

Resilience

practical tools in bouncing back

for secondary school



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Catering for single, half-day or full-day sessions
- * Recommended duration is between 45 and 90 minutes – flexible to your timetable
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

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Learning Focus

The **Resilience** incursion takes a positive and constructive approach to equipping students to deal with everyday challenges, both big and small. Through a variety of **interactive activities, games, discussion, stories, multi-media**, and **video** the workshop aims to provide practical tools that can help students problem-solve, seek help where necessary, be proactive in helping others and become more resilient.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

Due to the everyday pressures of school work, peer pressure, poor self-worth, consumer culture and lack of healthy community amongst many others, many young people struggle to successfully bounce back when faced with these challenges. This workshop identifies that everybody goes through various challenges, stresses and pressures that invoke a range of emotions. Emotions such as stress can be healthy as it can motivate us to realise that we have a significant problem and cope by implementing a range of strategies. However, for some people too much stress can become unhealthy and lead to blaming others, failure to try, anxiety and depression. We discuss how emotions are essential to life but we need to keep them in perspective, surrounding ourselves in a caring community and open and willing to seek help for ourselves as well as others.

Key concepts covered in the session:

- ▶ The definition of resilience, why it is important and that resilience is a skill we can learn
- ▶ The importance to face our problems; assess how serious it is and respond accordingly
- ▶ Exploring common thinking errors including catastrophising
- ▶ The need to delay gratification is a vital ingredient to success
- ▶ How community is a big protective factor including friends and adults we trust
- ▶ The need to focus upon what we can control and not on what we can't control
- ▶ Encouraging students to take initiative and to problem-solve, think optimistically, identify real problems and set realistic goals
- ▶ Encouraging students to be a proactive support for others
- ▶ Presenting strategies that enable good decision-making, conflict resolution, communication skills and forming goals

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams	X		X
Personal Learning	Civics & Citizenship	* The individual learner		X	X
		* Managing Personal learning		X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Civics knowledge and understanding	X		X
		* Community engagement		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X