

LEARNING OBJECTIVES

The purpose of this lesson is to help students prepare for unknowns and uncertainties in life by thinking ahead and developing resilience.



LESSON CONTENT

It is easy to feel fearful or stressed when dealing with change because there is inherent uncertainty in new situations and many new things are out of our control. One way to alleviate some of this fear or stress is to prepare for the unknown, which in turn increases resilience and confidence in change.

STRATEGIES

- Focus on what you CAN control.
- Remember past successes.
- Plan ahead and prepare.

CONVERSATION STARTERS

- What experiences in life have you felt the least prepared for?
- When have you “bounced back” from something difficult? What did you learn about yourself from that experience?
- How can we cope with not being able to prepare for everything that comes our way?

EXTENDING THE LEARNING

- Use calendars and schedules to stay organized and plan ahead. As a family, discuss the upcoming events every week and what tasks should be completed early in order to feel as prepared as possible.
- Look back at an old journal for days when you experienced something unknown at the time. How did you get through it?