got back up again.”

– Nelson Mandela

“She stood in the storm and when the wind did not blow her way, she adjusted her sails.”

– Elizabeth Edwards

“I can be changed by what happens to me. But I refuse to be reduced by it.”

– Maya Angelou

APPENDIX A: HANDOUTS

APPENDIX 1: UMBRELLA PROJECT PARENT RESOURCE (RESILIENCE)

[Link to resource](#)

APPENDIX 2: WHAT IS RESILIENCE? CLASS ACTIVITY

[Link to resource](#)

APPENDIX 3: UMBRELLA HUNT

[Link to resource](#)

THE UMBRELLA PROJECT: RESILIENCE

WHAT IS RESILIENCE?

Resilience is a skill and takes practice! Resilience is:

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WHY DOES RESILIENCE MATTER? HOW DOES IT HELP US?

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When it comes to resilience, practicing helps. With every storm you successfully weather, your resilience gets a bit better and the more we do that, the stronger we get. The next time life is difficult, know that you become a bit more resilient with each challenge you face.

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HOW TO MAKE YOUR STORY ONE OF RESILIENCE

Stories of resilience involve making it through hardships and tough times. You will often hear resilient people mention that they are stronger because of the difficulties they have faced. These stories are about getting back up after we fall down and trying again even if things didn't go well the first time. They are also about being able to adapt to new situations and looking on the bright side. Stories of resilience are about how we get through tough times even when we are sad, angry, scared or frustrated. Being resilient is not about avoiding or not having those feelings. In fact, the deeper our feelings, the more resilience we can build.

Themes:

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- Learning from failure
- Adapting well to change
- Looking on the bright side

“They tried to bury me, but didn't know that I'm a seed” – Mexican proverb



WHAT IS RESILIENCE?

RESILIENCE IS A SKILL AND TAKES PRACTICE!

RESILIENCE IS:

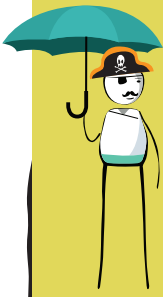
- Bouncing back to yourself after challenges
- Finding healthy ways to deal with our struggles
- Getting stronger and learning from tough times
- Asking for help when we need it

UMBRELLA CLASS CHALLENGE

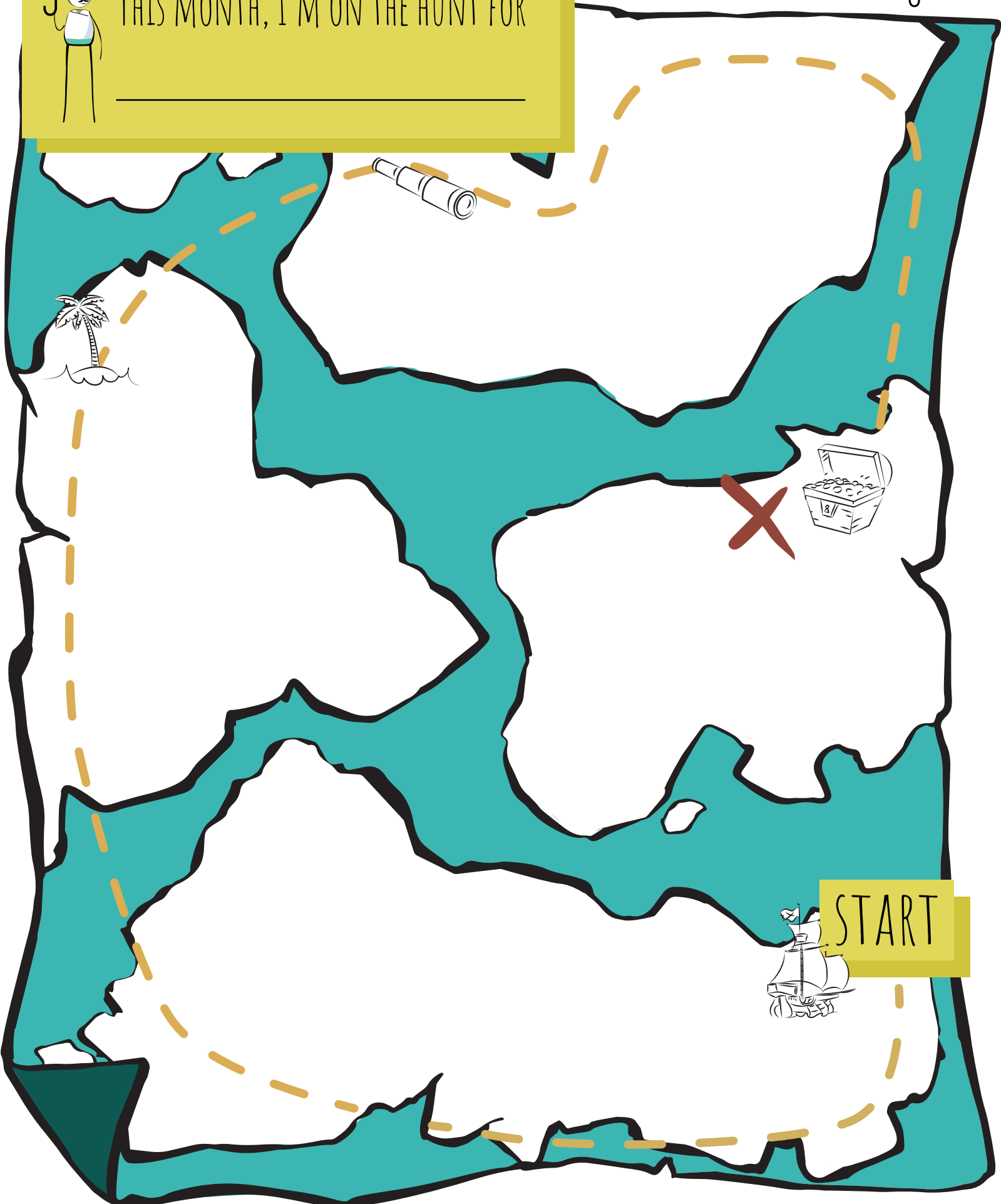
To bounce back from challenges we need to learn how to calm ourselves down. What makes you feel calm when you are upset? Is it petting your dog, getting a hug, listening to music or something else? Share your answers with your class and make a list for your classroom. Next time you feel upset, try something on the list.



Did you know that hearing stories about other people being resilient makes us more resilient? Next time you see someone bounce back from a tough time, say thank you! They just made you more resilient too!



THIS MONTH, I'M ON THE HUNT FOR



START

APPENDIX B: ADDITIONAL RESOURCES

ACTIVITIES TO ACCOMPANY UMBRELLA HUNT

[Link to resource](#)

ANCHOR CHART EXEMPLAR

[Link to resource](#)

OPTIONS FOR STUDENT RECOGNITION

[Link to resource](#)

UMBRELLA AWARD TEMPLATE

[Link to resource](#)

UMBRELLA HUNT EXEMPLAR

[Link to resource](#)