

Resiliency Program in P.E.

- ♥ Overall to gain the ability to get over and deal with tough times
- ♥ Assignments, lectures, and activities (skits) added to achieve the chief goal of dealing with tough times and situations
- ♥ Curriculum based off of Healthy Lifestyle Programs book

Goals

- ♥ Set ground rules for telling personal stories without worries of being judged
- ♥ Health knowledge: physical and psychological
- ♥ Social and psychological help
- ♥ Differences between physical, psychological, and social problems
- ♥ What are the social “norms”?
- ♥ Setting goals to achieve happiness
- ♥ Creating a self-image/fitting in
- ♥ Learning about one’s self
- ♥ Boosting self esteem
- ♥ How to be comfortable with who you are
- ♥ Building self-esteem with grades, success, and volunteer work
- ♥ Emotional ups and downs; what effects/triggers certain emotions
- ♥ How to take a step back, breathe, and gain control
- ♥ Learning the differences between aggressive, assertive, passive behaviors
- ♥ Learning how to listen to people and their feelings
- ♥ Learning to be okay with saying “no”
- ♥ Stress, depression, and stress management
- ♥ What to do, where to go, who to go to when down
- ♥ Realizing that life isn’t perfect
- ♥ Learning about yin/yang
- ♥ Resisting peer pressure
- ♥ Real life situations and how to act properly