**COUNSELOR LESSON PLAN**

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| **Topic: Resiliency Anchor Lesson****Duration: 35-45 minutes** **Grade Level**:**7th grade** |
| **ASCA COUNSELING STANDARDS**  |
| **A:A2.2 Demonstrate how effort and persistence positively affect learning****PS:A1.2 Identify values, attitudes and beliefs****PS:A1.10 Identify personal strengths and assets** |
| **OBJECTIVES/ESSENTIAL QUESTION** | **TERMINOLOGY** |
| **Objectives: The student will understand what it means to be Resilient. The student will identify 7 characteristics of a resilient person.** **Essential question: How resilient am I?** | ResiliencyEmotional awareness & self-regulationImpulse controlOptimismFlexible & accurate thinkingEmpathySelf-efficacyConnecting & Reaching out |
| **INTRODUCTION TO LESSON** |
| **With so many different things our students are facing it is important for them to understand the topic of resiliency as well as themselves learn how to become resilient. Students will learn some characteristics that embody a resilient person in order for them to apply some of these characteristics to their own life and become more successful educationally as well as successful in life. The lesson is run through a Prezi. Materials needed are poster or butcher paper, color pencil/markers & handout to be given to each group.**  |
| **CONTENT KNOWLEDGE | INSTRUCTIONAL DESIGN**  |
| **TEACHER ACTIONS** | **STUDENT ACTIONS** |
| Counselor will pull up prezi presentation: Counselor will ask students if they know what resiliency means. | Students will engage in a class discussion about their knowledge about resiliency. |
| Counselor will read out the definition for resiliency and engage the class in a discussion about what makes the two movie characters (Snow white & Harry Potter) resilient. Examples- Snow white: Father dies, step mother is trying to kill her, she is alone and does not have anyone until she meets the dwarfs. Snow white is resilient because she is positive during all these negative situations. Harry Potter: His mother gets murdered, he is forced to live with family members that do not treat him fairly, he finds out he is a wizard, he is constantly picked on and made fun of by Malfoy, and he is constantly put in dangerous situations. Harry potter is resilient because regardless of all the things he faces he does not give up and he is still optimistic and empathetic to others.  | The class will engage in active listening of the definition of resiliency. The class then will engage in a class discussion about what makes Snow White and Harry Potter resilient.  |
| Teacher/Counselor will lecture and explain 7 different characteristics of resiliency to the class.  | The class is to engaged in active listening of the 7 characteristics of resiliency as they are to apply them to a group activity coming up.  |
| Counselor is to play the video on the presentation. (Remind students to pay attention to what each of the person in the video has overcome because they will get assigned one of the people mentioned for their group activity). | Students are to view the video. |
| Counselor is to give instructions for group activity and give out hand out of assignment with the individual each group gets to make the poster on. Students get about 10 minutes to work together and make a poster about the individual assigned to the group. One student from each group can briefly present their poster. (Students can be given an incentive; eagle buck, candy etc for best poster). | Students are to be broken into groups of about 5 or 6 students. The group is to work together and on a big piece of butcher paper students will write who the person is and why they are famous, have an illustration and identify why that individual was resilient and what of the 7 factors helped this person be resilient. Students will go around and present their poster and best poster gets a small price.  |
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| **CLOSURE|CHECK FOR UNDERSTANDING** |
| Conclude with a class discussion about what they as an individual can do to be more resilient |
| **AVID WICOR STRATEGIES UTILIZED** |
| Writing: Student will write facts and information regarding resiliency on the group activity.Inquiry: Students will need to use critical thinking skills to apply information they have just learned on the group activity, as well as on the class discussion about resiliency (Snow white & Harry Potter). know about the person they are making the poster about and what 7 resCollaboration: Students will collaborate with one another in their group activity. Organization: Students have 10 minutes to work as a team and come up with a poster for their assigned famous person. Students need to manage their time and organize themselves before putting information on the poster paper.  |
| **RESOURCES** |
| Prezi: <http://prezi.com/abucry_sj3ph/?utm_campaign=share&utm_medium=copy&rc=ex0share>Youtube video(already attached on prezi): <https://www.youtube.com/watch?v=hzBCI13rJmA> Handout: Group Assignment Handout |
| **DIFFERENTIATED INSTRUCTION** |
| Flexible grouping: Students are paired with student volunteers who are at the top of their class. |
| **SUPPLEMENTAL LESSON AND RESOURCES** |
| Learning Styles lessonEmotional Awareness and Impulse Control Lesson  |