

Lesson Plan: Strength in Resilience

Grade Level: 5th Grade

Duration: 30 minutes

CASEL Competencies: Self-awareness, Self-management

DESSA Subgroups: Goal-Directed Behavior, Personal Responsibility

Lesson Objectives:

Understand the concept of resilience and its importance in overcoming challenges.
Develop strategies to build resilience through positive thinking and problem-solving skills.
Reflect on personal experiences of resilience and learn from them.

Materials Needed:

Interactive whiteboard
Resilience Role-Play cards depicting various challenging scenarios
My Resilience Journal worksheets for individual reflection

1: Introduction to Resilience (5 minutes)

Teacher Script:

Good morning, class! Today we're going to talk about resilience. Resilience is our ability to bounce back from difficulties and keep going even when things are tough. Why do you think being resilient is important?

Discussion Questions:

What does resilience mean to you?

Possible Answer: It means not giving up even when something is hard.

Can you think of a time when you had to be resilient?

Possible Answer: When I kept trying to learn how to ride a bike even though I fell a few times.

2: Building Resilience (7 minutes)

Teacher Script:

Being resilient doesn't just happen; it's something we can build and strengthen over time. Let's explore how we can develop our resilience.

Activity:

Distribute Resilience Role-Play cards. Students in pairs act out the scenario and discuss resilience strategies.

Discussion Questions:

What are some ways to stay positive when faced with a challenge?

Possible Answer: Think about what I can learn from the situation or remember times I succeeded before.

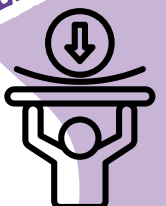
How can asking for help be a sign of resilience?

Possible Answer: It shows you're smart enough to know when you need support and strong enough to seek it.



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I AM CAPABLE
I AM RESILIENT**



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3: Resilience in Action (10 minutes)

Teacher Script:

Let's look at how resilience can help us in real-life situations. Knowing how to face challenges is an important skill for school and life.

Activity:

Role-play continuation with scenario cards focusing on resolution through resilience strategies discussed.

Discussion Questions:

Why is it important to keep trying even when things are difficult?

Possible Answer: Because eventually, you can overcome the challenge and learn from it.

What can you say to yourself when you feel like giving up?

Possible Answer: I can do this, I just need to keep going or try a different way.

4: Reflecting on Our Resilience (8 minutes)

Teacher Script:

Being resilient also means learning from our experiences. Let's take some time to reflect on our own stories of resilience and what we've learned from them.

Activity:

Students fill out My Resilience Journal, noting personal experiences where they showed resilience and what outcomes were achieved.

Discussion Questions:

How has being resilient helped you in the past?

Possible Answer: It helped me get better at math because I didn't give up when it was hard.

What is one new way you can show resilience in the future?

Possible Answer: By trying to solve problems in different ways if my first idea doesn't work.

Closure (5 minutes):

Review the importance of resilience and encourage students to apply these strategies daily to become stronger in the face of challenges.

Teacher Script:

Excellent work today, everyone! Remember, every challenge is a chance to grow our resilience. Keep using the strategies we practiced, and don't be afraid to face difficulties with a brave and open heart. Let's be resilient not just in school, but in all areas of our lives!



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