

Episode 9

Resilience



Episode 2 Overview



Materials Needed

- Sticky Notes
- Markers/Pencils
- Color Pencils
- Big Poster
- Cardboards
- Stationary
- Colorful Newspapers/
Magazines/Postcards
- Scissors

Habits are small actions that we do consistently that can help us reach our goals.

Think about three goals you want to achieve and brainstorm daily habits that can help you progress towards that goal. List two habits for each goal.

GOAL: Learn how to do the splits!

HABITS:

- *Daily Stretching*
- *Practice Split Drills*

GOAL:

HABITS:

GOAL:

HABITS:

GOAL:

HABITS:

Remember, taking small steps every day and showing resilience can help you achieve your goals!

WOOP Your Way To Success!

For this activity, you will use the WOOP technique!

Planning ahead is important when working towards a goal because it helps you be prepared for challenges that may come along the way.

W

WISH

O

OUTCOME

O

OBSTACLE

P

PLAN

For each of your goals, use the WOOP technique to make sure you stay on track of your habits.

Which goal do you want to achieve?

How will you know when you have achieved it?

What are your main challenges?

How can you overcome the challenges?

Refer back to one of your goals from the previous page, and fill in the blanks!

WISH

OUTCOME

OBSTACLE

PLAN

If

then I will

Obstacle

Plan to overcome it

Building a Support System

Having a support system is an important part of achieving your goals!

Now that you have wrote down your goals and used the WOOP technique, think of friends or family who can help you in your journey to achieving your goals. Assign each of them the following roles.

Name	Role	What will they do?
	Motivator	Someone who will encourage you on days when you feel like giving up
	Challenger	Someone who will track your progress and remind you about your daily habits
	Ideas	Someone who will help you brainstorm new ways to be consistent

Remember, a support system can help you achieve your goals, even when obstacles arise. Stay resilient and keep working towards your goals!

This activity is all about creating a special calendar just for you, where you can mark your own progress!

Calendars are important because:

- They help you keep track of how you're doing and stay motivated.
- They remind you of important dates and milestones, like when you've completed your goal or when it's time to celebrate!

Instructions

1. On each page of your calendar, write the name of the month and the year.
2. Write the number of days in that month.
3. Make sure to check an actual calendar to ensure that the dates are correct.

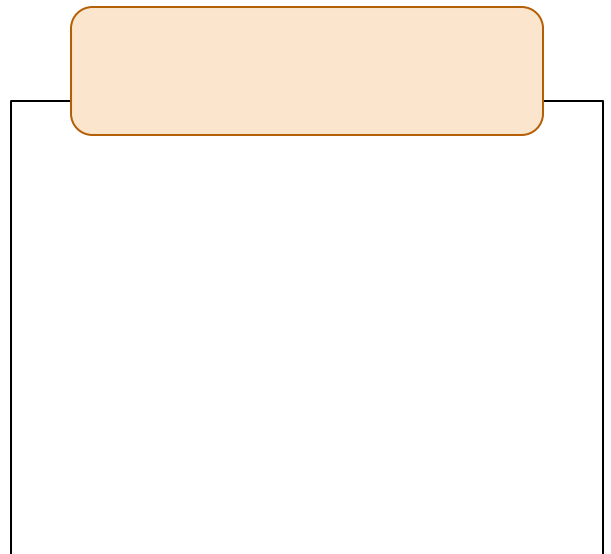
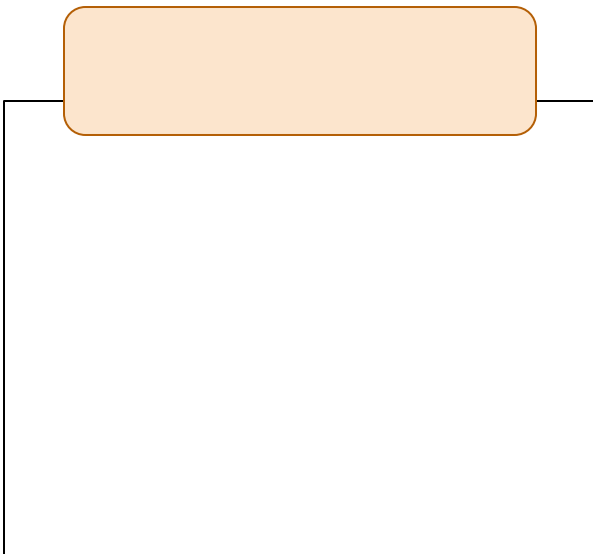
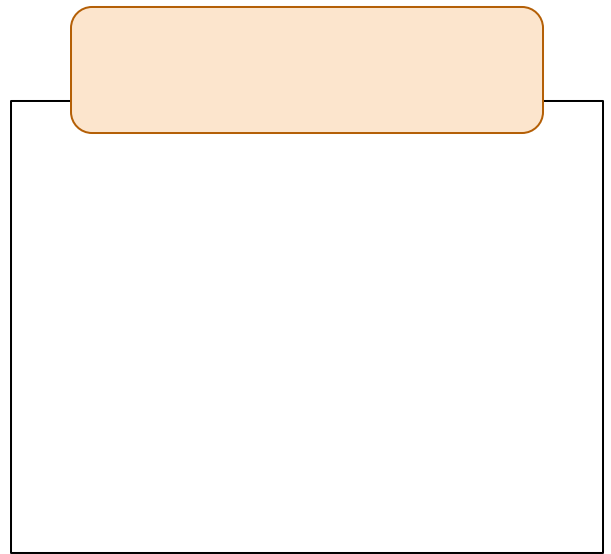
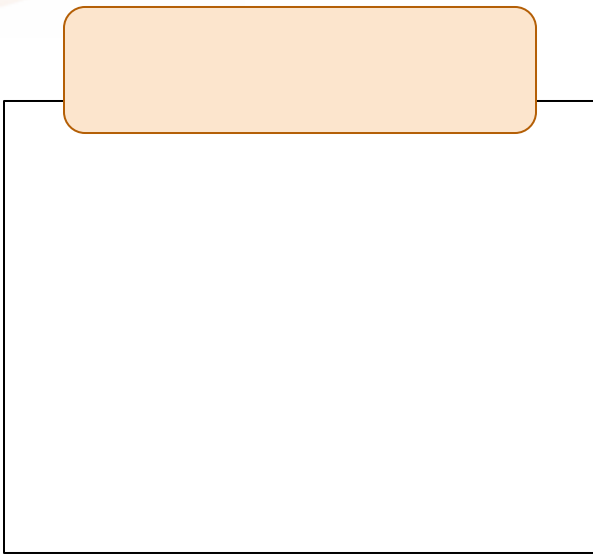
March 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Mark the important dates on your calendar, such as the end of your goals and any other significant milestones. You can use colorful pictures, stars, or other signs to represent these dates!

You can also put emoticons each day to show how you feel while working towards your goals!

Gratitude journals help us remember all the wonderful things and people in our lives that make the world a beautiful place.

When we write down what we are grateful for in our journals, it helps us appreciate the small joys around us, reminding us that there is so much beauty to be found in the world every day despite the challenges. Write and draw 4 things that you are grateful for.



Would you want to cultivate the gratitude journal as a habit?

Motivational posters can help you to keep going in the face of crisis.

Steps to creating your poster:

1. Collect magazines or newspapers, scissors, glue stick or tape, paper or poster board, and markers, crayons, or colored pencils.
2. Cut out images, words or phrases from your magazines or newspapers that motivate you. Look for positive images, quotes, or messages.
3. Arrange the cutouts and any other decorative elements, such as postcards or glitter, on the paper or poster board to create your collage.
4. Once you're satisfied with the arrangement, attach the cutouts and decorative elements to the paper or poster board.
5. You can use colorful markers to draw more designs on your collage to make it look unique!



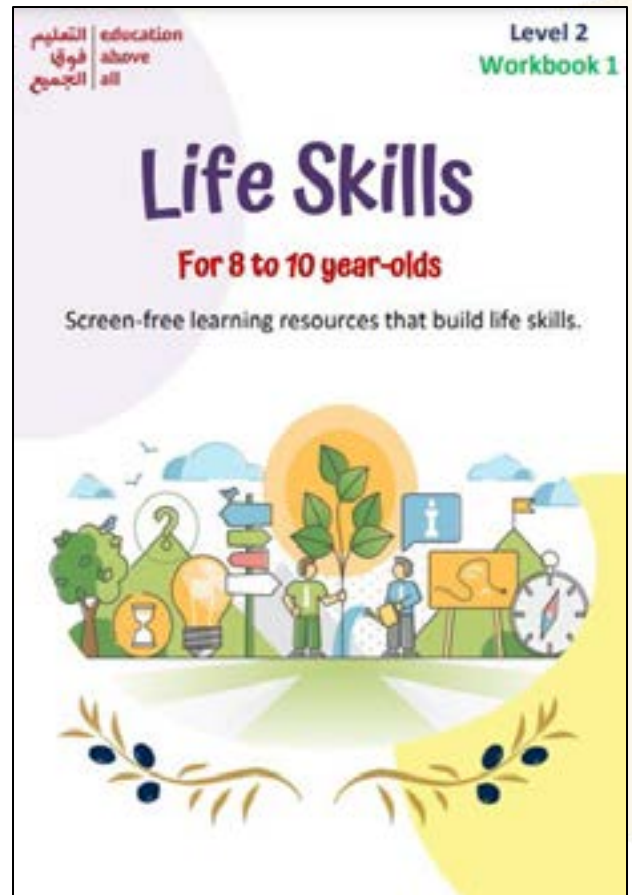
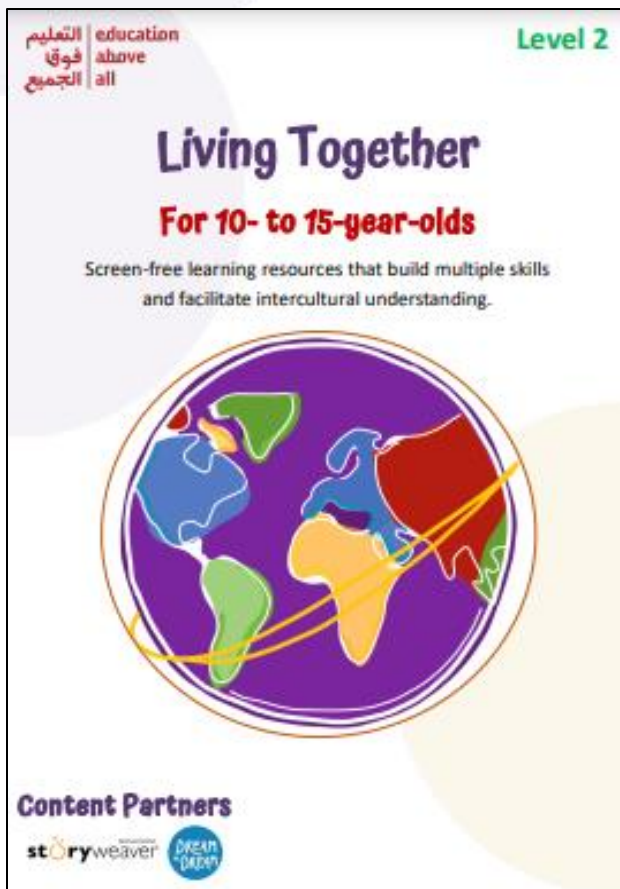
Have fun creating your own unique motivational posters and hang it up where you can see it every day!

To Learn More

Visit the **Internet Free Education Resource Bank**, which is filled with over hundreds of fun educational resources:

<https://resources.educationaboveall.org/>

This episode was inspired by the Living Together Package and Life Skills Package from Education Above All's Emergency Response Content.



The Ukrainian Emergency Education Response is available in English, Ukrainian and Polish.