



GROW

GLOBAL RESILIENCE ORAL WORKSHOPS

LESSON PLAN TRAINING CARD



1. SING AND DANCE 5 MINUTES (Creativity, joy, leadership, humor and team work)

Start with happy singing and unified dance movement.



2. AFFIRM OUR PURPOSE 5 MINUTES (Hope, purpose, honor, meaning)

Form a circle and recite personal and spiritual affirmation 3 times using me (1) you (2) us (3). "God loves me (you) (us) and He has created me (you) (us) for his high purposes. He will use my (your) (our) story to bring goodness, honor and hope."



3. BUILD OTHERS UP 10 MINUTES (Affirmation, celebration, kindness, accountability, listening)

In the large group, invite 3 people to share something good that came out of the past week's homework goal. Celebrate with them! After, invite each person to share about their feelings, offer a group applause. (5 minutes)
Sit down and divide into pairs and do the same experience one on one. (5 minutes)



4. DEFINE THIS WEEK'S CHARACTER STRENGTH AND RESILIENCE ROOT

3 MINUTES (Character training and resilience training) See Core Curriculum.



5. LISTEN TO THE STORY 5 MINUTES (Character spotting, providing a role model)

Read or tell the Bible story that goes with the character strength. Invite the listeners to drum with their hands when they hear the character strength being used in the story. See Core Curriculum.



6. ACT OUT THE STORY 10 MINUTES (Teamwork, creativity, social intelligence, sense of humor)

Invite volunteers to act out the story while retelling it or listening to the leader retell it.



7. DISCUSS THE STORY AS A GROUP 5 MINUTES

(Character spotting, personal story telling, problem solving)

Divide into groups of 8-10 people per leader. Ask: What is an example of the character strength in the story? Describe someone you know who has this character strength. What are ways that this character strength can be used to solve problems?



8. BRAINSTORM A SOLUTION AS A TEAM 10 MINUTES (Self control, creativity, judgment, teamwork)

Ask the concept question. Brainstorm a solution. Explain the character concept. Have fun with the game challenge. See Core Curriculum.



9. MEASURE YOUR STRENGTH 5 MINUTES (Personal reflection, internal motivation, self discovery)

Invite the children to close their eyes or look down and then raise their hands to measure themselves in this character strength. Ask: How full am I of this character strength? A little? Half-way? Or a lot?
In what ways would more of this character strength make my life better?



10. SET A PERSONAL OR GROUP GOAL 5 MINUTES (Goal setting, hope, team working, reflection)

Invite each person to write the name of the character strength, their goal and the memory verse. Draw a picture of the goal.
Option: work in teams of 5 to brainstorm one common goal that all will practice on their own or together as a team project.



11. COACH A PARTNER 5 MINUTES

(Goal setting, listening and affirming, accountability, internal motivation, coaching skills)

Divide into partners. One partner will share his or her goal and why it is important. The other partner will listen then repeat the goal and repeat why it is important. He or she will then say, "I believe you can do this" and shake hands. They then trade roles.



12. MEMORIZE VERSE 5 MINUTES (Spiritual growth, self discipline, hope, teamwork)

Read the verse 5 times and then play games in teams to see which team can be the first to memorize the verse.

See Core Curriculum.

B. MEDITATE (7 MINUTES FOR THE WHOLE MEDITATION)

(Spiritual growth, hope, peace, gratitude, humility, forgiveness, reflection, self control)



Moment of Silence 1 MINUTE FOR SILENCE

(Calms the spirit, focuses the brain, and offers practice in self control)

Invite all to sit in silence, breathing deeply as they focus on the loudest sound in the room, then their breath and then the sound of their own heart beat.



Ask for Forgiveness 1 MINUTE

(Lowers negative emotions, raises positive emotions, restores positive relationships with others, raises joy)

Invite the Lord's presence and guide with these questions: Is there anything that I need to ask God or anyone else to forgive me for?



Forgive Others 1 MINUTE

(Lowers negative emotions, restores positive relationships with others, raises joy)

Is there anything I need to forgive others for?



Forgive Myself 1 MINUTE (Raises joy and practices self compassion)

Is there anything I need to forgive and accept about myself?



Practice Gratitude 1 MINUTE (Raises joy)

What is something good that I am thankful for that happened this week or today?



Practice Mindfulness 1 MINUTE (Increases awareness, focuses thinking, raises resilience)

What is something I am grateful for and enjoying about this moment?



Look Forward with Joy 1 MINUTE (Increases hope, goal setting)

What is something I am gratefully looking forward to in the future?



14. THANK OTHERS 5 MINUTES (Kindness, gratitude, bravery, positive relationships)

Form a group circle and invite volunteers to thank others in the group for something they have said or done today.

They may also give thanks for something they have learned.



15. PRAY FOR BLESSING 5 MINUTES (Gratitude, positive relationship to God, hope, team building worship)

Closing Prayer. Invite participants to share something that they are thankful they learned from the lesson and to also share prayer requests. Close the session with prayers of praise and blessing and requests for God's transforming power.

Benediction from the GROW leader with a hug or handshake *Numbers 6:24-26 New International Version (NIV)*

²⁴ "The Lord bless you and keep you; ²⁵ the Lord make his face shine on you and be gracious to you; ²⁶

the Lord turn his face toward you and give you peace."



HAVE FUN—OPTIONAL 30 MINUTES (Humor, goal setting, problem solving, perseverance, exercise, team building)

Art, Recreation, and Refreshments