



## Sample Lesson Plan

### Resilience



#### Grade Level

Middle School

#### Video Segment

[connectwithkids.com/our-work/stories-that-inspire/](http://connectwithkids.com/our-work/stories-that-inspire/)

#### Discussion Questions

1. What is resilience? Is it learned or are you born with it? Explain your answer.
2. How does Heather, featured in the video segment, embody resilience?
3. Why is resilience essential in life? How do you demonstrate resilience?

#### Essential Question

How can a person develop resilience?

#### Activity

Please scroll down to page 2.

## Activity

### Quote Me: What Do I Have to Say About Resilience?

#### Materials

- Resiliency quotations: write/print on a separate papers/index cards or distribute worksheets
- Chart paper or poster board
- Markers

#### Activity Guidelines

1. Talk about some of the things Heather, the students, and adults said in the video. Examples: "That's who I am." "It's what we do with it [challenges] that makes a difference." "It doesn't matter whose fault it is. It's something you just accept and it's okay." How do these phrases exemplify resilience?
2. Divide students into five (5) groups and give each group one of the resiliency quotations. They will work as a group to prepare a visual representation of the quotation that is based on the following:
  - The most important words in the quotation
  - The message of the quotation
  - How the quotation applies to their own lives
  - Any other thoughts/feelings of the group about the quotation
3. The groups should determine how to present their visual to the class.

#### Quotations

Teachers are welcome to find other appropriate quotations for this activity:

- *"Two things define you: your patience when you have nothing and your attitude when you have everything."* – Unknown
- *"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself."* – Anna Quindlen, author and journalist
- *"Why fit in when you were born to stand out?"* – Dr. Seuss
- *"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that is good."* – Elizabeth Edwards, American attorney, author and a health care activist
- *"The next time the world tells you 'Stop,' 'Don't,' or 'You can't do this,' the next time the world beats the living daylight out of you, hit it back with a knock just as strong and say, 'No, I want to do this.'"* – Joud Tabaza, teen author of **No, I Want To Do This**

#### Conclusion

Post the student visuals and review how they, too, can develop resilience. If they were being quoted about resilience, what would they say about their own resilience and challenges?

## **Resiliency Quotation**

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