



Creating Personalized Resilience Plans and Presenting Progress through Reflective Journaling and Class Presentations

Introduction (10 minutes)

Read the following introduction and answer the questions:

This project-based learning experience is designed to help 7-year-old students develop essential life skills in resilience and self-expression. Over the course of 24 English language lessons, students will engage in reading, writing, listening, and speaking activities that foster their ability to create personalized resilience plans and present their progress through reflective journaling and class presentations.

1. What do you think is the main goal of this project-based learning experience?

2. How do you think this experience will help you develop your resilience skills?

Lesson Objectives (15 minutes)

Read the following lesson objectives and match them with the correct description:

Lesson Objective	Description
Analyzing	Students will be able to create a comprehensive resilience plan, including strategies for coping with stress and adversity, and present their progress through class presentations.
Evaluating	Students will be able to analyze their own strengths, weaknesses, and goals to create a personalized resilience plan.
Creating	Students will be able to evaluate the effectiveness of their resilience plans, using reflective journaling to track their progress and identify areas for improvement.
Communicating	Students will be able to communicate their resilience plans and progress effectively, using listening and speaking skills to provide and receive feedback from their peers.

Vocabulary (15 minutes)

Match the vocabulary words with their correct definitions:

Vocabulary Word	Definition
Resilience	The ability to withstand or recover quickly from difficult conditions or challenges.
Personalized	Tailored to meet the individual needs and goals of each student.
Reflective	Involving careful thought and consideration of one's own experiences and progress.
Journaling	The act of writing down one's thoughts, feelings, and experiences in a journal or diary.

Activities (20 minutes)

Choose one of the following activities and complete it:

1. Resilience Role-Play: Act out a scenario where you have to use resilience to overcome a challenge.
2. Journaling Jigsaw: Write a journal entry about a time when you had to use resilience, and then share it with a partner or in a small group.
3. Presentation Peer Review: Prepare a short presentation about your resilience plan and receive feedback from your peers.

[Space for activity completion]

Assessment (15 minutes)

Complete the following assessment tasks:

1. Personalized Resilience Plan Portfolio: Create a portfolio that includes your resilience plan, reflective journal entries, and any other relevant documents.
2. Reflective Journaling Showcase: Share your reflective journal entries with the class and discuss any common themes or challenges.
3. Class Presentation: Prepare a short presentation about your resilience plan and progress, and receive feedback from your peers.

Extension Activities (20 minutes)

Choose one of the following extension activities and complete it:

1. Resilience Museum: Create a museum exhibit that showcases your resilience plan and progress.
2. Resilience Interview: Conduct an interview with a classmate or teacher about their resilience plan and progress.
3. Resilience Public Service Announcement: Create a public service announcement about the importance of resilience and how to develop it.

[Space for extension activity completion]

Parent Engagement (10 minutes)

Complete the following parent engagement tasks:

1. Resilience Workshops: Attend a workshop with your parents to learn more about resilience and how to support your child's development.
2. Resilience Progress Updates: Share your resilience plan and progress with your parents and discuss any challenges or successes.
3. Resilience Home Activities: Complete activities at home with your parents to practice resilience and develop your skills.

Safety Considerations (10 minutes)

Read the following safety considerations and answer the questions:

When implementing this project-based learning approach, it is essential to consider the safety and well-being of all students. The teacher should establish a safe and supportive learning environment, where students feel comfortable sharing their thoughts and feelings.

1. What are some potential safety considerations when implementing this project-based learning approach?

2. How can the teacher establish a safe and supportive learning environment?

Conclusion (10 minutes)

Read the following conclusion and answer the questions:

In conclusion, this project-based learning experience offers a comprehensive and engaging way to develop essential life skills in 7-year-old students. Through this 24-lesson program, students will learn to create personalized resilience plans, develop their communication skills through reflective journaling and class presentations, and cultivate a growth mindset.

1. What are the main benefits of this project-based learning experience?

2. How can this experience be adapted for different age groups or learning needs?

Reflection Questions (15 minutes)

Answer the following reflection questions:

1. What strategies were most effective in engaging students and promoting their participation in the project?

2. How did the project-based learning approach impact students' understanding of resilience and their ability to create personalized resilience plans?

3. What opportunities were provided for students to receive feedback and reflect on their progress?

Next Steps (10 minutes)

Read the following next steps and answer the questions:

The next steps in the project-based learning experience will build upon the foundation established in the initial 24 lessons. The follow-up lessons will focus on refining students' resilience plans, providing opportunities for peer feedback and review, and emphasizing the importance of self-care and stress management in maintaining resilience.

1. What are the main goals of the next steps in the project-based learning experience?

2. How can students continue to develop their resilience skills and apply them in real-life situations?

