

Resiliency Unit

Day 1: Haiti

Materials : youtube link: <http://www.youtube.com/watch?v=rzRQqrfw1KI>

- What does this video teach us about the human spirit?
- What allows people to deal with tragedy?
- What do situations like the one in Haiti or Hurricane Katrina or 9/11 bring out of people? Good/ bad? What does that say about a culture?

Day 2: Definition and Required Skills.

Materials: Raising Resiliency Schoolwide by Virginia Smith Harvey (ERIC)

- Why is resiliency important?
- How can it help me in school/life?
- Which of the skills that make up resiliency are skills I currently possess? Which of them do I need to develop?
- Who can help me through difficult situations here at New Trier?

Day 3: Personal Story.

Materials: Computers for typing the responses.

- Describe a time in your life when you encountered a difficult situation. How did you overcome that situation? Who helped you/ gave you good advice? What did you learn from that experience?

Day 4: Resiliency and Haiti.

Materials: Video/News Clip on Haiti.

- In what ways have the Haitians demonstrated resiliency skills?
- What things might you be able to do in order to help the Haitians be more resilient?