**Habit-of-Heart ResiliencyA picture containing drawing

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| **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 Unit  Recommended 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 bridge  10 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 change  Illness from zoonotic disease  We 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 hour  Materials: 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 day  Materials: 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 needed  Materials: 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)