



GO HARD OR GO HOME

RISE UP



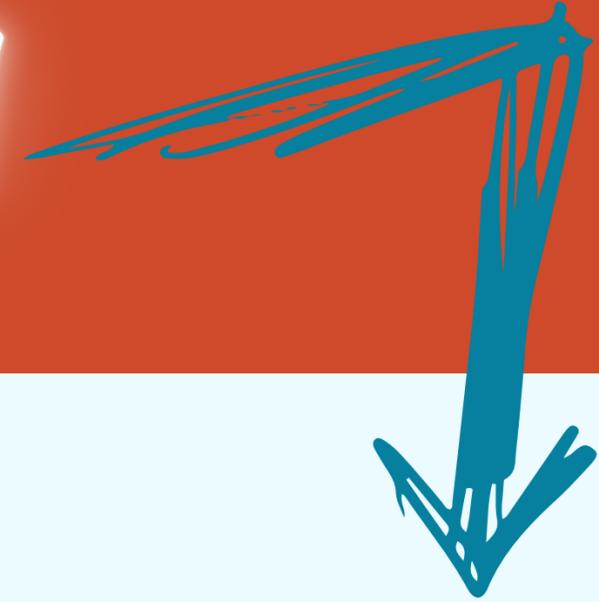
INTRODUCTION

Today, we will:

- * Explore the meaning of resilience
- * Consider what it looks like to be resilient in our own lives
- * Discuss “Rise Up” by Andra Day



SEL CONNECTION



Today, we will practice **Self-Awareness** by reflecting on what resiliency looks like in our own lives.





ICEBREAKER

WHAT IS RESILIENCE?





WHAT IS RESILIENCE?

☞ **THE MAN WHO REMOVES MOUNTAINS BEGINS BY CARRYING AWAY SMALL STONES.** ☞

– Chinese Proverb





WHAT IS RESILIENCE?

- Summarize the quote in your own words.
- What is resilience?
- Is it learned or are you born with it?





WHAT IS RESILIENCE?

RESILIENCE

The ability to recover quickly from difficulties; toughness, elasticity





**LESSON
PART ONE**

**WHAT DOES RESILIENCE
LOOK LIKE?**





WHAT DOES RESILIENCE LOOK LIKE?

Review the reflection questions before watching the video:

- What is the challenge in the video?
- What character traits would you give the woman caregiver in the video?
- What is the mood of the song? How does it make you feel?
- What challenge does the main character face in the video?
- How does the main character demonstrate resilience?



LESSON: PART ONE



WATCH A VIDEO

WHAT DOES RESILIENCE LOOK LIKE?



Watch "Rise Up" by Andra Day.





WHAT DOES RESILIENCE LOOK LIKE?

Discuss the video:

- What is the challenge in the video?
- What character traits would you give the woman caregiver in the video?
- What is the mood of the song? How does it make you feel?
- What challenge does the main character face in the video?
- How does the main character demonstrate resilience?





LESSON PART TWO

HOW RESILIENT ARE YOU?



LESSON: PART TWO



WRITING

HOW RESILIENT ARE YOU?

- 1) Complete the “How Resilient Are You?” survey.
- 2) Calculate your score and take a moment to reflect.



LESSON: PART TWO



TALK ABOUT IT

HOW RESILIENT ARE YOU?

- Did your resilience score surprise you? Why or why not?
- What are your strengths? Weaknesses?





DEBRIEF / EXTENSION



EXTENSION



WRITING

RISE UP



1) Complete a journal reflection using the following reflection questions:

- What did your resilience score tell you about yourself?
- What strengths do you need to develop to become more resilient?

2) Develop an action plan based on a problem you are currently facing. How will you use your resilience to overcome the challenge?

