

SOS Lesson Plan

Coping Skills Lesson Plan

Purpose:

Students build their toolbox of positive coping skills and regularly utilize those skills.

Materials:

- 4 Poster papers taped to the wall, labeled:
 - Healthy Habits – Activities that promote your physical and emotional health
 - Positive Relationships – People in your life that help you to be healthy
 - Strengths/Values – The beliefs and standards that you have or strive for that keep you healthy
 - Doing Things for Others – Things you do for other people that make you feel good about yourself
- Wall of Resilience worksheet

Lesson:

Building Your Wall of Resilience (10–12 minutes)

1. **Instructions:** Define Resilience. What is it? How does one build resilience? Give an example: *Resilience is being able to recover quickly from difficulties, toughness.*
2. Split the students into 4 groups.
3. Each group will choose a different topic to start on. Group 1, for example, may choose Healthy Habits, Group 2 may choose Positive Relationships, and so on.
4. When you say, “Go!” each group will write down as many examples for their theme as they can think of. Allow 2 minutes, then say, “Stop!” and instruct each group to rotate to the right. Repeat the process of keeping time. The students will continue the activity of having 2 minutes to write

SOS Lesson Plan

down examples until each group has had a chance to add on to the different sheets.

5. Define “protective factors” for students. Suggestion: *Protective factors can be defined as physical, social, or behavioral parts of ourselves that helps prevent or reduce the impact of emotional problems. It’s what makes up our resilience.*

Discussion (10–15 minutes)

1. How can protective factors like healthy habits, positive relationships, strengths /values, and doing things for others help support you before, during, or after experiencing a difficult situation/tough time?
2. How could some of these protective factors help someone in the following situation (feel free to break students into groups to discuss this question)?
 - a. A recent breakup that has led to the student feeling worthless
 - b. A student is feeling hopeless after their parent’s divorce
 - c. A student is feeling devastated about some low grades
 - d. A student is feeling embarrassed and afraid after getting bullied online

My Wall of Resilience Worksheet

1. Write down one or two things from each of the four protective factors that helps build your wall of resilience.