



1. Activity title	Navigating Difficult Choices: Building Resilience and Decision-Making Skills		
2. Target group	Ages 15 - 18		
3. Duration	2 hours. It can be also organized in 2 slots/lessons. The duration of steps is calculated for classes with 20 students		
4. Learning Environment	Classroom		
5. Learning outcomes	Develop effective strategies for managing difficult choices, build resilience, and enhance their decision-making skills		
6. Subjects and topics covered	Real-life difficult choices (SEL workshop)		
7. SEL competences	<table border="0"> <tr> <td style="vertical-align: top;"> <p><u>PERSONAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identifying and expressing emotions <input type="checkbox"/> Self-regulation <input type="checkbox"/> Identifying strengths/self efficacy <input type="checkbox"/> Growth mindset <input type="checkbox"/> Wellbeing <input checked="" type="checkbox"/> Dealing with negative emotions <input checked="" type="checkbox"/> Flexibility/resilience/problem solving </td> <td style="vertical-align: top; padding-left: 20px;"> <p><u>SOCIAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Empathy <input type="checkbox"/> Appreciating diversity <input type="checkbox"/> Relationship building <input type="checkbox"/> Collaboration <input type="checkbox"/> Conflict resolution <input checked="" type="checkbox"/> Ethical and responsible behavior and decisions <input checked="" type="checkbox"/> Dealing with negative relationship such as bullying solving </td> </tr> </table>	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identifying and expressing emotions <input type="checkbox"/> Self-regulation <input type="checkbox"/> Identifying strengths/self efficacy <input type="checkbox"/> Growth mindset <input type="checkbox"/> Wellbeing <input checked="" type="checkbox"/> Dealing with negative emotions <input checked="" type="checkbox"/> Flexibility/resilience/problem solving 	<p><u>SOCIAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Empathy <input type="checkbox"/> Appreciating diversity <input type="checkbox"/> Relationship building <input type="checkbox"/> Collaboration <input type="checkbox"/> Conflict resolution <input checked="" type="checkbox"/> Ethical and responsible behavior and decisions <input checked="" type="checkbox"/> Dealing with negative relationship such as bullying solving
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8. Method / Didactic techniques	Scenario Analysis, Discussion, Self-evaluation, Planning		
9. Tools / Materials / Resources	<ul style="list-style-type: none"> - Flipchart or whiteboard - Markers - Sticky notes - Scenario cards prepared in advance with various challenging situations (some examples included in detailed description) 		
10. Detailed description of the step-by-step	"Making difficult choices" in the context of Social and Emotional Learning (SEL) development refers to the ability to navigate and make decisions when faced with challenging or complex situations. It involves the		



<p>description of the activity / sequences of the units</p>	<p>capacity to consider multiple perspectives, weigh the potential consequences, and choose a course of action that aligns with one's values, goals, and the well-being of oneself and others.</p> <p>In SEL, making difficult choices goes beyond simple decision-making. It encompasses the following elements:</p> <ol style="list-style-type: none">1. Critical Thinking: The ability to analyze information, evaluate options, and think critically about the potential outcomes and impacts of different choices.2. Ethical Considerations: Considering moral principles, values, and ethical standards when making decisions that may have an impact on oneself or others.3. Emotional Regulation: Managing and regulating one's own emotions during the decision-making process to ensure that emotions do not cloud judgment or lead to impulsive choices.4. Empathy and Perspective-Taking: Considering the perspectives and feelings of others involved in the situation, and recognizing how choices may affect them.5. Problem-Solving: Applying problem-solving skills to identify potential solutions, evaluate their feasibility, and choose the most effective and appropriate course of action.6. Self-Awareness: Having a deep understanding of one's own values, strengths, weaknesses, and goals, which helps inform decision-making and align choices with personal values and long-term objectives. <p>Developing the ability to make difficult choices in SEL involves providing students with opportunities to engage in decision-making exercises, ethical dilemmas, and real-life scenarios that require critical thinking and consideration of various factors. It also involves providing guidance and support to help students reflect on their choices, learn from their experiences, and develop resilience in the face of challenging decisions.</p> <p>By engaging in discussions and reflections around these scenarios, students can develop their ability to make difficult choices with empathy, critical thinking, ethical reasoning and responsible decision-making. The real-life examples highlight the complexities of decision-making in various aspects of life, such as relationships, ethics, and personal values. These scenarios require individuals to consider their own values, the potential impact on themselves and others, and the long-term consequences of their choices.</p> <p>Examples of Scenarios that involve making difficult choices at school:</p>
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	<p>1. Scenario: You witness a classmate being bullied by another student. You have a choice to intervene or stay silent.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to speak up and support the classmate being bullied, potentially facing social backlash or discomfort, or remaining silent and avoiding potential conflict. <p>2. Scenario: You have a group project where your teammates are not contributing their fair share of the work. You have a choice to address the issue or continue working without confronting them.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to communicate your concerns to your teammates, potentially risking conflict or strained relationships, or accepting the unequal workload to maintain harmony. <p>3. Scenario: You discover that a close friend has been spreading rumors about you. You have a choice to confront your friend or ignore the situation.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to address the issue with your friend, potentially risking the friendship or dealing with the emotional discomfort of avoiding the problem. <p>4. Scenario: You have the opportunity to cheat on a test to achieve a better grade. You have a choice to engage in cheating or uphold your personal integrity.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to prioritize your academic success in the short term through dishonest means or maintaining your integrity and accepting the potential consequences of a lower grade. <p>5. Scenario: You are part of a sports team, and a teammate is engaging in unsportsmanlike behavior. You have a choice to report the behavior or remain silent.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to report the unsportsmanlike behavior, potentially straining team dynamics or facing retaliation, or staying silent and compromising the integrity of the team. <p>Examples of Scenarios that involve making difficult choices outside of the school setting:</p> <p>1. Scenario: You witness a friend engaging in risky behavior, such as substance abuse, and they ask you to keep it a secret.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to honor your friend's request for secrecy, potentially enabling their harmful behavior, or reaching out for help from a trusted adult or authority figure to support your friend's well-being.
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	<p>2. Scenario: You have a job opportunity that requires relocating to a new city, but it would mean leaving behind close friends and family.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to prioritize career growth and personal aspirations by accepting the job offer, potentially feeling a sense of isolation or missing the support network or prioritizing personal relationships over professional advancement. <p>3. Scenario: You are faced with a financial decision where you have the choice to prioritize personal wants or contribute to a charitable cause.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to spend money on personal desires or allocate resources to support a charitable organization, potentially balancing personal satisfaction with the desire to make a positive impact on others. <p>4. Scenario: You discover that a family member or friend has engaged in behavior that goes against your personal values, such as discrimination or prejudice.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to confront the person about their behavior, potentially straining the relationship or challenging deep-seated beliefs, or choosing to distance yourself from the individual to maintain your integrity and commitment to equality. <p>5. Scenario: You have the opportunity to take credit for someone else's work or ideas to gain recognition or advancement in your profession.</p> <ul style="list-style-type: none">- Difficult Choice: Deciding whether to act ethically and give credit where it is due, potentially sacrificing personal gain or recognition, or succumbing to the temptation of taking credit dishonestly. <p>Instructions:</p> <ol style="list-style-type: none">1. Understanding Difficult Choices (10 minutes):<ol style="list-style-type: none">a. Introduce the concept of difficult choices and discuss different factors that can make a decision challenging, such as conflicting values, uncertainty, or potential consequences.b. Share a few relatable examples to illustrate the range of difficult choices that teenagers often encounter in their lives.2. Group Scenario Analysis (20 minutes):<ol style="list-style-type: none">a. Divide the students into small groups.b. Provide each group with a scenario card containing a challenging situation.c. Instruct the groups to discuss and analyse the scenario, considering the potential options, consequences, and emotions involved.
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	<p>d. Encourage them to explore different perspectives and share their insights within their groups.</p> <p>3. Resilience Strategies (15 minutes):</p> <ol style="list-style-type: none">Introduce the concept of resilience and its role in managing difficult choices.Discuss key resilience-building strategies, such as seeking support, maintaining a positive mindset, setting realistic goals, and practicing self-care. <p>4. Decision-Making Framework (15 minutes):</p> <ol style="list-style-type: none">Introduce a decision-making framework, such as the "STOP" method:<ul style="list-style-type: none">- S: Stop and take a moment to pause.- T: Think about the available options and their potential consequences.- O: Observe your emotions and consider how they may be influencing your decision.- P: Proceed with making a choice based on thoughtful analysis and personal values.Discuss each step of the framework and emphasize the importance of self-reflection and considering long-term consequences. <p>5. Group Discussion and Reflection (20 minutes):</p> <ol style="list-style-type: none">Bring the groups back together for a whole-class discussion.Invite each group to share their analysis of the scenarios and the options they considered.Facilitate a conversation about the resilience strategies and decision-making framework that students found most helpful or relevant to their own lives.Encourage students to reflect on the challenges they face when managing difficult choices and share insights or lessons they have learned. <p>6. Personal Action Plan (15 minutes):</p> <ol style="list-style-type: none">Provide each student with index cards or sticky notes.Instruct them to reflect on a difficult choice they are currently facing or anticipate encountering.Ask them to write down their chosen strategy or approach for managing the choice, incorporating the resilience strategies and decision-making framework discussed.Encourage students to keep their action plan as a reminder and implement it in their lives. <p>7. Wrap-up and Closure (10 minutes):</p>
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	<p>a. Summarize the main ideas discussed during the session.</p> <p>b. Invite students to share any final thoughts or insights they gained from the activity.</p> <p>c. Reinforce the importance of resilience, self-reflection, and thoughtful decision-making in navigating difficult choices.</p>
11. Extension / Take home activity	NO
12. Feedback & assessment	Formative feedback during activity to stimulate the participation of each student
13. Intellectual property rights (IPR) / Origin of the activity	CC Attribution-NonCommercial-NoDerivatives 4.0 International / University Ca' Foscari Venezia