

Adult Resilience Curriculum (ARC) for Educators—Module 9: Three R’s

Preparation

People (1 team, or 1 practice partner):

Organize into your teams , if you are completing ARC as a team or with your school

OR

Get comfortable wherever you are (home, classroom, etc.)

Review:

Reflect on content from the previous module

- If you are completing modules in order, the previous module was on **Health**
- Review Mod 8 [discussion questions](#) with yourself, your team, or your practice partner to guide the review.

Materials (7 items):

[Access](#) the following resources:

- Module 9 Slides, OR
- Module 9 Video
- Module 9 Activities
 - Game of Life
 - Activity Ratings
- Module 9 Knowledge Check and Post Session discussion questions
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 9 Resources Folder

Prepare:

Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”

Module 9: Three R’s

Knowledge:

- If you are completing Module 9 as a team with a trainer:
 - Attend to the training experience as delivered by your trainer
- If you are completing as a team, with your Practice Partner, or on your own:
 - Watch the Module 9 Video (put in time stamp)

Knowledge Check:

By yourself, with your Practice Partner, or with your team, complete the knowledge check questions included in the Module 9 Knowledge Check questions handout.

Immediate Application:

Select **at least 1** of the relaxation and routine activities to help introduce yourself to the concept or return to the practice if you are already familiar.

NOTE: If you are completing Module 9 as a team led by a trainer, your trainer may have already selected an activity for you to complete.



IMPORTANT: Refer to the slides for a list of useful relaxation-specific activities, as relaxation means, in this context, the opportunity to allow your mind to “shut off” and process the day.

Action Planning:

Complete the individual action plan by setting goals for one or more of the following:

- Establishing a, or modifying your current, routine to prioritize things important to your well-being including recreation, relaxation, leisure activities, and any of the practices included in ARC.
- If focusing on recreation, find something that fits into your schedule that encourages you to develop a skill in a desirable area
- If focusing on relaxation, find a feasible practice to incorporate that enables you to find solace from consistent stimulation
- Find balance between an overburdened schedule and completely free time, without falling into a routine of mindless leisure (goal is balance between leisure, recreation, relaxation).

Tip: The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success.

Post-session



Ongoing Practice & Experience:

Implement your action plan with your team or Practice Partner

Reflection:

As you implement your action plan, connect **at least once** with your Practice Partner to discuss the benefits you are experience or not experiencing, and any barriers and solutions to those barriers for maintaining the practice

Activity Guide

	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
Module 9: Three Rs	 Game of Life	This activity helps to demonstrate what it feels like to experience random events vs. controlled events through a simple game exercise. It is used to help individuals apply “taking control” over activities (e.g., increasing recreation, relaxation, and leisure) in their lives.	10 minutes	
	 Activity Mapping & Rating	This activity is based on Behavioral Activation that is a common strategy found to be effective in people with depression. Individuals track their activities for a day and the mood that is associated with completing the activity.	3-5 minutes to review	