

Subject Area: English Language Arts
Unit Title: Creating Personalized Resilience Plans and Presenting Progress through Reflective Journaling and Class Presentations
Grade Level: 7
Lesson Number: 1 of 24

Duration: 45 minutes
Date: [Insert Date]
Teacher: [Insert Teacher's Name]
Room: [Insert Room Number]

Curriculum Standards Alignment

Content Standards:

- CCSS.ELA-Literacy.SL.7.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and whole-class) to build on others' ideas and express their own clearly.
- CCSS.ELA-Literacy.W.7.6: Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

Skills Standards:

- Resilience
- Self-expression
- Communication

Cross-Curricular Links:

- Character Education
- Life Skills

Essential Questions & Big Ideas

Essential Questions:

- What is resilience, and why is it important?
- How can I create a personalized resilience plan?
- How can I effectively communicate my progress and reflections?

Enduring Understandings:

- Resilience is the ability to withstand and recover from challenges and setbacks.
- A personalized resilience plan can help individuals develop coping strategies and achieve their goals.
- Effective communication is essential for expressing thoughts, feelings, and progress.

Student Context Analysis

Class Profile:

- Total Students: 25
- ELL Students: 5
- IEP/504 Plans: 3
- Gifted: 2

Learning Styles Distribution:

- Visual: 40%
- Auditory: 30%
- Kinesthetic: 30%

Pre-Lesson Preparation

Room Setup:

- Arrange desks in a collaborative configuration
- Ensure access to technology and internet

Technology Needs:

- Computers or laptops with internet access
- Presentation software

Materials Preparation:

- Whiteboard and markers
- Printed copies of the lesson plans
- Reflective journals

Safety Considerations:

- Ensure a safe and respectful learning environment

Detailed Lesson Flow

Pre-Class Setup (15 mins before)

- Set up the room and technology
- Prepare materials and handouts

Bell Work / Entry Task (5-7 mins)

- Welcome students and introduce the lesson topic
- Have students write down their thoughts and questions about resilience

Opening/Hook (10 mins)

- Introduce the concept of resilience and its importance
- Use a multimedia resource to engage students

Engagement Strategies:

- Think-pair-share
- Gallery walk

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Direct Instruction (20-25 mins)

- Provide direct instruction on creating personalized resilience plans
- Use a sample resilience plan to demonstrate the process

Checking for Understanding:

- Formative assessment
- Exit tickets

Guided Practice (25-30 mins)

- Have students work in pairs to create their own resilience plans
- Circulate and provide guidance and support as needed

Scaffolding Strategies:

- Graphic organizers
- Sentence stems

Independent Practice (20-25 mins)

- Have students work independently to complete their resilience plans
- Encourage students to use technology to enhance their plans

Closure (10 mins)

- Have students share their resilience plans with a partner or the class
- Provide feedback and encouragement

Differentiation & Support Strategies

For Struggling Learners:

- Provide additional support and scaffolding
- Use visual aids and graphic organizers

For Advanced Learners:

- Provide additional challenges and extensions
- Encourage independent research and projects

ELL Support Strategies:

- Provide visual aids and graphic organizers
- Use sentence stems and frames

Social-Emotional Learning Integration:

- Integrate SEL skills and competencies
- Use restorative practices and circles

Assessment & Feedback Plan

Formative Assessment Strategies:

- Exit tickets
- Self-assessment checklists

Success Criteria:

- Students will be able to create a personalized resilience plan
- Students will be able to communicate their progress and reflections effectively

Feedback Methods:

- Verbal feedback
- Written feedback

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Homework & Extension Activities

Homework Assignment:

Have students complete their resilience plans and write a reflection on their progress.

Extension Activities:

- Have students create a visual representation of their resilience plan
- Have students research and present on a topic related to resilience

Parent/Guardian Connection:

Teacher Reflection Space

Pre-Lesson Reflection:

- What challenges do I anticipate?
- Which students might need extra support?
- What backup plans should I have ready?

Post-Lesson Reflection:

- What went well?
- What would I change?
- Next steps for instruction?

Lesson 1-3: Introduction to Resilience

Lesson Objectives:

- Students will be able to define resilience and its importance
- Students will be able to identify their own strengths and weaknesses

Materials:

- Whiteboard and markers
- Printed copies of the lesson plans

Procedure:

1. Introduce the concept of resilience and its importance
2. Have students share their understanding of resilience and its relevance to their lives
3. Have students identify their own strengths and weaknesses

Lesson 4-6: Creating Personalized Resilience Plans

Lesson Objectives:

- Students will be able to create a personalized resilience plan
- Students will be able to identify their goals and strategies for achieving them

Materials:

- Printed copies of the resilience plan template
- Computers or laptops with internet access

Procedure:

1. Introduce the concept of personalized resilience plans
2. Have students create their own resilience plans using the template
3. Have students identify their goals and strategies for achieving them

Lesson 7-9: Reflective Journaling

Lesson Objectives:

- Students will be able to write reflectively about their experiences and progress
- Students will be able to identify their strengths and weaknesses

Materials:

- Reflective journals
- Pens or pencils

Procedure:

1. Introduce the concept of reflective journaling
2. Have students write reflectively about their experiences and progress
3. Have students identify their strengths and weaknesses

Lesson 10-12: Class Presentations

Lesson Objectives:

- Students will be able to communicate their progress and reflections effectively
- Students will be able to identify their strengths and weaknesses

Materials:

- Presentation software
- Computers or laptops with internet access

Procedure:

1. Introduce the concept of class presentations
2. Have students prepare and deliver presentations about their resilience plans and progress
3. Have students identify their strengths and weaknesses

Conclusion and Reflection

Conclusion:

This project-based learning experience is designed to provide students with a comprehensive and engaging way to develop essential life skills in resilience and self-expression.

Reflection:

- What did I learn about resilience and self-expression?
- How can I apply what I learned to my own life?
- What would I change or improve for future lessons?

Appendix

Sample Resilience Plan Template:

- Goal 1: _____
- Strategy 1: _____
- Goal 2: _____
- Strategy 2: _____

Reflective Journal Prompts:

- What did I learn today?
- What challenges did I face?
- What am I proud of?

Presentation Rubric:

- Content (40 points)
- Organization (30 points)
- Delivery (30 points)

Self-Assessment Checklist:

- I can define resilience and its importance
- I can identify my strengths and weaknesses
- I can create a personalized resilience plan

