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Rewards of Resilience

Learning Targets

- Learn the vocab word resilience
- Create a resilience toolkit for self, class, school or family

Standards

- UN SDG 3 – Good Health and Well-Being
- NFTE Mindsets – Flexibility & Adaptability; Initiative & Self Reliance

Time Commitment

- 20-30 minutes

Age Range

- 2nd grade and up

Sometimes life can get hard, but we can do hard things! Successful people use tools and strategies to help them manage emotions when they experience difficult situations. More often we see kids who don't yet have those tools and skills to bounce back, accept change and manage complex emotions.

Teachers and parents know that when kids are experiencing tough emotions, they cannot process new information and learn. Thus, resilience has become something schools are expected to teach and offer opportunities for students practice. Unfortunately, resilience isn't something we can just make students understand, they must experience it. That's where Project Heart can help! Helping others and giving back (philanthropy!) are part of a resilience toolkit. Help your students build their own resilience toolkits with this *Project Heart Beats*!

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Use your time and talents to build a resilience toolkit, then reap the rewards of being able to bounce back when life is getting you down.

First, you must learn about resilience. What does it mean to be resilient? What are some habits and strategies you should practice? How do these habits and strategies add up to tools you can use daily or weekly?

Once you understand what resilience looks like in your life, how can you explain that to a friend, teacher or trusted adult? What are some tools you use to identify emotions and move through them? How do you help others? Do you focus on your breathing? How do you take time for yourself? Do you focus on your strengths and develop new strengths? Have you learned new words to help you explain what you're feeling?

Now that you have built a toolkit, how will you use your time and talents to help others with their toolkit? Is there something you can do for a classmate, for your classroom, for your school? How can you share everything you've learned in a way that impacts others? You don't have to do this alone, there are likely classmates who have similar tools and want to help you spread the word.

Helpful websites could be

- Wellbeing For Children: Resilience video https://youtu.be/zeu9X88g8DE
- kidshelpline activities (ages 5-12) https://kidshelpline.com.au/kids
- kidshelpline video (ages 13-17) https://kidshelpline.com.au/teens
- Deep dive into exercises and creating a plan https://positivepsychology.com/wp-content/uploads/3-Resilience-Exercises-Pack.pdf
- Background for teachers, parents and older students https://www.apa.org/topics/resilience/guide-parents-teachers
- Research for teachers (with recommendations for kids books and websites to bring into the class) https://www.edutopia.org/article/5-ways-build-resilience-students
- Project Heart lessons for teachers https://myprojectheart.org/ (free registration allows you to access philanthropy lessons on personal passions, using your 3Ts – time, talent, treasure, and more!)

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Getting Started

To effectively create change, you need to follow a plan of action. We use the Design Thinking Process to help us better understand the problem we see and walk us through steps to creating a plan to make a difference!
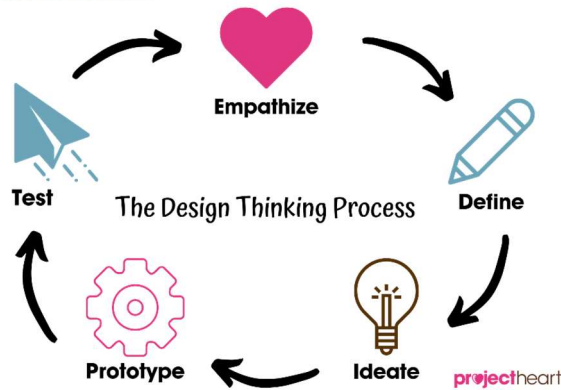
The Design Thinking Process

To **empathize** means to understand and share the feelings of another. As it relates to the design thinking process and [Project Heart](#), to empathize specifically means to learn about the audience or group that you wish to impact.

Define means to share your problem statement with others. As it relates to Project Heart, the define stage of design thinking means you've thought about your personal passions and how to apply the 3Ts of your group to make a greater social impact. The define stage helps you clearly state the need or problem so others can understand.

To **ideate** means to form an idea, thought or concept. As it relates to the design thinking process, to ideate specifically means to brainstorm ideas based on what you have learned about your target audience and the point of view or problem statement you have defined. Related to Project Heart, your ideas should also incorporate the specific time, talent and/or treasure that you wish to contribute.

To **prototype** means to model or create an example. As it relates to Project Heart, to prototype specifically means to plan out in detail one of your impact project ideas.

To **test** means to check the quality, reliability or performance of something. As it relates to the design thinking process, to test specifically means to gain feedback on your prototype from your target population. As it relates to Project Heart, testing means implementing your plan and reflecting on your success and failures.

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Use the spaces below to work through the design thinking process to complete your challenge.

Tips: To build empathy, do some research and interview classmates, siblings, parents or other trusted adults.

When you decide on your prototype idea for this toolkit, remember to access the Illumination Fund for materials needed to improve resilience at your school and bring your toolkit to life https://myprojectheart.org/illumination-fund
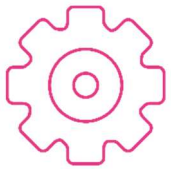
Empathize

Define

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Ideate

Prototype

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Test

Reflect

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