



SM 2-3 L5 MY RESILIENCY SHIELD

Grade: 2-3

Competency Area: Self-Management

Lesson Title: My Resiliency Shield (Lesson #5)

T-SEL Standard: 2.C.2. Students describe different types of adversity and what they can learn from others' stories of overcoming difficult experiences, resilience, and remaining hopeful in the face of challenges (e.g., current and historical characters).

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. **Introduction:** Gather the students together in a circle. Read them the following short story:

Once upon a time, there was a bright red kite named Kip. Kip loved the idea of flying high in the sky, but every time his string was tugged, WHOOSH!—he tumbled back down to the grass.

“Maybe I’m just not a good kite,” sighed Kip.

But the wind whispered, “Try again.”

So, Kip let the wind lift him once more. Up he went—then plopl!—down he fell.

Still, Kip remembered the wind’s words. “Try again.”

The third time, Kip wobbled, wiggled, and dipped low. But instead of giving up, he stretched his tail and leaned into the breeze. And suddenly—SWOOSH!—Kip soared higher than ever before! He danced with the clouds and laughed with the birds.

Kip realized that falling wasn’t failing. Every fall was just practice for flying.

From then on, whenever he felt the grass under him again, he smiled and said, “That’s okay. I’ll try again.”

And he always did.



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After the story, facilitate a brief discussion with the students using the following prompting questions:

- **Why did Kip keep trying even after he fell down?**
- **What can we learn from Kip about what to do when something feels hard?**

Following the discussion, reiterate to the students that the story is about how Kip is resilient. Kip didn't give up even when things were hard.

2. **Drawing Activity: "My Resiliency Shield."** Explain the activity: "Today, you'll draw a special shield and fill it with things that help you bounce back from a tough situation!"

- Have students prepare their backpacks to draw a new picture.
- Model for students how to draw the shape of a shield and allow time for students to draw a shield on their backpack.
- Inside the shield, have them draw or write symbols and words that represent things that help them feel strong when they are facing a challenge. Examples: a strong arm (for being brave), a heart (for asking for help), a lightbulb (for trying a new idea), a hand holding a book (for learning from mistakes), or a friend's face (for talking to someone).
- On the outside of the shield, they can draw or write about a challenge they faced recently (e.g., a hard math problem, a disagreement with a friend).
- Encourage them to color their shield brightly and powerfully.

End the lesson by reminding students that their Resiliency Shield is always with them, and it's a great tool for helping them stay strong and keep trying, no matter what.

MY RESILIENCY SHIELD

