



Practicing Resiliency

The Goal: This exercise is designed to remind students that “failure” is not a bad thing—our mistakes are usually the best learning experiences in our lives!

Materials: Room, circle of chairs, [Indigo Report](#), pencil and paper.

Step 2: Show [this clip](#): (<https://www.youtube.com/watch?v=AWtRadR4zYM>) from Disney’s *Meet the Robinsons*. It’s a perfect example of how failure can be a good thing.

Step 1: Have students share with the group a time they failed and what they felt and learned. After each story, the group will applaud and cheer.

An Example: A student shares about a time he missed the details in a project and how it caused him to get a lower grade. He talks about how he learned to 1) pay attention to details and 2) communicate with the teacher if he is unclear.



TIP: Feel free to reference the [Skills](#) page in the Indigo Report—some students’ past failures may actually have resulted in certain skills being more developed.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: *Critical Thinking; Open Perspective / Informed Decisions; Taking Challenges.*

Career: *Perseverance; Overcoming Obstacles; Handling Change/Adapting.*

Social/Emotional: *Life-Long Learning; Self-Confidence.*