



Fostering Resilience in Students

By: Janelle Cox
M.S. in Education

Language Arts
Grades 3-5



Introduction

Having the ability to cope with life's challenges and persist in the face of adversity can be challenging, but learning to develop resilience can help. In this lesson, students will learn about resilience through a variety of activities.

Learning Objectives

([CCSS.ELA-LITERACY.SL.4.1](#)) Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.

Materials Needed

- Poster boards
- Markers/colored pencils/crayons
- Access to a computer/laptop for research

Procedure

As a warmup, instruct students to stand up and join together for an activity. Explain to students when the music starts, to slowly walk around the classroom. Then, when the music stops, they are to find the nearest person to them and discuss what they think resilience means to them. After students have shared for about a minute, restart the music and have students find a new partner but this time they should answer the question "Have you or anyone displayed resilience in your life?" Bring students back together as a class and discuss the questions and answers they've shared with their peers. Next, ask students, "What are some ways that can help you remain calm when things are challenging?" Allow students time to think; then call upon students to answer.

Activity 1: Resilience

1. Explain to students that resilience is the ability to spring back or recover quickly from things that are difficult. Tell students that having the ability to persevere, overcome obstacles, and express your emotions properly are all skills that they need and can help them have a positive outcome in their life.
2. Tell students that they will be researching different ways to increase resilience in their lives. Then, place students with research partners. Explain that each group will research a different tool (exercises to help you relax, foods to make you calmer, and mindfulness).

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Activity 2: Partner Work

1. Once students have been assigned their partners and topic, write the following three questions on the front board.
 - How can exercise help you relax and feel calmer?
 - How can healthy food make you feel calm?
 - How can mindfulness build resilience?
2. Instruct students to use these questions to help them with their research.
3. Next, give students time to research their topic. [Kidshealth.org](https://kidshealth.org) is a great website for this. Instruct students to use this website and others to gather information.
4. Once students have taken notes on their topic, instruct students to take that information and create a poster. This poster should reflect their topic (food, exercise, or mindfulness tools to help strengthen resilience).
5. Over the next several days, allow students to work on their posters in class.
6. Once students have completed their posters, give them time to share them with their peers.

Activity 3: Independent Enrichment

1. Now that students have learned about three tools that can help them strengthen resilience, challenge students to write a short essay on how they or someone they know can use these tools to help them stay healthy and manage stress effectively.
2. Allow students time in class and at home to complete the essay.
3. Once the essay is completed, allow students to share with their peers.

Evaluation

Examine students' knowledge on the topic by examining their posters and personal essays.