



## Resource Guide

### Building Resilience

### Lesson Plan: Resilient Heroes

#### Project

Students will examine the life of a famous or historical person in terms of the Seven Resiliencies, adapted from Project Resilience.

#### Objectives

Students will understand the Seven Resiliencies, select and research the life of a famous historical person and analyze his or her accomplishments in terms of the Seven Resiliencies and apply the Seven Resiliencies to their own lives.

#### Materials

- *The Seven Resiliencies* handout
- *Resiliency Worksheet*
- Access to research tools (media center, Internet, etc.)
- Paper, pens, pencils

#### Procedure

1. Distribute and discuss *The Seven Resiliencies* handout. Ask students for examples of how a person shows the strengths on the list.
2. Ask the class: *We often think of heroes as people who show great resilience. Can you think of anybody in history, anyone famous, or even anyone you know who has shown great resilience in the face of great challenges? Keep a list of student responses on the board.* You might offer the following additional examples: Gloria Estefan, Oprah Winfrey, Lance Armstrong, Helen Keller, Annie Sullivan, President Teddy Roosevelt, Thomas Edison, Harriet Tubman.
3. Ask students to select a name from the list, or identify another hero to study.
4. Distribute the Resiliency Worksheet and explain: *Use this worksheet to analyze your selected person's life and accomplishments in terms of the Seven Resiliencies. Consider the following questions: How did he/she demonstrate some of the resiliencies? Did he/she have many of the strengths? Which was strongest? What did this person do or say to illustrate, or prove to you, that he or she demonstrated a resiliency?*
5. Allow time for students to use research materials to locate information. When they have completed their worksheets, gather as a class and share.
6. When everyone has had a chance to share, have them write a response to the following question: *Which of the Seven Resiliencies do you think you have? How have you demonstrated any or all of them in your life?* (Note: This can be a journal or homework assignment.) Decide if this will be shared with others or not.
7. Wrap up the activity by asking: *How are we all resilient at one time or another? How can we keep ourselves resilient so we can feel like we are secure throughout life?*

#### Evaluation

- Did students understand the Seven Resiliencies?
- Did each student complete the assignment on a famous person?
- Did each student describe his/her own resiliencies?



## THE SEVEN RESILIENCIES

(Adapted from Project Resilience by Steven and Sybil Wolin)

The following seven attributes describe ways you can show resiliency when facing challenges. Keep in mind that you—like most people—may show some, but not all, of these attributes/strengths when faced with difficult situations.

### INSIGHT

Having *insight* means asking questions of yourself, even when the questions are difficult. If you answer honestly, you can learn and move forward. Having insight helps you understand the problem and how to best solve it. Insight helps you analyze the situation from as many perspectives as you can.

### INDEPENDENCE

Showing *independence* means keeping a healthy distance between yourself and other people so you can think things through and do what is best for you. It also means knowing how to step away from people who seem to cause trouble or make things worse by their words or actions.

### RELATIONSHIPS

Building *relationships* means finding connections with people that are healthy for both of you and keeping those relationships growing.

### INITIATIVE

Taking the *initiative* means taking control of the problem and working to solve it. It means asking questions of yourself and answering them as honestly as you can, so you can move past a sticky situation. Sometimes people who take initiative become the leader in activities and teamwork.

### CREATIVITY

Using *creativity* requires that you use your imagination or resourcefulness to express your feelings, thoughts and plans in some unique way. Remember that when you make something happen, it shows resiliency of spirit and a positive attitude.

### HUMOR

*Humor* is the ability to find something funny in a situation, even when things seem really bad. Humor often gives you the perspective needed to relieve tension and make the situation better.

### MORALITY

Being a person of *morality* means knowing the difference between right and wrong and being willing to choose and stand up for what is right.

Source: *Project Resilience*



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## RESILIENCY WORKSHEET

Name of famous "hero" \_\_\_\_\_

In the boxes below, describe how your chosen "hero" demonstrates or demonstrated any of the seven resiliencies listed.

Insight

Independence

Relationships

Initiative

Creativity

Humor

Morality