**Habit-of-Heart Resiliency**

|  |  |
| --- | --- |
| **Distance Learning Unit****Full-Circle Learning**  | **Habit-of-Heart Theme: Resiliency** |
| Lesson Plans for Home Implementation (For Teachers, Parents and Self-Guided Learners) | One-Week UnitRecommended Grade Level: 6-9 (age 10-15)Mixed media for adaptability |
| Time: 5 min.Materials: 2-minute video intro and/or written intro, cup of steamy water | Element 1: Sense It – Intro to Resiliency * Water evaporates into steam; it never disappears but just changes form. The river gives water to the clouds and weathers all seasons, reviving itself again.
* Humans can practice resiliency just as rivers do.
 |
| Time: 30 min.Materials: 2-minute video and image of conflict bridge10 papers, leaves or stones to represent steps on a bridge | Element 2: Show It – Making Peace for Resiliency * Knowing how to create peace with others brings resiliency for both partners.
* Consider the example of two siblings on the conflict bridge.
* Work out a real or imagine conflict with another young person at home using no judgement. Be the first to make a statement showing empathy.
 |
| Time: 30 min.Materials: 4-minute audio, with image of story | Element 3: Storytell It * Put yourself in the story of someone called upon to lead others down a polluted river. If the situation were real, how would your resilience help save lives?
* Discuss with a family member how this situation relates to helping one another through rough channels.
 |
| Time: 30 min.Materials: Audio-video, text | Element 4: Science: The Gifts of Rivers  Learn about what rivers give us: * Water to drink and bathe for humans, birds and animals
* Water for shade trees
* Moist soil to prepare the soil for growing smaller plants
* Water to collect for washing
* Water that evaporates as droplets to feed the clouds and cool the earth.

Threats to rivers include: Biodiversity loss, drought and flooding that come with climate changeIllness from zoonotic diseaseWe can become resilient by studying and acting on what we know about: * Climate change
* Adapting the ways we grow and store food
* Water conservation
* Disease prevention
* Protecting one another
 |
| Time: 15 min.Materials: Video/s and text | Element 5: Music: A River Is a Place * Listen to the song recorded by musicians who visited a dry riverbed during a drought.
* Play the song again and sing along. The lyrics say, “A river is a place that *sometimes* has some water flowing through it.”
* Incorporate the song into a lesson for the family on the importance of conserving water.
 |
| 1 hourMaterials: Video and Text  | Element 6: Poetry: Rivers of the World * Listen to ten poems, read aloud.
* Follow along with the text.
* Picture the setting of each poem.
* Answer the questions about the poems.
* Pick a favorite to recite for the family.
 |
| Time: 45 min.Materials: Instructions, paper, straw or ribbon, marker/paint and brush or stick | Element 7: Share It – Ribbons of Rivers (Video)* Create a space for a river tribute inside or outside, using the map as a guide.
* Teach the family about the importance of conservation and place the “river ribbons” on the map.
* Invite family members to assist with watering chores in exchange for adding to the artistic features of the tribute space.
 |
| Time: 1:45 Materials: Video and instructions, clay made of natural materials  | Element 8: Send It – The Clay Pot Project * Learn about the origins and global uses of clay water pots.
* View the instructions for creating a clay pot.
* Use local materials or back-yard materials to create a clay pot.
* Send the pot to honor a nearby or distant artist who makes and carries clay pots
 |
| Time: 15 minutes per dayMaterials: Notebook or a few sheets of paper | Element 9: Sustain It* Review a plan for keeping a journal to maintain resiliency.
* Write or draw each day’s challenges and how you overcame them or your plan for overcoming the next day’s challenges
 |
| Time: Preview Time before beginning lesson plan unit and review time after lesson plan unit, as neededMaterials: Text | Element 10: Glossary * Definitions and spellings of some words used in the unit are defined here.
 |

**Resilience Distance Learning Unit Materials List**

*(Paper Version will also be provided; this version should be adaptable for website, Whatsapp, Facebook or radio/TV use)*

Element 1: Sense It – Introduction to Resiliency (Video and Text)

Element 2: Show It – Making Peace for Resiliency (Text)

Element 3: Storytell It – (Audio and Instructions)

Element 4: Science – The Gifts of Rivers (Audio-Visual & Text)

Element 5: Music – A River Is a Place (Video and Text)

Element 6: Poetry: Rivers of the World (Video & Text)

Element 7: Share It – Ribbons of Rivers (Text Instructions)

Element 8: Send It – The Clay Pot Project (Video & Text)

Element 9: Sustain It – Journaling for Resiliency (Text)

Element 10: Glossary – Preview and Review (Text)