

ADVERSITY LESSON PLAN

Objective of Lesson: To define adversity and acknowledge how my students handle adversity in comparison to others.

Questions to consider:

- What is adversity?
- How do people manage when the going gets tough?
- What traits help some people succeed where others fail?
- How do you handle adversity?

Warm-up: (5 minutes)

- Tell students: Today we're going to look at some of the qualities that help people to overcome obstacles and succeed when the going gets tough. To start, I want you to think of a time when something was really hard for you but you succeeded, or a time when you witnessed someone facing a big challenge and managed to handle it. It could be a situation from your own life, a friend or relative, or something you read about or saw on TV.
- Now write about that time... **this is meant to be a quick write**

Lesson:

- Show the following TED Talk:
[https://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity\](https://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity)
- After watching the TED Talk, have students review their quick write in comparison to Aimee's story.
 - Please answer the following two questions about the Ted Talk by Aimee Mullins:
 - What was the problem or obstacle Aimee faced?
 - What were two things she did to overcome that challenge?
- With an elbow partner (person sitting next to you) discuss your answers to the above questions. Then with your partner create a definition of adversity.
- All partnerships will share out responses of what their definition of adversity is. Write key words on the board.
- Have students make an observation about common words that repeat.

As a class, create a common definition of adversity.

- Show the following TED Talk:
https://www.ted.com/talks/clemantine_wamariya_war_and_what_comes_after

Final Assignment:

Choose one of the following questions to answer in 250-300 words. Include personal experiences to connect with the question you are responding to. Think about Aimee and Clementine's stories, as you are answering the question.
(15 minutes)

1. How do people find the strength to overcome adversity?
2. Do different parenting styles make people more resilient, or, does genetics determine how well we can overcome adversity?
3. Does suffering through pain and hardship makes people stronger?
4. Can government or charity help people to land on their feet? Or, are personal qualities more important?

Closing:

Have the students share their reflections with another student. Collect at the end of class.