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Course No: ED553i Helping Anxious Students

August 5, 2017 Level: 3 quarter credits/500 level

Assignment #10

Title: Class Bravery Ladders

Level: any – My students are 9th graders

Duration: 2 periods or more – depending where student take it, with occasional touches throughout the school year

Students will reflect on their own upbringing, focusing on playgrounds, play, fears, and risk.

Student will create bravery ladders, with the expectation that they will challenge themselves to gain confidence in an area where it is currently lacking.

1. Ask students to brainstorm a list of the rules they had to play by in elementary school.
2. Compile common list as a class
3. Go thru list, discuss the WHY of the rules, how it affected play, why play is important, etc – wherever the discussion takes us.
4. Show pictures of elementary school playgrounds in district.
5. Have students, in groups, improve one of the playground – using “The Lands” creator method, which is using “risk benefits assessments” – looking at how something would benefit a child and THEN look at the risks, taking a real critical eye on RISK. Students need to include how their playground will not only be fun, but help kids develop confidence.
6. Have each group present their designs and assessments. I hope this will spur a discussion about fun, about how something that is challenging is the most satisfying.
7. Have student write individually about their phobias – reflect on why they think they have them.
8. In groups, brainstorm how can develop true self-efficacy.- will need visual with term definition – I’ll start with a couple examples and then let them roll. Lists can be categorized by THOUGHTS, FEELINGS, ACTIONS
9. Develop common list as class
10. Develop list on doc camera. Later post list in class as a daily reminder.
11. Ask students to choose an area, something that may be giving them a bit of anxiety, to attempt to become braver about – using the list the class created as inspiration. Students will create a bravery ladder for their personal growth choice – a least of challenges – each requiring more bravery than the next – to help them gain a greater sense of self-efficacy. Students will keep their ladders to reference.
12. Have students complete reflective writes about how they took on the “challenges” that are on the list – multiple times throughout the school year. Give students frequent reminders, especially when a check-in will be taking place soon.