

Rock Bottom Resilience

Lifelines

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

Activity Type: Group

Grades: 5-12

Group Size: 2 or more

Time: 15 minutes

Introduction: No one can be an island, especially in the face of Rock Bottom moments. This activity demonstrates to students all the people in their life who can act as a lifeline when times get tough.

Materials:

- Rock Bottom Scenarios – 1 for each group of 3-4
- 1 piece of white paper per group of 3-4
- Writing utensil for each student

Activity:

Have a discussion with students about lifelines. Explain that a lifeline is someone who can help us when we're at a rock bottom moment – someone who cares about us and wants to see us succeed. A lifeline can include parents, grandparents, or other family members, positive friends who respect us, teachers, counselors, and school officials, coaches or other mentors, or anyone else who has positive traits and cares about you.

Now give each group one of the Rock Bottom scenarios from the Rock Bottom Scenarios sheet. Have them read their scenario together then list as many lifelines as they can think of that the person in the scenario could reach out to. Give students five minutes to complete this portion of the activity.

After the five minute time is up, allow groups to share their scenario and the lifelines they thought of who could help resolve it.

Processing the Experience:

- Were some of these lifelines the same across the scenarios?
- Have you ever experienced one of these scenarios personally?
- How has a lifeline helped you in your rock bottom moments?
- Have you ever been a lifeline to someone else?
- Why is it important to establish a support system before you hit a rock bottom moment?
- Is there anything you can do today to strengthen your own support system?