

Week 21

Theme Week: Test Prep - Developing An Inspiring Attitude

QUOTE OF THE DAY:

“Most of my major disappointments have turned out to be blessings in disguise. So whenever anything bad happens to me, I kind of sit back and feel, well, if I give this enough time, it’ll turn out that this was good, so I shan’t worry about it too much.”

—William Gaines

Language Arts Connections

Resources Required

- Journal, notebook, or piece of paper

Teacher Self-Reflection

Take time to reflect on some of the difficult or stressful events you’ve experienced. What benefits did you realize? Be ready to share these insights with your students.

Focus of the Day:

Building Resilience and Bouncing Back

Background Knowledge

Resilience is strength—strength to face difficulties, walk through them, and bounce back afterward. Whether your students develop resilience depends upon their attitude. Do they view challenging events like testing in a positive or negative light? Finding the benefits and rewards in the middle of difficult situations is the key to becoming resilient. Help your students see difficulties not as catastrophes but as opportunities to learn, grow, and get stronger.

Testing can be very tiring and your students might feel scared or angry or sad about having to take the tests. Helping them to view the testing like a sports game can make them a fun and exciting challenge. Writing down the benefits to them of going through the testing experience can also motivate and encourage them.

Activity for the Day

1. Today we will talk about building resilience. Resilience is the ability to face difficult events, get through them, and bounce back afterward.
2. Everyone faces difficult or challenging events. It is a part of life. You are not alone. Taking tests can be a difficult event. (If possible, share a challenge that you have faced.)
3. Please take out your journals. I want each of you to write down three difficult events you have faced—maybe losing a big game, having a pet die, having a hard time learning a difficult subject, and so on.
4. Lets bring our focus back to the whole class.
5. Anyone willing to share a difficult event that you have gone through? I will write them on the chart paper to see how much we have in common.
6. Let’s now focus on the benefits of those difficult events. A benefit is something that you learned or gained from the events. Maybe it was how to be strong.
7. (Share a benefit or two you derived from one of your difficult situations.)
8. Take a moment to write down a benefit of going through one of your three difficult events.
9. Lets bring our focus back to the whole class.
10. Anyone willing to share a benefit?
11. Thanks for sharing with us. It’s good to know about the positive side of difficult situations.
12. Remember that your ability to face and overcome challenging situations depends on your attitude—whether you see these events in a negative or positive light. It’s up to you to look at difficulties as opportunities that can benefit you in some way—helping you learn, grow, and become stronger.

