

Building Resilience

This lesson is all about trying not to let the 'bad' things people say affect the kids. They might have a place in their room where they keep a note with the positive things people have written or said about them. This way when they are upset they can look at it and think of what is so wonderful about them.

LESSON 1

1. You will need (for each child):
 - a. 2 small pieces of paper
 - b. A pencil
 - c. A reminder to each child that when they are sharing stories they are not to use names.
2. Play the video and pause as needed.
3. The video encourages classroom conversation, however if students don't feel like sharing their stories don't pressure them.
4. Make sure if the students do want to tell stories of friendship that they don't use names (especially when talking about not so good friends).

After video discussion and activities:

- The video discussions that when people say mean things to us, it stays with us 'just like the crumpled paper'.

- Ask them to think more about what nice things people have said about them and write this on a poster. This could be displayed in the room.
- On the back of that poster ask children to write down what nice things they have said about other people.
- Sharing circle of positive things they would like to say about other people in the class.
- Ask students to trace their hands and cut them out. Write their name on the palm. The hand then gets passed around the class and on each finger students write something nice about that person.