



Lesson Plan

Resilience

Resilience – Finding your strengths

Purpose:

To discover personal values and understand how they can be used to develop resilience.

Student Success Criteria:

I can identify my own and others' values (and explain how they can help me be resilient).

Time:

30 – 45 minutes

Introduction:

In this lesson, students will think about and identify their own and others' core values and reflect upon how they can use their values to be resilient when faced with challenging situations.

Values

Our values are what influence how we think, feel and act. Often, they also shape the positive qualities of ourselves which can also be viewed as our "strengths".

When we discover what our values are, it can help us understand the positive aspects of ourselves. Knowing our positive qualities then helps us to be resilient when things become challenging. During tough situations understanding our values and strengths help us know why we think and feel the way we do, which then means we can make more positive choices to get through challenges.

Activity:

Values are important in helping understand who we are, Dream Seeds have come up with some core values below. Definitions for these values are attached, if your class/school have some important values you can add them to your lesson.

Creativity	Respect	Wisdom	Trust	Ambition	Fulfilling my potential
Caring	Optimism	Love	Resilience	Determination	Honesty
Teamwork	Fairness	Leadership	Forgiveness	Modesty	Individuality
Compassion	Gratitude	Loyalty	Initiative	Empathy	Confidence

1. Class brainstorm introduction – what are values?

Ask students 'what are values' and to provide some examples of what they think values are. Provide students the definition of values:

the things that influence the way we think, feel and act.



Lesson Plan

Resilience

Ask students: can you think of examples of positive qualities that are in our class? Create a list of these strengths.

*Brainstorms and class discussions can be facilitated in a number of ways. Online learning tools such as Padlet, NearPod, SeeSaw and shared documents (Google, OneDrive) are great for facilitating an interactive and engaging class brainstorm.

2. Distribute the values and their definitions attached. You can discuss these as a class or in smaller groups.

3. Provide students with the star cut-out attached. Instruct students to write their name in the middle.

4. Individually get students to pick the top 5 values that they connect with most and write them on their star.

Discussion the following questions:

- *What values sound like you?*
- *What values match the way you think about things?*
- *What values would your friends say sound like you?*

5. Get students to move around and write the values they think each other have on their star.

6. Collect all of the stars and display them in the classroom as the “class values”.

Concluding reflection:

If you have time or for a future session: use the values display as a discussion point for developing resilience, emphasising that these values shape our personal strengths and positive qualities.

Discussion the following questions:

- *How can these values help us be resilient?*
- *How can we use our values when things get tough?*
- *How can we help others use their values when things get tough for them?*

Prepared by Annika Miesen, July 2020



<p>CREATIVITY</p> <p>The use of imagination or original ideas to create something</p>	<p>RESPECT</p> <p>A feeling of deep admiration for someone or something because of their/its impressive qualities</p>	<p>WISDOM</p> <p>The quality to use your experience to make better choices in the future</p>	<p>TRUST</p> <p>A strong belief in reliability and truthfulness in yourself and others</p>	<p>AMBITION</p> <p>Determination to achieve something</p>	<p>FULFILLING MY POTENTIAL</p> <p>Being the best version of yourself</p>
<p>CARING</p> <p>Displaying kindness and concern for others</p>	<p>OPTIMISM</p> <p>Looking forward to positive goals and outcomes</p>	<p>LOVE</p> <p>An intense feeling of deep affection</p>	<p>RESILIENCE</p> <p>The ability to bounce back in the face of challenges</p>	<p>DETERMINATION</p> <p>The will power to overcome obstacles</p>	<p>HONESTY</p> <p>Being true to yourself and others</p>
<p>TEAMWORK</p> <p>Acting as a group, effectively and efficiently</p>	<p>FAIRNESS</p> <p>Creating equal balance between certain judgements</p>	<p>LEADERSHIP</p> <p>The ability to influence and lead others</p>	<p>FORGIVENESS</p> <p>Ability to accept apologies and move forward</p>	<p>MODESTY</p> <p>The quality of not being too proud or confident about yourself or your abilities</p>	<p>INDIVIDUALITY</p> <p>Being yourself</p>
<p>COMPASSION</p> <p>The ability to have empathy and have a need to help and love others</p>	<p>GRATITUDE</p> <p>The ability to be thankful and show appreciation</p>	<p>LOYALTY</p> <p>A devotion to friends or cause</p>	<p>INITIATIVE</p> <p>The ability to take action without being told</p>	<p>EMPATHY</p> <p>The ability to understand and share the feelings of another</p>	<p>CONFIDENCE</p> <p>Believing in yourself and your decisions</p>

