

LESSON PLAN 4

Grade 1-2
Strengthening Our Resilience

Lesson Plan 4.1: Grade 1-2

Strengthening Our Resilience

Lesson Title	Strengthening Our Resilience – Resilience Masks
Lesson Summary	This lesson introduces students to the concepts of strength and resilience. Students will reflect on how these qualities help them face challenges and identify sources of hope in their own lives. Through discussions and hands-on crafting, students will create a "Resilience mask" to symbolise their personal sources of strength. They will use their masks between lessons to remind themselves of strength and resilience during challenging moments.
Year Level	This lesson is for Grades 1-2
Lesson Duration	50-60 minutes
Learning Intention	- To try to understand what resilience means and how it can be used during difficult times - To express emotions and personal strengths
Evidence of Learning	By the end of the lesson, students will be able to: - Decorate the mask on both the outside and inside - Name at least one thing that gives them inner strength - Share their mask with others
Things you will need	- Make-A-Wish story (video) Superhero Emily Saves Perth City  - Digital device to play the Make-A-Wish video (optional) - Craft materials for the activity – pencils, markers, texters, scissors - String/elastic to make the mask wearable - Optional: whiteboard and markers
Teacher Preparation Notes (optional)	- Review Make-A-Wish video for sensitive content (there is a written story for the Kinder year level if that is more suitable) - Review the Make-A-Wish video Superhero Emily Saves Perth City  - Print off activity templates - Write the success criteria and learning intention on the board before the lesson begins. - Ensure craft materials are ready and organised for the activity. - Encourage students to think deeply about their personal experiences with resilience and help students who may struggle to identify their own moments of resilience. - Allow students to share their mask but ensure that sharing is optional to maintain a safe and respectful environment. - Cut out the masks before or after the activity. - Teachers should adapt this lesson to meet the diverse needs of students, including those with varying abilities and those with Special Educational Needs (SEN)

Grades 1-2 Lesson 4.1

Strengthening Our Resilience - Scripted

Introduction & Icebreaker (15 minutes)

"Good morning! Today we're going to learn about being strong and having hope. These help us when things are difficult."

"Being strong and having hope help us when things are hard. Sometimes being strong doesn't mean muscles. It can mean trying again, being kind, or asking for help."

Icebreaker

"Has anyone heard the word 'resilience' before?" (pause for answers)

"Resilience means bouncing back. Like a ball! When you drop a ball, it bounces back up. When something hard happens, resilience helps you keep going."

"Here's an example. You're learning to tie your shoes. It's hard! You try and try. Maybe it doesn't work the first time. Resilience helps you try again!"

"Can anyone tell me about a time something was hard for you and you were resilient?" (Choose 2-3 students to share)

Introduction to Make-A-Wish Australia

"I want to tell you about Make-A-Wish Australia. They give special wishes to kids who are critically ill, and provide them with hope and joy. Some kids wish for a puppy, some kids wish for a trip to the snow. Today we'll watch a video about a girl named Emily. She got a superhero wish!"

"Let's talk about superhero Emily! What superhero qualities does Emily have?"

(Write answers on board: strong, brave, helps people, doesn't give up)

"Great examples everyone."

"What other superheroes do you like, and what do you like about them?" (pause for answers)

"Amazing! Spider-Man and Wonder Woman (**or another hero**) are strong, not only because they have powers, but also because they help people when they need it."

Here's something cool: you also don't need to be able to fly or have super strength to be a superhero. The most important superpowers are hope and resilience."

Can anyone remind me what the word resilience means? (**pause for response**)

"Great job! Resilience has a friend called hope. Hope means believing things will get better. Make-A-Wish gives hope to kids, just like Emily!"

Activity: Make Your Mask (25-30 minutes)

"Now we'll make our own superhero mask! Just like Emily had!"

First, let's answer some questions. These questions will help us design our masks."

Questions to write on the whiteboard:

1. What makes YOU strong? (brave, kind, never give up)
2. Who helps you? (parent, family, sibling, teacher, friend)
3. What makes you happy? (playing, reading, hugging)
4. What do you hope for? (being kind, learning new things)

"Your mask will show how strong YOU are! It will remind you that you can do hard things."

"Let's think about what to put on your mask."

Colours: What colours make you feel strong and happy? Use those!

Pictures: What pictures show you're strong?

- Animals you like (lions are brave, dogs are loyal)
- Things you love (balls, books, crayons)
- Nature (sun for happiness, stars for dreams)
- Hearts for people who love you

Words: What words make you feel strong?

- Brave
- Strong
- I can do it!
- Your name (because YOU are the hero!)

People: Who helps you?

- Draw their first letter
- Draw something that reminds you of them (e.g. a football for your coach)

Your Dreams: What do you hope for? Draw it!"



Making the Mask

"Now let's make our masks!"

1. Cut out your mask
2. Pick your colours
3. Draw pictures that show you're strong
4. Add words that help you
5. Make it YOUR special mask!"

(Students work for 25 minutes. Walk around and help.)

Finishing the Mask:

"Almost done! Let's make it so you can wear it!"

1. I'll help you punch holes on the sides
2. We'll put string through the holes
3. Now you can wear it!"

Wrap up and reflection (5 minutes)

"Great job! Let's think about our masks."

"Please answer the following questions on your reflection sheets."

1. What was your favourite part of making your mask?
2. How do you feel when you look at your mask?
3. What colours did you use?
4. What pictures did you draw?
5. Why did you choose them?"

"You all did AMAZING today!"

Remember: When you feel sad or scared, you can wear or look at your mask. It will remind you that you are strong. You are brave. You can do hard things. Just like Emily!"

Grades 1-2 Lesson 4.1

Strengthening Our Resilience - Unscripted

Introduction & Icebreaker (15 minutes)

- Introduce the lesson intention of strength and having hope. Explain they are helpful things (when things are difficult etc)
- Explain that being strong isn't just physical; sometimes being strong means being kind or asking for help.

Icebreaker

- Ask if they've heard the word resilience before ([pause for answers](#))
- Explain the definition of resilience, and explain it's like when a ball bounces back up – something hard happens and resilience keeps you going.
- Give an example – e.g. learning to tie shoes or a maths equation.
- Ask students to give an example of a time when something was hard but they were resilient. ([Choose 2-3 students to share](#))

Introducing Make-A-Wish

- Explain that Make-A-Wish Australia grants wishes for critically ill children.
- Explain wishes bring hope and joy.
- Give an example of a wish – e.g. puppy wish or trip to the Gold Coast, and explain that each wish is different and unique.

Wish video

- Introduce Emily and her superhero wish
- Play Emily's wish video: - [Superhero Emily Saves Perth City](#) 

- Ask why they think Emily is a superhero. What words can you think of? **(list answers on the board and gear answers towards brave, helps people, doesn't give up)**
- Ask what other heroes they like and why
- Explain that their favourite superheroes are also strong because they help people when they need it.
- Explain that you also don't need to be able to fly or have super strength to be a superhero.
Explain that the most important superpowers are hope and resilience.
- Ask students if they can remember what the word resilience means? **(pause for response)**
- Explain that resilience has a friend called hope and explain what hope is.
- Explain that Make-A-Wish gives hope to kids like Emily.

Activity: Make Your Mask (25-30 minutes)

- Tell students they'll be making their own superhero mask like Emily
- Use the following prompts/questions to help them with their mask **(you can write these on the board)**
 1. What makes YOU strong? (brave, kind, never give up)
 2. Who helps you? (parent, family, sibling, teacher, friend)
 3. What makes you happy? (playing, reading, hugging)
 4. What do you hope for? (being kind, learning new things)

Colours: What colours make you feel strong and happy?

Pictures: What pictures show you're strong?

- Animals you like (lions are brave, dogs are loyal)
- Things you love (balls, books, crayons)
- Nature (sun for happiness, stars for dreams)
- Hearts for people who love you

Words: What words make you feel strong?

- Brave
- Strong
- I can do it!



- Your name (because YOU are the hero!)

People: Who helps you?

- Draw their first letter
- Draw something that reminds you of them (e.g. a football for your coach)

Your Dreams: What do you hope for? Draw it!"

Making the Mask

Tell students the following steps

1. Cut out your mask
2. Pick your colours
3. Draw pictures that show you're strong
4. Add words or messages that help you
5. Make it YOUR special mask!"

(Students work for 25 minutes. Walk around and help.)

Finishing the Mask:

Give instructions on finishing the mask:

6. Punch holes on the sides
7. We'll put string through the holes

Wrap up and reflection (5 minutes)

- Encourage students to think about their mask, ask them to write the answers to the following on their reflection sheets:
 1. What was your favourite part of making your mask?
 2. How do you feel when you look at your mask?
 3. What colours did you use?
 4. What pictures did you draw?
 5. Why did you choose them?"
- Praise their hard work and efforts
- Remind them that when they're sad or scared, they can wear or look at their mask, and it can remind them that they are strong, brave and can do hard things. Just like Emily!