

Building Resilience

10 Recommended
Year 10

 Length
90 Minutes

About This Lesson

Students will learn the value of resilience at school and in other areas of their lives. They will identify skills and habits that build resilience. They will explore potential barriers to success and they will relate learning styles to success at school. They will also reflect on ways to improve work habits and skills for future success.

Learning Objectives

By the end of this lesson, students will:

- identify skills, habits, and behaviours they need to learn successfully
- explore potential obstacles to success in their schoolwork (such as lack of motivation, distractions, and lapses in self-confidence)
- plan how to develop positive study habits and behaviours

Driving Question

How can I develop resilience?

Future-Ready Skills

Time-management

Self-management

Self-advocacy

Self-confidence

Planning

Setting goals

Lesson Breakdown

15
minutes

Activity 1 - Resilient Celebrities

Ask students if they know any celebrities or famous people from history who overcame adversity to become extremely successful, respected, and powerful despite their struggles. Invite a few students to share their celebrity's story or get students to work in pairs to find an example online to share with the class. As a whole group, create a list of skills and habits these celebrities had which helped them succeed against the odds.

35
minutes

Activity 2 - Xello Lesson: Study Skills and Habits

Direct student to complete the Xello lesson: **Study Skills and Habits** where they will identify skills, habits, and behaviours they need to learn successfully in school, explore potential obstacles to success in their schoolwork (such as lack of motivation, distractions, and lapses in self-confidence), and plan how to develop positive study habits and behaviours.

Xello Entry Point

Students should be familiar with their **About Me** profile before starting this lesson.

Vocabulary

- Focus
- Motivation
- Organisation
- Setting goals
- Prioritisation
- Learning Styles
- Tactile learner
- Visual learner
- Auditory learner
- Multi-method learner
- Perseverance
- Resilience
- Adversity

Benchmarks & Curriculum

PSHE L1. evaluate and further develop their study and employability skills. **H4.** strategies to develop assertiveness and build resilience

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Activity 3 - Learning Styles Assessment

In this activity, students will keep building their study skills and habits by completing the Xello's **Learning Styles** quiz to tap into how they learn and remember information best. As a class, discuss how these results might help you be resilient and persevere in school.

20
minutes

Activity 4 - Work Habits Self-Assessment

In this activity, students will assess how they did on a particular assignment or task to learn how to improve in the future. They will discover how resilience and perseverance are important to areas of their lives inside and outside of school. Students will then add and rate resilience and perseverance, based on their self-assessment, in the **Skills** section on their **About Me** profile.

Activity 4 - Work Habits Self-Assessment

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25 Minutes

Inquiry Prompts

- What does it mean to be resilient?
- Why is failure important to learning?

Teaching Strategies

In this activity, students will assess how they did on a particular assignment or task to learn how to improve in the future. They will discover how resilience and perseverance are important to areas of their lives inside and outside of school. Students will then add and rate resilience and perseverance, based on their self-assessment, in their **Skills** section on their **About Me** profile.

- 1 Provide the [instructions](#) on the next page to your students.

Materials Required

- [Student Instructions](#)
- Computer or tablet with internet access
- [Work Habits Self-assessment worksheet](#)

Outcomes

Students will upload a copy of their Work Habits Self-assessment worksheet to their Xello **About Me Storyboard**, then add and rate resilience and perseverance in the **Skills** sections on their Xello **About Me** profile.

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Work Habits Self-Assessment

Student Instructions

To build resilience, it's important to set goals you can achieve. Learn from your mistakes, and try again if things don't go to plan. Think about a time you learned a new skill outside of school. What helped you persevere? How did you show resilience when it was challenging?

- 1 Now think about a particular school assignment or task and complete the **Work Habits Self-assessment worksheet** from your teacher.
- 2 Upload a copy of your self-assessment to your Xello **About Me Storyboard**.
- 3 Based on your self-assessment, add and rate resilience and perseverance in your **Skills** section on your Xello **About Me** profile.