

LESSON PLAN <i>Resilience</i> (30-45 Minute Lesson) Date:	
<p>NY State Literacy 6-12 Anchor Standard for Reading 7: Integrate and evaluate content presented in diverse media and formats, including across multiple texts.</p> <p>What Students Should Be Able To Do, Know, Understand, Accomplish At End of Lesson/Goals:</p> <ul style="list-style-type: none"> Define 5 relevant vocabulary words (e.g. vulnerable, adaptation, resilient, optimism, flexibility) Consider the question: How Do I Get Through Tough Times? 	
<p>Teacher Prep:</p> <ul style="list-style-type: none"> Read accompanying article: Resilience for Teens Watch Video: Time to Tap Into Your Superpower Presentation should include 5 related vocabulary words/key words 	
<p>Materials Needed:</p> <ul style="list-style-type: none"> Time to Tap Into Your Superpower on Vimeo.com This Lesson Planning Sheet Access to Resilience for Teens 	
<p>Opening:</p> <ul style="list-style-type: none"> Introduce Coach John Avritt and read his commentary <ul style="list-style-type: none"> https://www.my-robin.com/our-coaches/john-avritt/ "Adversity does not discriminate. Adversity happens to us all. So what's the answer? How do we get through all of this and come out stronger? We get to work, perfecting skills you probably already have but didn't even know it." - Coach John Watch Video <i>Time to Tap Into Your Superpower</i> together as class <ul style="list-style-type: none"> https://vimeo.com/518420072 (3 minutes) 	<p><u>Time:</u> 4-5 min.</p>
<p>Reading Prompt: Resilience for Teens</p>	<p>5 min.</p>
<p>Writing Prompt: Discussion Questions (give the students 10-15 minutes to write down answers)</p> <ul style="list-style-type: none"> Prompt A: What's the biggest challenge you ever faced? Make sure your answer has a beginning, a middle, and an end. What did facing that challenge teach you? What challenges do you expect to face in the future? Prompt B: Reflect on a time you failed. What was the outcome? How did you cope with that failure? What did you learn from that failure? 	<p>10-15 min.</p>
<p>Group Activities:</p> <ul style="list-style-type: none"> Divide students into small groups of 3-4. Have each group share their stories and how they coped with their challenge or failure. Ask them to collaborate to generate a resilience plan based on the reading prompt. Which skills or resources do they currently have and which do they need to practice? 	<p>5-10 min.</p>

Robin

Closing:

- Ask some students and groups to share their resilience plans with the class.
- Close the conversation.

5-10
min.