

# One New Message

Subject:

Date:

Topics:

- Coping Strategies
- Resilience
- Self Awareness

Lesson: Resilience & Coping Strategies

Objectives:

- Students will be able to understand about impulses and coping strategies.
- Students will learn that part of being resilient involves controlling impulses.
- Students will understand that employing coping strategies will help them to better manage stress and become more resilient.

Lesson:

Set-Up: Desks should be set up in groups of three - four.

Warm-Up: Students will select group partners and sit accordingly.

Activity:

(5 mins background; 15 mins breakout; 10 mins class discussion)

Homework:

Download and play the video game **One New Message** which is available here:

[www Resilient.Games/ONM](http://www.Resilient.Games/ONM)

Background discussion:

Discuss with students about how coping strategies support resilience. Coping strategies are techniques or actions that people use to manage stress and other challenges in their lives. These strategies can include a variety of activities, such as relaxation techniques and social support.

Coping strategies are an important part of resilience, which is the ability to adapt and "bounce back" from adversity. By using coping strategies, people can develop the skills and resources they need to manage stress and other challenges, and this can help them build resilience over time.

For example, a person who is able to use coping strategies to manage stress may be more likely to bounce back from a difficult situation, whereas someone who lacks coping skills may be more likely to become overwhelmed and struggle to recover.

Overall, coping strategies are an important part of building resilience and can help people to manage stress and other challenges in their lives.

More information:

Additional background information about resilience, coping strategies, and self-awareness is available for handout, review, or further discussion.



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## Break out session:

Encourage students to discuss the following questions within their groups and then invite each group to share with the class some of the issues and findings they discussed among themselves. Note the variety of available coping strategies and their importance. End this discussion by leading the students to articulate why it is important that they recognize and use coping strategies in their daily routine and challenge them to select a coping strategy they will use for the next week.

- What coping strategies are available to the player in One New Message?
- Have you used any of these coping strategies before? Share with your group how you have used any of the coping strategies depicted in the game. Feel free to share an example, if it is relevant and you are comfortable talking about it.
- Come up with a list of 10-15 coping strategies that are not included in the game.
- Why are coping strategies important?
- Are there different coping strategies that you use at home as compared to coping strategies you use at school?

Write at least one coping strategy that you will focus on using over the next week. You do not have to share your answers to this question with the group.

## Class discussion:

Discuss with the class about the variety of coping strategies they have identified in and out of the game. Talk about why different strategies might work better for some students and why some strategies might be more appropriate at home than at school. Lead a discussion on ideas about becoming more aware of how these coping strategies are affecting their stress levels.

Finally, remind them they should focus on using the coping strategy they wrote down for the next week.

## Note:

Assign the homework a few days in advance to ensure all students have a chance to play it before the next class period.

One New Message can be played in 20 minutes or so.

However many students may choose to play it more than once to see how different decisions they make might lead to different outcomes.

## Standards:

Created to align with Health Education **California Common Core Standards** and **Georgia Standards** (August 2023).



## References & Resources:

- <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>
- <https://www.cde.ca.gov/lm/mh/resilientschools.asp>
- <https://resilient.games>

