



- Guidance Lesson -

Resilience Fair

Objective: Provide an opportunity to create connections and share tangible coping strategies with students during a campus wide event.

Estimated time: time varies

Materials: tables, art supplies, large space(gym/cafeteria), staff/students to manage booths

Activity/Discussion:

Step 1- Rally the Troops: In order for this fair to get up and running you will need to recruit people to create booths. Utilize staff members and student leaders who would be willing to share a positive coping strategy that has proven effective in their lives. Once you have a group that is willing to participate you will want to facilitate a brainstorming session. During that session you will create a list of coping strategies and assign 1-3 people to each strategy booth.

Step 2- Creating Booths: Once the groups have been assigned to each strategy you will want to allow those groups time to collaborate on what information will be shared and how the booth will convey that information to students. Provide supplies and time for groups to create booths that promote healthy, positive coping strategies. Encourage groups to provide a “take-away” for their booth , such as flyers, brochures, etc.

Step 3-Book It: Get with your campus administrators to find a day in the schedule that will allow for a “come and go” resilience fair. Teachers can sign up to take their classes throughout the day so that there is a steady flow of visitors.

Step 4- Accountability: To encourage participation in this event you may set up an accountability piece for the students. You may have them reflect with their classmates after the fair. Here are a few reflective questions that can elicit discussion:

- What strategies did you see that you have tried in the past? Did they help?
- What strategies did you see that you would like to try?
- Are there any strategies you have used that helped that you did not see, but would like to share?

Tips:

1. Try to include as many booths as you can and be open to “out of the box” ideas.
2. Encourage students and staff to get creative.
3. Post pictures of each booth on a bulletin board so that students can see all of the great ideas that can be used when they feel they have run out of “tools” in their coping toolbox.