

Resource Resilience

Resource Collage

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

Activity Type: Group

Grades: 3-12

Group Size: 2 or more

Time: 30 minutes

Introduction: This activity allows students to create a visual reminder of the resources that are available to them in life, enabling them to access greater Resource Resilience.

Materials:

- 1 large piece of paper per student (such as poster board or a sheet of butcher paper)
- Several markers
- Several pairs of scissors
- Glue or tape
- Several newspapers, appropriate magazines, catalogs, stickers, and other images that students could include in their collage

Activity:

Give each student a piece of butcher paper or poster board. In the middle of the paper, have students draw a picture of themselves. Around this picture, they should draw or cut out and glue pictures of resources that are available to them in life. Remind students that a resource is anything that can help you be more resilient or help you achieve a goal that you have. This can include internal resources like abilities, attributes, physical characteristics, and skills; and external resources like physical assets, people in your life, tools, jobs, etc.

Give students plenty of time to complete their resource collage. Consider displaying the posters in your classroom, or encourage students to hang the posters somewhere prominent in their home where they can remember all the resources in life that they can access when they need to be resilient.

Processing the Experience:

- Was it easy to identify resources? Why or why not?
- What internal resources did you list? What external resources did you list?
- Where do you plan on displaying this poster?
- How can looking at this poster help you increase your resilience or reach your goals?