

E3: Cultural Resiliency/Tree Activity Facilitator's Guide

<p>Classroom Setup: Create a comfortable environment conducive to dialogue. Arrange the chairs/desks in a semi-circle and consider playing relaxing music during the activity. Have the tree trunks already taped up on the wall</p>		
Objective	Students will grow in their understanding of their own identities and how to look at themselves and their experiences as strengths that allow them to determine their own futures.	
Materials	<ul style="list-style-type: none"> ● Pre-Cut leaves or scissors so students can cut their own from the leaves template ● Tape ● Tree trunk handouts (all 5) or make your own trees 	
Time	Tree Activity	Facilitator Notes
30 min.	<p>Prior to the start of the session: Print out the Tree Activity Template pages (tree trunks that name each of the five skills/competencies and hang them up on the wall or recreate the trees in the classroom in a different way (e.g. draw them on a chart paper or use brown paper bags or butcher paper)</p> <p>Activity Protocol:</p> <ul style="list-style-type: none"> ● Give each student at least 5 leaves from the fall leaves template page (either pre-cut the leaves prior to the session or allow students extra time to cut their own). ● Give students 10 minutes to write on the leaves. On the front, have students write out each skill/competency area (Innovation, Adaptability, Cross-Cultural Communication, Critical Analysis, Teamwork). On the back have students write an example of a life experience 	<p>Share with students that this is an opportunity to share with and learn from each other about the unique examples of cultural resilience that each have learned through their life experiences. Note that you will continue to build on these examples as you grow and explore more ways to demonstrate cultural resilience in their lives both in and out of school. Depending on your context, you may choose to have students place their leaves facing out (with their answers to the skills readable) or facing in (with the name of each skill readable).</p> <p>Considerations: If students share very personal examples that they wish to keep to themselves, you may want to ask students to place the leaves facing in.</p>

	<p>they have had that matches each of those five skills/competencies.</p> <ul style="list-style-type: none">● Spend 5 minutes having students go to the wall and tape their leaves up that match the appropriate tree trunk.● When the tree is finished, have them do a quick “art walk” to observe the trees and leaves. <p>Brief Debrief: Spend some time doing a group share to debrief the experience and what they noticed.</p>	
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