

TEACH YOUR STUDENTS HOW TO DEVELOP RESILIENCE!



CHARACTER EDUCATION: RESILIENCE



- ➡ **NO PREP, READY TO GO**
- ➡ **16 SLIDE POWERPOINT**
- ➡ **9 PRINTABLE ACTIVITIES**
- ➡ **WHOLE OR SMALL GROUP**
- ➡ **MODERN DAY SCENARIOS**
- ➡ **24 DISCUSSION CARDS**



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Young people in this day and age seem to be struggling with resilience and grit more than ever before. Help them learn strategies to develop these qualities so that they can endure the inevitable struggles that life will bring. Guide your students to live their best lives!

On July 30, 2018, Lauren N. said:

Thank you for putting this together. I can't wait to use this with my students this year as a part of a year-long growth mindset curriculum.

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

BELL RINGER: DISCUSSION POINT

THE GREATEST
GLORY IN LIVING
LIES NOT IN NEVER
FALLING, BUT IN
RISING EVERY TIME
WE FALL.

Still not sure?

Think about this: we will all go through hard times in life. Think about a time when life got hard and you "fell" or "hit rock bottom", what did you do? Did you pick yourself back up or did you stay down and "f" up? What do you think feels better and makes you a stronger person, and why?

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STARTER ACT

We all experience change, failure, loss and setbacks at some time in our lives and we need to find ways to work through those inevitable challenging times.

In groups, write on some sticky notes common problems that you deal with as a teenager, and put a possible coping mechanism / reactions to these problems, and stick them on the board.

*Problems



RESILIENCE

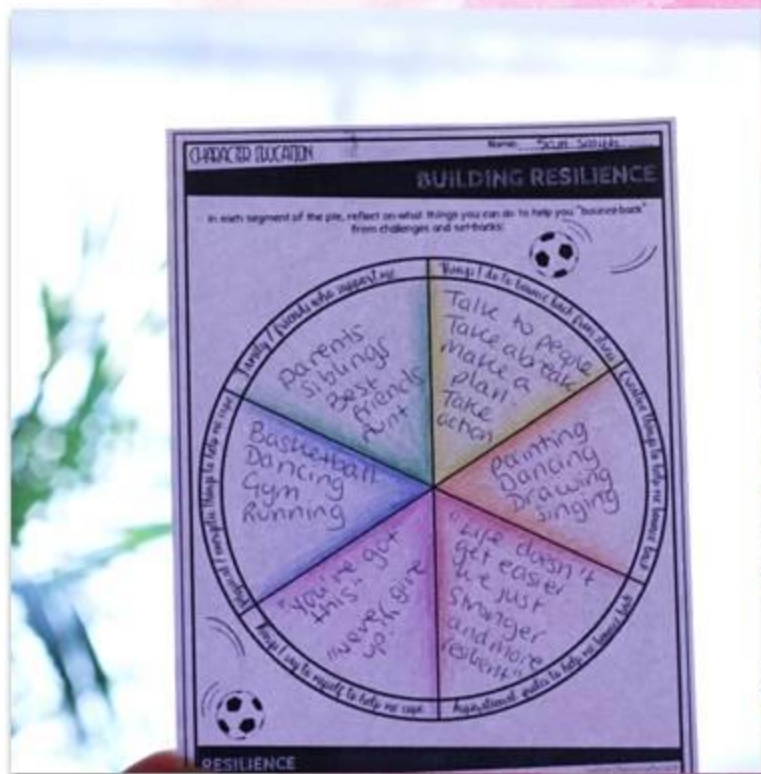
On October 19, 2017, Kate B. said:

Great lessons for my social skills groups - it's hard to find age-appropriate lessons for my highschool kids so this is great!!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0



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On May 25, 2018, Karla B. said:

I love this!! Resilience was the last quality I taught my students about during our **Growth Mindset Monday** time!! Thank you!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

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SIGNS OF LOW RESILIENCE

What are the signs of people with low resilience?

- Victim mentality
- Slow to recover from setbacks
- Avoid dealing with the situation
- Blame others instead of taking action
- Make excuses instead of taking action
- Dwell on problems for a long time
- Easily overwhelmed when facing difficulties
- Use unhealthy coping mechanisms to deal with challenges

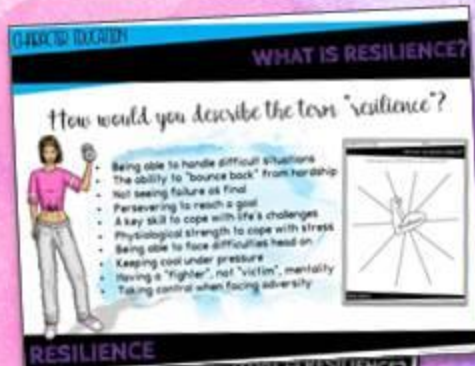


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On December 5, 2017, Sunflowers and Sped (TpT Seller) said:

Great price, great product! I am loving your products, I use them in my **study skills** classes and the **kids love them**. Thank you for sharing them here.

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
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Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0



Are you noticing your students giving up easily? Are they showing that they are afraid of failure? Give them the tools to develop grit with this ready to go resource and help them understand what resilience is and how to develop it within themselves.

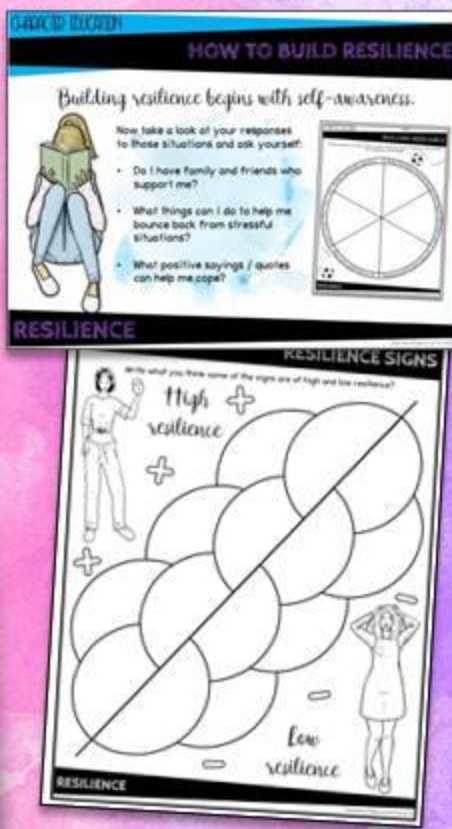


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Giving your students an opportunity to talk and learn about resilience is a powerful thing. This resource sparks some deep conversation that helps your students recognize the significance of this quality and how they can develop grit and overcome struggles!



On December 7, 2017, Allison B. said:
This is a very creative way to reach a variety of ages with topics all students of today need to explore. As a teacher of 15 years, the last 2 at an alternative school, and a graduate student in school counseling, I would say this is an excellent for a centered, well-rounded student and great for counselors and teachers alike!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0



On August 13, 2018, Claire S. said:
This pack is excellent. I'm hoping to buy your empathy one too when we cover bullying in our health lessons. Really well put together with lots of engaging activities. Thank you!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
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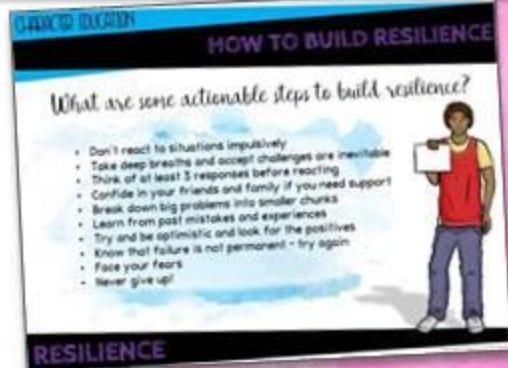
<p>1</p> <p>How would you describe resilience?</p>	<p>2</p> <p>What is the difference between resilience and confidence?</p>
<p>3</p> <p>How can you tell if someone is very resilient?</p>	<p>4</p> <p>How can you tell if someone is not very resilient?</p>
<p>5</p> <p>Where does resilience come from? How do you get it?</p>	<p>6</p> <p>Why are some people more resilient than others?</p>
<p>7</p> <p>Why is it important to</p>	<p>8</p> <p>What can cause your</p>



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On September 25, 2018, Margarita M. said:
This is one of my go-to resources. It is very clearly written, has lots of examples, and the worksheets are well designed. Thank you for preparing and sharing this excellent resource!

Total: ★★★★★ 4.0
Clarity: ★★★★★ 4.0
Creativity: ★★★★★ 4.0
Thoroughness: ★★★★★ 4.0
Practicality: ★★★★★ 4.0
Accuracy: ★★★★★ 4.0
Overall Quality: ★★★★★ 4.0



On June 22, 2018, Nicole P. said:
This was a great resource!! Worksheets were very helpful and I was able to use this with a younger group than recommended.

Total: ★★★★★ 4.0
Clarity: ★★★★★ 4.0
Creativity: ★★★★★ 4.0
Thoroughness: ★★★★★ 4.0
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Accuracy: ★★★★★ 4.0
Overall Quality: ★★★★★ 4.0

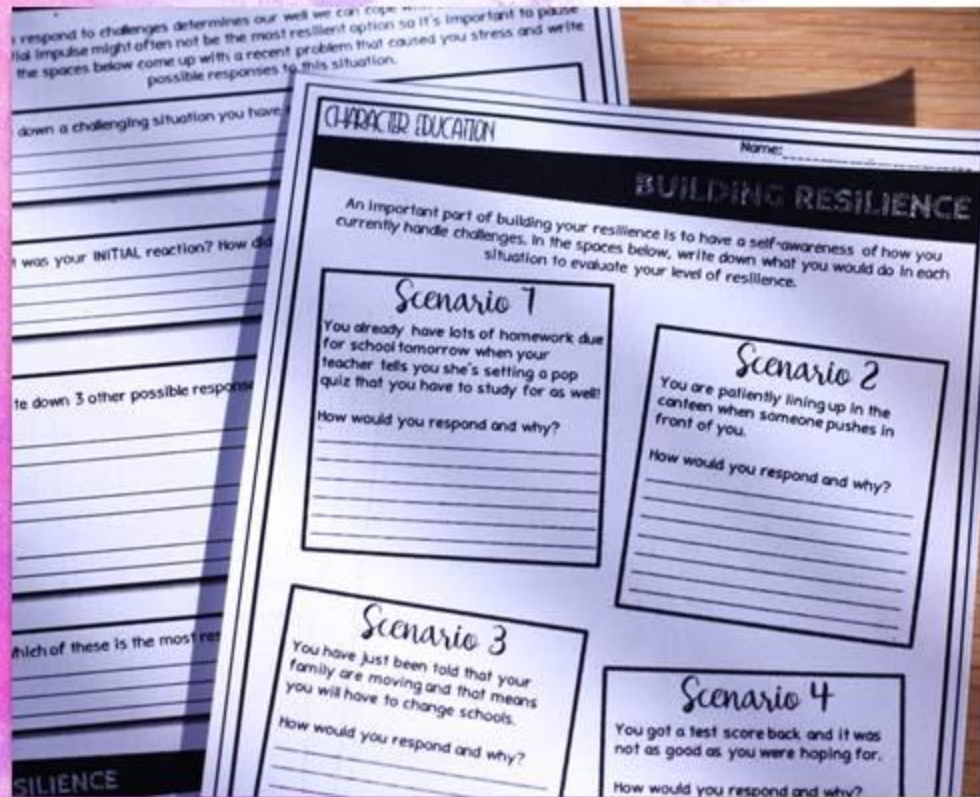


Facts 'n' Stats

This resource is ready to teach. It can be used in whole and small group or even individually. There is a PowerPoint with interactive features and discussion points, with printable activities if you choose to use them. It suits a wide range of ages and learning styles!



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I have used this resource with students from ages 11-15 (and let's be honest, some of us could benefit from it too!). We all go through challenges and face adversity, and our success in overcoming them boils down to resilience. This resource will guide your students to learn how to develop resilience within themselves. There are a range of methods to try, as one size does not fit all! Be the change.

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BUILDING RESILIENCE

In each segment of the pie reflect on what things you can do to help you "bounce back" from challenges and setbacks.

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HOMEWORK: RESILIENCE ANALYSIS

Match a character to a resilience strategy and analyze the character's resilience. Use the character's name or the resilience strategy to help you.

Character (if name)	Kind of resilience	Character that suggest this kind of resilience	What happens in the character's story?	How do you find the character is resilient? Why?	Suggestions for the character to become a resilient person.

RESILIENCE

On July 26, 2018, Kirstin C. said:
I use this as a **counselor** with my high school students I work with in the summer. The **format is great** in these lessons!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
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WHAT AFFECTS SELF-ESTEEM?

Which circumstances do we demonstrate our resilience?

- Dealing with change
- Coping with a physical illness
- Family issues, like divorce
- Conflict with friends
- School workload
- Set backs or failures

But does everyone respond to these situations in the same way? Why do you think that is?

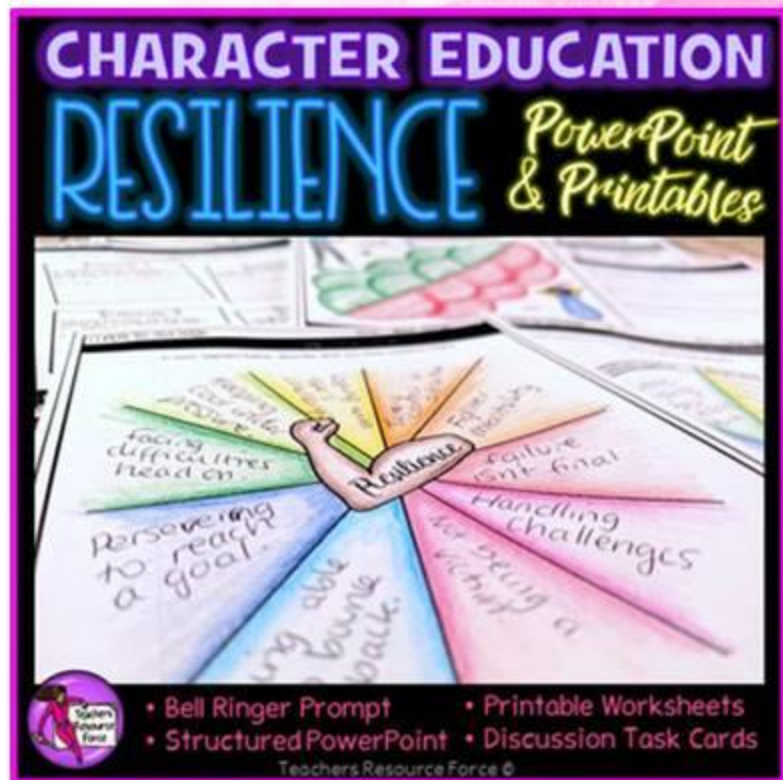
RESILIENCE

On November 19, 2018, Noelle H. said:
Great resource for my college **Autism** program! Helped us during our **mental health** unit!

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