Ideas with IMPACT

RESILIENCY

Resiliency Across Borders
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across borders

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THE EDUCATION FUND IDEA EXPO 2023
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GOALS & OBJECTIVES

* Decision-Making, Leadership, Entrepreneurship, Acceptance of Failure
* Guide students to increase their levels of communication
* Build relationships among students
* Introduce cultural norms to new immigrant students
* Inspire students; positively change their attitude toward education
* Promote characteristics of a good citizen
* Implement ways to encourage respect toward each other
THIS PROJECT WILL BENEFIT STUDENTS' ACADEMIC ACHIEVEMENT BY POSITIVELY CHANGING THEIR ATTITUDE TOWARDS EDUCATION, THEIR COMMUNITY, AND THEMSELVES.

BY PROMOTING POSITIVE CHANGES IN STUDENTS’ Attitudes, THEY CAN BUILD RELATIONSHIPS AND ACQUIRE SOCIAL SKILLS THAT EFFECTIVELY AFFECT THEIR ACADEMIC PERFORMANCE.

THIS PROJECT WILL BUILD STUDENT RESILIENCY THROUGH A MENTORING PROGRAM FOR GRADES 1ST- 5TH. STUDENTS WHO ARE CHOSEN BY THE TEACHER/COUNSELOR WILL ATTEND FIELD TRIPS TO PLACES LIKE THE HISTORYMUSEUM AND HOPE FOR MIAMI, WHERE THEY CAN INTERACT WITH OTHER STUDENTS THEIR AGE AND DISCUSS STORIES OF ACHIEVEMENTS AND ADVERSITIES.
FLORIDA STANDARDS

HE.1.R.1.5 - IDENTIFY STRATEGIES TO OVERCOME A CHALLENGE.
HE.1.R.1.1 - DISCUSS WAYS TO RESPECT THE PERSONAL PROPERTY AND PERSONAL SPACE OF OTHERS.
HE.1.R.3.2 - DEMONSTRATE THE CHARACTERISTICS OF A GOOD CITIZEN IN SCHOOL AND THE COMMUNITY.
HE.3.R.4.2 - IDENTIFY DIFFERENT SOLUTIONS AND POTENTIAL OUTCOMES WHEN PROBLEMS ARISE.

BE STRONGER

You Are Resilient
IMPLEMENTATION

SEPT. 12 INTRODUCTION
SELECTED STUDENTS WILL BE INTRODUCED TO THE PROGRAM.

Tuesdays & Thursdays
Activities
Students will meet for an hour twice a week.

Field Trips
Students will be visiting places throughout Miami to become familiar with their new city.
(Restaurants, museums, parks, and beaches.)
Parents will be encouraged to attend to increase parent involvement and educate parents about our city.

Guest speakers
Guest speakers from the community will present students with moments of resiliency, share resources to parents and promote community involvement.
Guest speakers will be park representatives, leaders in the community, and parents who wish to share their stories.

Mentorship
Students will be encouraged to become members of school organizations, such as 5000 Role Models and Girls Empowerment Clubs.
WHAT IS RESILIENCY?
RESILIENCY IS DEFINED AS THE ABILITY TO RECOVER FROM A TRAUMATIC EXPERIENCE, RECOVER FROM A NEGATIVE ENCOUNTER, THE ABILITY TO BOUNCE BACK.

CHILDREN THAT ARE RESILIENT MORE LIKELY TO AVOID PROBLEMS.
THEY HAVE THE POTENTIAL TO RECOVER FROM UNFORTunate CIRCUMSTANCES OR EVENTS IN THEIR LIVES.
THEY TEND TO FOCUS ON THE POSITIVE AND DEAL WITH CIRCUMSTANCES THAT THEY CAN SOLVE INSTEAD OF LOSING HOPE WHEN CHALLENGES OCCUR.
ACCORDING TO MDCPS, RESILIENCY CHARACTERISTICS INCLUDE:

- CRITICAL THINKING & PROBLEM SOLVING
- RESPONSIBILITY
- MENTORSHIP & VOLUNTEERISM
- GRATITUDE
- EMPATHY
- CITIZENSHIP
- HONESTY
- PERSEVERANCE
- RESPONSIBLE DECISION MAKING
- SELF-AWARENESS
- SELF-MANAGEMENT
Strategies to help build resiliency

Practice coping strategies when calm
Practice gratitude to gain some perspective
Teach and model flexible thinking skills

Learn and grow from failures together
Develop SMART goals and work on them
Reframe struggles as opportunities to grow

Teach and practice positive self-talk
Use confidence-building strategies
Check-in with emotions on a regular basis

Teach and encourage self-compassion
Encourage kids to solve problems on their own
Give puzzles, brain teasers, and challenges

1. Good humour
   Phrase: “Come on, laugh it off”

2. Good containment
   Phrase: “Contain thinking, perfectionism and anxiety”
   “Don’t let this spoil everything”

3. Good Distraction
   Phrase: “Let’s take a break”

4. Good Distraction
   Phrase: “Who have you spoken to about this?”
   “I know it looks bad now but you will get through this”

5. Good offerings of hope
   “What can you learn from this so it doesn’t happen next time?”

6. Good positive reframing
   Phrase: “Don’t worry – relax and see what happens!”

7. Good acceptance
   Phrase: “This isn’t the end of the world”

8. Good perspective
   Phrase: “You could be right. But have you thought about …?”

9. Good taking action
   “What can we do about this?”

10. Good taking action
    “What can we do about this?”

Activities

The Future Is Bright - Vision Board
Students will create a vision board to plan for goals and achievements they would like to achieve this year.

David's big problem
In this lesson, students will work collaboratively in guided groups to resolve conflicts while demonstrating respect and kindness, focusing on recognizing the characteristics of responsible citizenship.

https://www.cpalms.org/previewresourcelesson/preview/70420

Guest Speakers
Our community members will share their resiliency stories and give students suggestions on overcoming obstacles and resolving conflicts.

Field Trips
Students will visit places throughout our community that will enrich their knowledge of our city, their new home.

Mentorship & Volunteerism
Students will be provided mentors. Mentors will be staff members who have volunteered to mentor a student. Students will learn to volunteer by helping during events, trash pick-up and food drives.
Congratulations!
You have been selected to be a part of RAB. Prepare to have fun, make new friends, and visit new places.
Parent permission slips and media releases must be returned by Sept. 19, 2023.
Meetings: TBA
Rm. 1429/Alternate locations

Ms. Gil
https://www.boisestate.edu/broncofit/resilience/


Resiliency Education Standards, 2023