

### **Individual Resiliency Lesson #3: Awareness**

Teaching students to share and identify obstacles will help them to prepare a way to overcome them. This can also better equip them to succeed in their academic and personal lives. It provides them with tools to influence their outcomes.

#### **Activity:**

Have students view the 3 Canteloupe: Expedition Bolivia Documentary Episodes off of the i2P Bolivia Expedition found at: <http://impossible2possible.com/i2p>

In groups of 3, have students make 4 columns on a piece of paper with titles:

- Positive Experiences
- Negative Experiences
- Individual Resiliency
- Outcomes

Within each section have students write down:

- All the positive experiences each i2P Youth Ambassador experienced during the expedition (if any)
- All the negative experiences and struggles each i2P Youth Ambassador experienced during the expedition (if any)
- What made each i2P Youth Ambassador resilient? What exactly did they do to overcome their struggle?
- What were the outcomes of the journey for each person?

#### **Discuss with the class their findings.**

Now on a piece of paper have students draw a pyramid. Have them split the pyramid into three sections. At the top or peak of the pyramid have them write a “peak moment of their life” where they overcame a hurdle in their life either small or big. In the middle of the pyramid, have the students write the thoughts/feelings they had during that time that helped them to overcome this hurdle. At the base of the Pyramid, have students write a positive quote that they feel best describes what individual resilience means to them based on their experience. This will be their “Personal Peak Pyramid” which is a symbol of their own resilience and it can be hung in the classroom as a reminder of what they did to get through this tough time.

Have students discuss how they felt at their peak moment. What is it that they did that made them feel like this was a peak moment? What actions and/or feelings can they carry over when they are struggling through something? What advice would they give to someone who is not as resilient, about being a resilient person and overcoming obstacles? How do you become more aware and more consistent in engaging that

positive energy when you need it?