



Resilience



Communication

Title of the game

The Resilient Journey

Students will explore and strengthen their resilience in the face of challenges.

Recommended age for this game:

11+

Duration:


20-45 min



Number of Students:

10-20

Game Use:

 In the classroom



Instructions:

Provide each group with a series of difficult scenarios or problems they might face in everyday life, such as academic failures, interpersonal conflicts or unexpected changes in their plans.

Set a time limit and ask each group to choose one of the scenarios and develop a strategy to overcome it in a resilient way. Encourage them to think creatively and consider different approaches to tackle the problem.

The groups should discuss as a team and come to a consensus on the best way to deal with the assigned scenario, with resilience as a key factor.

After a set amount of time, bring all groups together and ask each group to present their scenario and the resilience strategy they developed.

Materials:



Cards with challenging scenarios written on them.
Paper and pencils.



Tips for the game:

- Facilitate a whole class discussion on the different resilience strategies presented.
- Encourage students to reflect on the importance of resilience in everyday life and to share personal experiences related to the ability to overcome obstacles.



Reflective questions for students:

- What resilience strategies did you find most useful during the activity?
- How did you feel when facing different scenarios and developing resilient solutions?
- What did you learn about yourself and your ability to overcome challenges?