



## 1-5 Quick Guide to Breakout Activity Options for Lesson on Resilience

**Reading Aloud activity:** We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to Resilience.

- [The Do-Over Day by Julia Inzerro](#)
- [The Many Colors of Harpreet Singh by Supriya Kelkar](#)
- [Those Shoes by Maribeth Boelts](#)

### Physical activity:

1. **Musical Chairs:** Part of resiliency is learning that you don't always win, and this is okay. Have the children play the old-fashioned game of musical chairs to work on accepting loss in a safe environment. Have everyone rejoin in multiple rounds to promote resiliency.
2. **Obstacle Course Trust Walk:** Instruct the children to make a simple obstacle course with hula hoops, cones, etc. Divide the children into pairs. Each child takes a turn wearing a blindfold while their partner leads them through the obstacle course. This activity helps build trust and resilience.
3. **Bouncing Back:** Put children into pairs or small groups. Give each group a basketball or similar bouncing ball. Have children stand ten feet apart and bounce the ball back and forth to each other. Each time a child bounces the ball, ask them to name a challenge that people have to bounce back from. For example, a child might say "anxiety" or "loneliness" or "COVID-19" or "fights with friends" as they bounce the ball to others.

**Drama/Theater activity:** Invite kids to form groups and create a skit about this week's theme, which is resilience. Below are prompts:

- "You are part of a team of adventurers that is sailing to recover buried treasure from a sunken pirate ship. Your boat encounters a huge storm, and a giant wave knocks all your diving equipment into the sea and breaks your sail. What do you do?"
- "A bus drops you and your friends off at a remote location for a camping trip. While you are swimming in the lake, a bear breaks into your camp and eats all your food. The bus won't be back for three days. You have no phones. What do you do to survive?"

**Visual Art activity:** Invite children to overcome various types of challenges while drawing pictures. Encourage them to see the beauty in what they create instead of seeing the differences as imperfections. Provide drawing paper and markers or crayons.

- **Non-dominant hand activity:** Ask children to place a marker or crayon in their non-dominant hand (right-handed kids will draw with left hand and left-handed kids will draw with right hand). Tell children to draw a picture of anything they choose, but *they must use their non-dominant hand*. Suggestions: draw an apple, write your name, draw a house, draw a tree, draw a superhero, draw shapes, etc.
- **Eyes-closed drawing activity:** Ask children to draw a picture of anything they choose, *as long as they keep their eyes closed*.
- **Upside down drawing:** Ask children to draw a picture of anything they choose, but *it must be drawn upside down*. No flipping the paper upside down while drawing!