



TOPIC

Resilience & Growth Mindset

LEVEL

Fourth Grade

THEME

The Resilience Chain

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Identify a personal challenge and a strategy they used to overcome the challenge.

MATERIALS

- Strips of construction paper (various colors)
- Scissors
- Glue sticks or tape

ESSENTIAL QUESTIONS

- How do our thoughts and actions help us grow after a challenge?

CHECK-IN / WELCOME (5 MINUTES)

Introduce the concept of a growth mindset and a fixed mindset.

Fixed Mindset: Explain that a fixed mindset is when someone believes their abilities, like being smart or good at sports, are set in stone. They might say, "I'm not good at math," and give up easily.

Growth Mindset: A growth mindset is when someone believes their abilities can be developed through hard work and dedication. They understand that challenges are opportunities to learn and grow. They might say, "I can't do this yet, but I will keep trying."

Review the term resilience and explain that it is like a bounce-back muscle. It's the ability to get back up after a difficult situation, learn from it, and keep moving forward. A growth mindset helps us be resilient.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask:

- "Think about a time you tried something new that was hard at first, like learning to ride a bike or a new video game level. What was a feeling you had when you wanted to give up?"
- "Imagine you are trying to solve a really tough puzzle. You've tried a few ways and none of them have worked. What's one thing you could say to yourself to keep going?"
- "What does it mean to 'bounce back' from a challenge?"

Tell students: "Today we are going to highlight challenges that we have faced in the past and how we have overcome them. Challenges shape us into who we are and help us to face obstacles in the future."

ACTIVITY: RESILIENCE CHAIN (20 MINUTES)**Instructions:**

- Give each student a handful of colorful construction paper strips, scissors, and glue.
- Explain that each paper strip represents a challenge they've faced.
- Ask them to think about a time they struggled with something like a tricky homework problem, a difficult game, or a disagreement with a friend.
- Have the students write or draw that specific challenge on one of their paper strips.
- Next, tell them to write or draw what they did to overcome that challenge.
 - Examples: "I asked for help." "I practiced." "I said sorry."
- After they've written on the strip, have them form it into a circle and glue or tape the ends together to make a paper chain link.
- Ask them to continue this process, adding a new challenge and solution to each strip, and linking them together to create a chain. The goal is to show how each solution connects to the next, building a strong "chain" of resilience.
- Tell students that they should try to connect at least four chain links.

WRAP-UP (5 MINUTES)

Ask students to all come back together.

Say: "Can each student share what they wrote on one of their chain links?"

As a class, link the chain together and hang it around the room.

Use this chain as a reminder of challenges that have been overcome in the past and how students can use the skills they developed to face upcoming challenges in the future.