



# Health & Wellbeing



## THEME: Emotional Well Being – Building resilience

This activity-based session plan will ensure that young people will have knowledge on what resilience is, the importance of it and when it is required. They will further understand how to develop resilience and how this impacts them. They will also understand how they can apply different approaches to become more resilient and deal with adversity. If participants are more capable of dealing with adversity, they will become more emotionally resilient.



their everyday life.

## LEARNING OBJECTIVES

1. To explore what is meant by resilience and why it is important.
2. To review the different ways that you can build resilience
3. To equip young people with the knowledge on how they can apply these different approaches and become more resilient.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
<b>Introduction</b>	Think – pair – share – method of delivery is guided learning and through the principle of think about the subject and task, pair up in small groups and discuss and share to the group. <b>Icebreaker:</b> Young people are provided with a piece of paper and a pen. Each participant is asked to write a statement about the newly introduced topic, scrunch the paper up and have a “snowball fight” with others in the room. This will ensure that each “snowball” is scattered around the room and is unable to be traced back to the originator for anonymity. The facilitator will then pick them up and read it aloud. This will tease out understanding and uncover topics the participants deem important. This activity feeds into exploratory learning where the participants can help determine the direction of the session and identify priorities.	15 minutes
<b>Gauge baseline understanding into the group perception of resilience.</b>	In pairs, discuss what is resilience and why it is important. When this has been done, put their interpretations on a whiteboard or flip-chart paper and compare this with the definition on slide 2. Follow this up on why resilience is important for positive mental health. Resilience is extremely important for young people’s mental health and wellbeing. Resilient people will have a wider support network and be more competent at dealing with difficult situations and coming back rather than becoming overwhelmed.	10 minutes  10 minutes

<p><b>Case study examples to emphasize why resilience is important?</b></p>	<p>In groups: Theory to practice (Slide 3). Request some examples of individuals that they may describe as resilient based upon the definition they just examined. Further probe by asking why these specific individuals? what makes them resilient? This enables guided learning to occur.          Example of Colonel Harland Sanders to be demonstrated to the group.          Summarize points on slide 4 about this.          The premise of this is that despite the obstacles he faced, the fact that he had no resources and experienced consistent rejection. He continued to move forward and display courage and resilience. Emphasize that resilient people are not just celebrities and international figures, they can be local people like Michael McKillop.</p>	<p>30 minutes  20 minutes</p>
<p><b>Building Resilience</b></p>	<p>Discuss slide 9. This outlines that building resilience is difficult because in times of adversity, it is hard to edit your outlook or admit that you need some support.</p>	<p>10 minutes</p>
<p><b>7 Cs of Resilience</b></p>	<p>Dr Ginsburg, a human development expert provides a framework that outlines 7 interrelated components that make up being resilient.  <a href="https://www.youtube.com/watch?v=hlo4ur5sfk0">https://www.youtube.com/watch?v=hlo4ur5sfk0</a>          Go through each of the 7Cs in the next slide.</p>	
<p><b>Theory to application. This activity will help young people link the strategies to the theory to show understanding.</b></p>	<p>Slide 12 has different strategies that can help build resilience. Create a group discussion around the purpose of each and why it could help you overcome adversity and build resilience. Secondly, allocate each of these strategies to an element of the 7Cs.          Activity on slide 13- case study. Negative situations- the group are tasked with coming up with a positive outlook from the situation. This is about reframing your mind. This promotes optimism and positive thinking.          Slide 10- positive from this is that you now have a detention that you can use without distractions to study for the exam or complete the homework without distraction.          Slide 11- the positive is that you now have a lot of the writing for new applications, got experience and received instructions on how you can improve next time.          These situations can be acted out for added enjoyment.          A massive aspect of becoming resilient is having confidence in your own ability that you will be able to overcome challenges and adversity.</p>	
<p><b>Reflective activity to promote confidence and build resilience.</b></p>	<p>This activity will make young people critically think about the challenges they have overcome and will instill that despite what they may think, they are resilient. Participants will highlight one challenge they were tasked with and successfully overcome. This will provide them with confidence moving forward and allow them to identify what actions enabled them to overcome adversity so they can use it in future. Conclude with some quotes on resilience to highlight importance. (Slide 16)  <b>Debrief:</b> Concluding thoughts should be focused on how challenges are a matter of perspective. To become resilient, you must overcome adversity and challenges. Therefore, challenges should be welcomed, and participants should view these moving forward as different ways to increase their resilience rather than become overwhelmed and engage in self-pity.</p>	