Friend2Friend:
Resiliency and Growth
Lesson Plan Companion

Insert your name
and contact information here

Kognito

Friend2Friend Resiliency and Growth

Simulation: **20 minutes**
Lesson Plan: **90 minutes**

Friend2Friend
Resiliency and Growth

Students will develop the abilities to recognize emotions, reassess unproductive or unrealistic thoughts, and reframe perspectives to navigate challenges, retry, and set goals for future success.

Introduction
Student Learning Objectives

✓ **Identify** and express the feelings that come from challenges and setbacks.

✓ **Analyze** when things don't go as planned to see what can be learned.

✓ **Recognize** emotions and unhelpful thoughts

✓ **Apply** therapeutic self-talk to reframe unhelpful thoughts

✓ **Plan** for skills, values, and resources that can help students thrive in the future

✓ **Manage** the emotions that come from challenges and setbacks

✓ **Explain** how trying challenging things helps students grow, even if they don't succeed right away.

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Group Norms

1. Actively participate

2. Be respectful

3. Respect privacy

4. Do not share names or other identifying information of students or staff

5. Reach out to me or another trusted adult if you would like to talk

Login Instructions & Note Taking Guide

- Key takeaway(s)

- Why is it important to assess what you've done in a critical and productive way?

- What are some feelings that I personally struggle with?

- What are some situations that I recently struggled with?

- What are some examples of ways I can reframe my fixed perspective into a growth perspective?

Applying Knowledge

?:1

- What are some other ways you could have prepared for the audition?

Applying Knowledge

?:2

- Make a list of feelings that may have come up after the audition…

Applying Knowledge

?:3

- Record some examples of your self-talk in the scenario above and/or some examples of your self-talk in a similar situation from real life.

Applying Knowledge

?:4

- Brainstorm ways you might respond differently and more positively next time? Remember: Realistic, Responsible, Perseverant

Resources

- (This slide content will be added by each educator)