

The Importance of Resiliency: Classroom Lesson Plan

Lesson Topic:

The Importance of Resiliency

Lesson Objective:

Students will be able to define resiliency and identify its importance across a variety of situations.

Materials:

- Copies of Vocabulary Word List
- Chart paper
- Dictionaries
- Blank paper
- Writing utensils
- Projector or other method to watch the movie

Advanced Preparation:

- [Preview the video](#) before sharing it with your students [1:53].
- Divide a piece of chart paper into three columns.
- Make copies of Vocabulary Word List.

Warm-up Activity:

1. Introduce the term resiliency. Write the word on a piece of chart paper divided into three columns. Ask students if they know the

meaning of resiliency. Write students' ideas and guesses in the left column of the paper.

2. Introduce the **Vocabulary Word List** from the video. Have students circle the terms they are familiar with and look up the definitions of those they are not familiar with. Direct students to record their own definitions for the words they are familiar with and the dictionary definitions for those they are not.
3. For each term, have students work together to generate sentences or draw pictures that demonstrate their understanding of the vocabulary word in context (e.g., "Jackie Robinson overcame great *challenges* and was able to break the color barrier in major league baseball," or, "I face *challenges* every day in geometry class while I am solving math problems." For students that choose to draw pictures, the word *challenge* may be represented by many things including a maze, a difficult math problem, or friends having a disagreement.).
4. Use this opportunity to clear up any misconceptions regarding word meanings as they relate to resiliency.

View the Video: "The Importance of Resiliency"

1. Tell students they will be watching the video titled, "The Importance of Resiliency".
2. Explain that the video presents role models talking about developing resiliency and its importance in their lives and careers.
3. Help students understand that having resiliency means not giving up, even when it is difficult, and continuing to try to achieve your goals. Ensure that students understand that resiliency isn't only a skill for the classroom or workplace but can also help them in other areas of their lives (e.g., at home, with friends, etc.).

4. View the video together and have students listen for the role models to use the vocabulary words they just reviewed.
5. View the video again; this time, invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions and responses to the video.
2. Review the students' ideas about the meaning of resiliency from the warm-up activity.
3. Invite students to note specific things they noticed in the video about the meaning of the word resiliency (e.g., "One leader said that resiliency comes from doing the hard thing. I think resiliency isn't easy to develop. You have to just keep going and trying."). Add these ideas to the middle column of the chart paper from the warm-up activity.
4. Guide students in coming to a group definition for the word resiliency. Write the agreed upon definition in the right-hand column of the chart paper from the warm-up activity.



Extension Activities:

Use the “Related Questions to Explore” as discussion springboards or writing prompts to help students further explore resiliency.

Related Questions to Explore:

- Think of someone you know who is resilient. How do you know they are resilient? Can you think of any example situations that show this person’s resilience?
- What qualities make this person resilient?
- Give examples from your life of times that you have been resilient. How did resiliency help you?
- What are specific ways that someone can develop resiliency? Give examples.
- One role model said that you have to build up a tolerance for resiliency. Could someone be born resilient? Explain your answer.
- Do all careers require resilience? Do some careers require more resilience than others? Explain your answer.
- Are you more or less resilient than you were last year? How do you know?



Vocabulary Word List from "The Importance of Resiliency" Video:

Task

Achieve

Persevere

Challenge

Risk

Accomplish

Tolerance

Ideas for Future Lessons/Activities Related to Resiliency:

1. What Do I Need to Do to Be Resilient? Exploring and Understanding Resiliency Qualities
2. Literature-Based Learning: Reading, Responding to, and Identifying Resiliency in the Autobiographies and Memoirs of Famous Females
3. Conducting and Recording Interviews about Resiliency with Real Life Inspiring Women
4. Women Who Have Overcome Challenges: Researching the Role of Resiliency in Various Careers
5. Resiliency in Cinema: *The Pursuit of Happyness*, *It's a Wonderful Life*, and *Contact*
6. Generating a Resiliency Mindset: Practicing Resiliency Language and Actions
7. What Would You Do? Challenging Resiliency Scenarios for Students to Imagine and Discuss