

## Resilient Heroes – Lesson Plan for Grades 6-8

### PROJECT AND PURPOSE

Students will examine the life of a famous or historical person in terms of the Seven Resiliencies.

### OBJECTIVES

Students will...

- Understand the Seven Resiliencies, adapted from Project Resilience.
- Select and research the life of a famous or historical person and analyze his or her accomplishments in terms of the Seven Resiliencies.
- Apply the Seven Resiliencies to their own lives.

### MATERIALS

- *The Seven Resiliencies* handout
- *Resiliency Worksheets #1 and #2*
- Research materials (media center, Internet access, etc.)
- Paper, pencils, pens

### 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, Dolly Parton, Lance Armstrong, Helen Keller, Annie Sullivan, President Teddy Roosevelt, Thomas Alva Edison and Harriet Tubman.
3. Ask students to select a name from the list – or identify another hero – to study. Record each student's choice on a list for yourself.
4. Distribute *Resiliency Worksheet #1* and explain: *Use Resiliency Worksheet #1 to analyze your selected person's life and accomplishments in terms of the Seven Resiliencies. Consider the following questions:*
  - *How did he or she demonstrate some of the resiliencies?*
  - *Did he or 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 the information.
6. When everyone has had a chance to share, distribute *Resiliency Worksheet #2* and explain: *Now consider your own life. Which of the Seven Resiliencies do you think you have? How have you demonstrated any or all of the Seven Resiliencies in your life? (NOTE: This may be a good homework assignment.)*
7. When the assignment is complete, you may choose to have students share this information or ask them to write a journal entry or a formal paper that will be kept confidential. To wrap up the lesson, ask: *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 *Worksheet #1* on a famous person?
- Did each student complete *Worksheet #2*, describing his or 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 (especially yourself!) in a situation, even when things seem really bad. Humor often gives you the perspective needed to relieve tension and make a 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.

## RESOURCE

Project Resilience



# Resiliency Worksheet #1

Name \_\_\_\_\_ Date \_\_\_\_\_

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

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

1. Insight

2. Independence

3. Relationships

4. Initiative

5. Creativity

6. Humor

7. Morality



## Resiliency Worksheet #2

Name \_\_\_\_\_ Date \_\_\_\_\_

In the spaces below, describe how you have demonstrated any of the seven resiliencies in your own life.

1. Insight

2. Independence

3. Relationships

4. Initiative

5. Creativity

6. Humor

7. Morality

