

# Rock Bottom Resilience

## *Activity Envelopes*

**Spatial Requirements:** Regular classroom setup; little or no space required

**Activity Type:** Group

**Grades:** 3-12

**Group Size:** 2 or more

**Time:** 20 minutes

**Introduction:** A great way to overcome Rock Bottom moments and access Rock Bottom Resilience is to engage in activities that you know will help you feel better. In this activity, students will think about the activities that have gotten them through difficult times and use these as a strategy for coping with future Rock Bottom moments.

### **Materials:**

- 1 envelope per student
- Several small strips of paper for each student
- Writing utensil for each student

### **Activity:**

Give each student several slips of paper. Have a discussion with students about the different kinds of activities that might help them feel positive and energized during or following difficult experiences or challenges. Have students brainstorm for themselves the types of activities that would do this for them personally. Tell them to write several of their ideas on the slips of paper they've been given. These should be positive activities that are not difficult to do – playing with the dog, shooting hoops, reading a book, etc.

When students have come up with several activities on their papers, give them their envelopes and have them put their slips of paper inside. Encourage them to take a slip of paper out of their envelopes when they are having a “Rock Bottom” day and complete that activity.

### **Processing the Experience:**

- What were some of the ideas that you wrote down?
- How have these activities helped you in the past?
- How could having a “positive activity plan” help you during “Rock Bottom” days?