Unit Plan - Resilience

**Grade:** High School

**Content Area:** *CTE/Employability Frameworks*

*2.2 Personal Qualities*

*Personal qualities are routinely displayed in students’ everyday actions in the classroom — how they participate in lessons, communicate, contribute to the learning environment, treat their fellow students, and govern themselves.*

**Benchmark:**

**2.2.2 Adapts and shows flexibility**

Students adapt easily to different modes of instruction and different types of assignments.

# Lesson:

## Resilience

*(These resources may also be embedded from the source. If you would like to download and edit click the Reuse option. To upload to your own site, you must have H5P integration.)*

[Resilience: Being Prepared](http://courses.oermn.org/mod/hvp/view.php?id=24835)

[Resilience: Bouncing Back and Learning from Adversity](http://courses.oermn.org/mod/hvp/view.php?id=24836)

[Resilience: Dealing with Conflict and Compromise](http://courses.oermn.org/mod/hvp/view.php?id=24837)

[Resilience: Personal Growth as a Way of Life](http://courses.oermn.org/mod/hvp/view.php?id=24838)

# Supplemental Resource:

[Employability skills resource kit](http://www.nc-net.info/employability.php) (North Carolina State)