



FOR EXCELLENCE IN MIAMI-DADE PUBLIC SCHOOLS

2023
2024

Ideas with

IMPACT

RESILIENCY

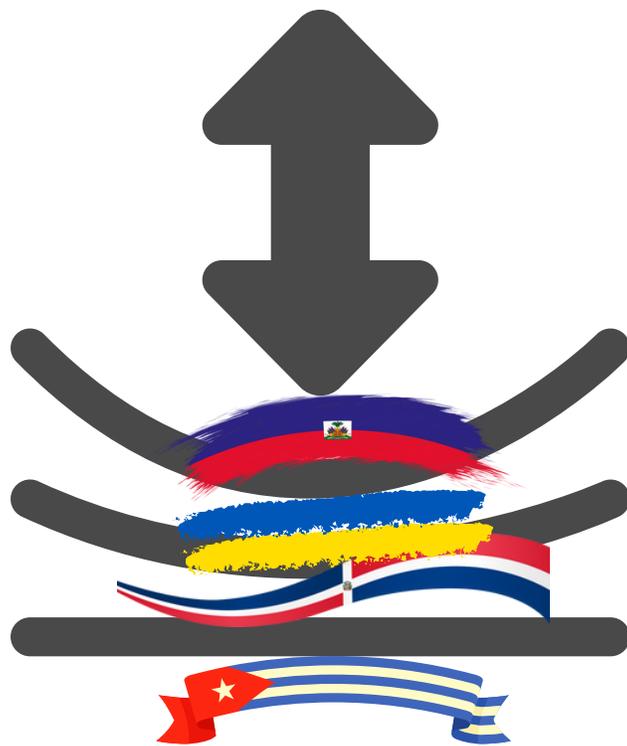
Resiliency Across Borders

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RESILIENCY

ACROSS borders

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THE EDUCATION FUND IDEA EXPO 2023

Resiliency Across Borders

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BUILDING *Resiliency*

RESILIENCY EDUCATION STANDARDS

- ✓ Character
- ✓ Personal Responsibility
- ✓ Mentorship and Citizenship
- ✓ Critical Thinking and Problem Solving

SCHOOL STAFF TRAINING

80% or more of school staff receive youth mental health awareness training.

MENTAL HEALTH ASSISTANCE ALLOCATION AND FLORIDA SAFE SCHOOLS ASSESSMENT TOOL

District funding and planning tools to strengthen school safety and support school staff training, services and resources.

RESILIENCY TOOLKIT

Dynamic resources for students, parents/caregivers, educators and community partners.

FLORIDA SPECIFIC YOUTH SURVEY

Results on students' resiliency and behaviors will inform student instruction, resources, supports, and staff training.

RESILIENCY EDUCATION, CIVIC AND CHARACTER EDUCATION AND LIFE SKILLS EDUCATION

School districts provide 5 hours of data-driven instruction annually to students in grades 6-12 related to resiliency, character development, and mental health.



GOALS&OBJECTVES

*DECISION-MAKING, LEADERSHIP, ENTREPRENEURSHIP,
ACCEPTANCE OF FAILURE

*GUIDE STUDENTS TO INCREASE THEIR LEVELS OF
COMMUNICATION

*BUILD RELATIONSHIPS AMONG STUDENTS

*INTRODUCE CULTURAL NORMS TO NEW IMMIGRANT
STUDENTS

*INSPIRE STUDENTS; POSITIVELY CHANGE THEIR
ATTITUDE TOWARD EDUCATION

*PROMOTE CHARACTERISTICS OF A GOOD CITIZEN

*IMPLEMENT WAYS TO ENCOURAGE RESPECT TOWARD
EACH OTHER



COURSE OUTLINE/OVERVIEW

THIS PROJECT WILL BENEFIT STUDENTS' ACADEMIC ACHIEVEMENT BY POSITIVELY CHANGING THEIR ATTITUDE TOWARDS EDUCATION, THEIR COMMUNITY, AND THEMSELVES.



BY PROMOTING POSITIVE CHANGES IN STUDENTS' ATTITUDES, THEY CAN BUILD RELATIONSHIPS AND ACQUIRE SOCIAL SKILLS THAT EFFECTIVELY AFFECT THEIR ACADEMIC PERFORMANCE.



THIS PROJECT WILL BUILD STUDENT RESILIENCY THROUGH A MENTORING PROGRAM FOR GRADES 1ST- 5TH.

STUDENTS WHO ARE CHOSEN BY THE TEACHER/COUNSELOR WILL ATTEND FIELD TRIPS TO PLACES LIKE THE HISTORYMUSEUM AND HOPE FOR MIAMI, WHERE THEY CAN INTERACT WITH OTHER STUDENTS THEIR AGE AND DISCUSS STORIES OF ACHIEVEMENTS AND ADVERSITIES.



FLORIDA STANDARDS

HE.1.R.1.5- IDENTIFY STRATEGIES TO OVERCOME A CHALLENGE.

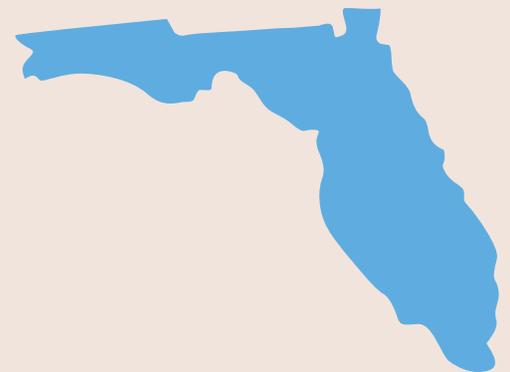
HE.1.R.1.1 -DISCUSS WAYS TO RESPECT THE PERSONAL PROPERTY AND PERSONAL SPACE OF OTHERS.

HE.1.R.3.2- DEMONSTRATE THE CHARACTERISTICS OF A GOOD CITIZEN IN SCHOOL AND THE COMMUNITY.

HE.3.R.4.2- IDENTIFY DIFFERENT SOLUTIONS AND POTENTIAL OUTCOMES WHEN PROBLEMS ARISE.

BE STRONGER

You Are Resilient



IMPLEMENTATION



SEPT. 12 INTRODUCTION

SELECTED STUDENTS WILL BE .
INTRODUCED TO THE PROGRAM.

Tuesdays&Thursdays

Activities

Students will meet for an hour twice a week .

Field Trips

Students will be visiting places throughout Miami to become familiar with their new city.
(Restaurants, museums, parks, and beaches.)
Parents will be encouraged to attend to increase parent involvement and educate parents about our city.



Guest speakers

Guest speakers from the community will present students with moments of resiliency, share resources to parents and promote community involvement.
Guest speakers will be park representatives, leaders in the community, and parents who wish to share their stories.



Mentorship

Students will be encouraged to become members of school organizations, such as 5000 Role Models and Girls Empowerment Clubs. text

WHAT IS RELISILIENCY?

RESILIENCY IS DEFINED AS THE ABILITY TO RECOVER FROM A TRAUMATIC EXPERIENCE, RECOVER FROM A NEGATIVE ENCOUNTER, THE ABILITY TO BOUNCE BACK.

CHILDREN THAT ARE RESILIENT MORE LIKELY TO AVOID PROBLEMS.

THEY HAVE THE POTENTIAL TO RECOVER FROM UNFORTUNATE CIRCUMSTANCES OR EVENTS IN THEIR LIVES.

THEY TEND TO FOCUS ON THE POSITIVE AND DEAL WITH CIRCUMSTANCES THAT THEY CAN SOLVE INSTEAD OF LOSING HOPE WHEN CHALLENGES OCCUR.

ACCORDING TO MDCPS, RESILIENCY CHARACTERISTICS INCLUDE:

CRITICAL THINKING & PROBLEM SOLVING

RESPONSIBILITY

MENTORSHIP & VOLUNTEERISM

GRATITUDE

EMPATHY

CITIZENSHIP

HONESTY

PERSEVERANCE

RESPONSIBLE DECISION MAKING

SELF-AWARENESS

SELF-MANAGEMENT





strategies to help build resiliency

<p>Practice coping strategies when calm</p> 	<p>Practice gratitude to gain some perspective</p> 	<p>Teach and model flexible thinking skills</p> 
<p>Learn and grow from failures together</p> 	<p>Develop SMART goals and work on them</p> 	<p>Reframe struggles as opportunities to grow</p> 
<p>Teach and practice positive self-talk</p> 	<p>Use confidence-building strategies</p> 	<p>Check-in with emotions on a regular basis</p> 
<p>Teach and encourage self-compassion</p> 	<p>Encourage kids to solve problems on their own</p> 	<p>Give puzzles, brainteasers, and challenges</p> 

Clipart by Kate Hadfield, Sarah Pecorino, & Teachers Resource Force

10 best phrases to teach **resilience** to your kids

by Michael Grose

<p>1 </p> <p><i>Goal</i> Humour</p> <p><i>Phrase</i> "Come on, laugh it off"</p>	<p>2 </p> <p><i>Goal</i> Contain thinking, perfectionism and anxiety</p> <p><i>Phrase</i> "Don't let this spoil everything"</p>	<p>3 </p> <p><i>Goal</i> Distraction</p> <p><i>Phrase</i> "Let's take a break"</p>	<p>4 </p> <p><i>Goal</i> Handling worry and asking for help</p> <p><i>Phrase</i> "Who have you spoken to about this?"</p>	<p>5 </p> <p><i>Goal</i> Offering hope</p> <p><i>Phrase</i> "I know it looks bad now but you will get through this"</p>
<p>6 </p> <p><i>Goal</i> Positive reframing</p> <p><i>Phrase</i> "What can you learn from this so it doesn't happen next time?"</p>	<p>7 </p> <p><i>Goal</i> Acceptance</p> <p><i>Phrase</i> "Don't worry – relax and see what happens!"</p>	<p>8 </p> <p><i>Goal</i> Perspective</p> <p><i>Phrase</i> "This isn't the end of the world"</p>	<p>9 </p> <p><i>Goal</i> Flexible thinking</p> <p><i>Phrase</i> "You could be right. But have you thought about ..."</p>	<p>10 </p> <p><i>Goal</i> Taking action</p> <p><i>Phrase</i> "What can we do about this?"</p>

http://www.kidspot.com.au/10-phrases-you-hear-in-resilient-families-are-you-using-them/

Activities

The Future Is Bright - Vision Board

Students will create a vision board to plan for goals and achievements they would like to achieve this year.

**THE FUTURE
IS BRIGHT**

David's big problem

In this lesson, students will work collaboratively in guided groups to resolve conflicts while demonstrating respect and kindness, focusing on recognizing the characteristics of responsible citizenship.

<https://www.cpalms.org/previewresourcelesson/preview/70420>

Guest Speakers

Our community members will share their resiliency stories and give students suggestions on overcoming obstacles and resolving conflicts.

Field Trips

Students will visit places throughout our community that will enrich their knowledge of our city, their new home.

Mentorship & Volunteerism

Students will be provided mentors. Mentors will be staff members who have volunteered to mentor a student.

Students will learn to volunteer by helping during events, trash pick-up and food drives.



RESIDENCY
ACROSS
borders

Congratulations!

*You have been selected to be a part of RAB.
Prepare to have fun, make new friends, and
visit new places.*

*Parent permission slips and media releases
must be returned by Sept. 19, 2023.*

Meetings: TBA

Rm. 1429/Alternate locations

Ms. Gil

REFERENCES

<https://www.boisestate.edu/broncofit/resilience/>

<https://doorcountyparents.com/building-resilience-in-children/>

Resiliency Education Standards, 2023

<https://www.thepathway2success.com/strategies-to-build-resilient-kids-and-teens/>