



# YOU CAN RECOVER

**School type:**

K-12

**Activity goal:**

Assist students in handling and overcoming challenges they face

**Prep Time:**

Less than one hour

**People required:**

N/A

**Space requirements:**

Classroom or meeting facility

**Timing:**

End of semester or school year

**Materials:**

Computer with projector for video, paper and pen/pencil

**Cost:**

Free

**Submitted by:**

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**OVERVIEW**

A great lesson to accommodate the “Resilience” episode of The Harbor TV.

**INSTRUCTIONS**

1. Video: Season 2 Episode 26 (Kevin Pierce/Resilience)
2. Read the information about the episode. Play the preview. (1 min)
3. Prior Knowledge: Discuss with students on resilience. Resiliency skills help young people to effectively deal with adversity and change and are vital to their wellbeing. Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life’s inevitable obstacles and one of the key ingredients to success. When we apply resilience through the positive psychology lens, the learning is not only to bounce back, but to bounce forward. Examples of challenges some young people may face where resiliency skills are essential:
  - physical illness
  - change of school
  - transitioning from primary school to high school
  - change in family make up (divorce, break up)
  - change of friendship group
  - conflict with peers
  - conflict with family
  - managing study workload. (3 – 5 min)
4. Play episode. (5 min)
5. Discuss and answer the critical thinking questions. Example: I read one question at a time. Give the students time to answer. Discuss answers. Then, move to the next question. (10 - 15 min)
6. Give the students time to come up with games that can build resilience. (5 min)