



# Practicing Resiliency

**The Goal:** This exercise is designed to remind students that “failure” is not a bad thing - mistakes are often the best and most effective learning experiences!

**Materials:**

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

**Step 2:** Show [this clip: bit.ly/SEL-Resilience](https://bit.ly/SEL-Resilience) (or scan the QR code), 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.

**Example:** A student shares about a time he missed the details in a project and how it caused him to get a low grade. He talks about how he learned to pay attention to details and communicate with the teacher if he needs clarity.



**TIP:** Feel free to reference the [Skills](#) page in the [Indigo Report](#) —some students' past failures may actually have resulted in the development of certain skills.

**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.*