

SWIFTT RESOURCES

Resources for Physical Education and Health Education Teachers:
Resources in Resilience

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WHERE DID THIS INFORMATION COME FROM?



KENNESAW STATE
UNIVERSITY



MILWAUKEE
PUBLIC SCHOOLS

Area: Resilience

Strategy: Find the Good/Focus on Laughs

- How: Text 3 things that were good or made you laugh to 3 people you know. This can be 3 teachers in your building. Try to do this every Wednesday for 3 months.
- Why: A resilience-building practice can help to reframe perspectives.

<https://www.youtube.com/watch?v=7jRND5IU3Qg>

Area: Resilience

Strategy: Walk Your Way to Calm

Why: This is a resilience practice that helps you notice your emotions and control them through any type of tense situation.

Resource:

[Greater Good Magazine: "Walk Your Way"](#)

How:

Find a place where you can walk 15 short paces without anything in your path. Stand, take a few deep breaths, and bring your awareness to your legs. Make sure you have a slight bend in your knees and notice how your legs feel. Notice how your weight is distributed throughout each foot.

Pick up your right foot and place your right heel down. Then place the rest of your right foot down, shifting your weight from the back of your right foot toward the front. As you do this, notice how the back of your left foot rises. While your right foot is on the ground, complete a small step forward with your left foot. Then take another step with your right foot. And repeat for 10 steps. Your hands can be clasped behind you, in front, or just hanging at your sides.

Move slowly and mindfully. You can do this practice with music. When you reach the other side, turn around and go back again. When you notice your mind wandering, gently bring your awareness back to your body including your feet, heels, and toes touching the ground. Then pause where you are, bringing your awareness to your feet and legs. Try feeling gratitude for them and the body that they carry.

Take a moment to scan your body once more. Notice how you're feeling right now. What do you notice about your heartbeat or your breath? How does your body feel now compared to a few minutes ago before you completed this activity?



Area: Resilience
Strategy: Positive
Social Relationships
Support Resilience

Why: Social support helps you feel less stressed when in bad situations. Relationships can be within and outside your family as long as they "create love and trust and offer encouragement and reassurance."

How: Make sure to take a break each week and spend time with your family and friends. Share your struggles with them. Get to know your co-workers outside of school.

Resource:

[Greater Good Magazine "Four Ways Social Support Makes You More Resilient"](#)



Area: Resilience

Strategy: Self-forgiveness

Why: Letting go of things helps us improve and face new challenges in the future.

[Greater Good Magazine "A Note to Self"](#)

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How:

Take a deep breath and, as you exhale, remember all you have done in the past that has contributed to where you are today.

Remember that you are allowed to forgive yourself and let things go. Give yourself permission to release any shame that you're carrying based on anything that has happened in the past. Forgive yourself.

Think of good things about yourself and trust your worth. Acknowledge that you are improving. Remember that you are worthy of good things even when you think you are not worthy.

When you're ready, bring your attention back to the present moment. Take a few deep breaths in and out through your nose. Drop your shoulders and unclench your jaw.

If you'd like to, you can write your own letter of self-forgiveness. It can start with "Dear self, I forgive you for..." Elaborate on any situations that are troubling you.

Area: Resilience

Strategy: Embodying Resilience

Why: Sometimes it is hard to be resilient. Remembering previous times when you have been resilient can help you find the strength and motivation to keep pushing through any current problems you are having.

Resource:

[Greater Good Magazine "Embodying Resilience"](#)

How:

Find a position that is comfortable for you (sitting, lying down, or standing).

Think of something such as a memory of a time in your life that brings you a sense of resilience. While in this memory, what did you do with your body? What does your body feel like? Try to intensify those feelings and notice how this feels in your body and in the experience of that memory.

Take yourself back to the memory you experienced at the beginning of this practice at a lower intensity and notice how you're able to make that change.

Thinking about the day ahead or the day that you've had. Ask yourself how much space you want this day to take up at this moment.

Once you're ready, move from that comfortable position in which you started the practice and see if you can take this experience with you throughout your day.

Area: Resilience

Strategy: Building Resilience through Self-reflective Practice

Why:

This helps you gain sense of control and agency and helps improve your teaching practice.

How:

Reflect on the lesson(s) of the day: What worked and what did not work for student learning? What proves that students learned? What teaching skills help promote student learning? Any moments during the day where you connected with a student?

Besides self-reflecting, you can also partner with colleagues to help notice ways to improve your practice and gain insights to help improve situations.

Other ways to reflectively teach:

<https://poorvucenter.yale.edu/ReflectiveTeaching>