



Date

Class

Lesson Plan: Exploring Resiliency through New Sun

Grade Level	Duration	Subject Area
10th-12th grade	1-2 class periods	Social-Emotional Learning (SEL) / Health

Materials Needed

1. PowerPoint slides from *New Sun*
2. Game *New Sun* (playable online: jag.itch.io/newsun)
3. Worksheets for recording emotions and coping strategies (provided below)
4. Writing utensils or digital devices

Learning Objectives

1. Apply the concept of resilience to a global context (e.g., pandemics, epidemics).
2. Identify various emotions experienced during stressful circumstances.
3. Analyze characters' emotional responses and coping mechanisms in *New Sun*.
4. Identify and define psychological concepts (e.g., emotional regulation, stress response, trauma-informed coping strategies).
5. Reflect on their own resilience and coping strategies in real-life situations.

Before Playing the Game (15 minutes)

Activity 1: Introduction to Resilience and Emotions

1. **Slide:** Introduce resiliency and the game *New Sun*.
2. **Discussion Prompt:** Ask students to silently think about a tough time they faced. They don't need to share, but it will set the tone for the lesson.
3. **Group Activity:** Pair students and have them apply the concept of resiliency to global challenges (e.g., pandemics, epidemics, etc.)
 - **Worksheet 1:** "Resiliency in Global Contexts" (students write down their list).
 - Following the group partner activity, come back together and discuss the different contexts and emotions students recorded.

During the Game (30-45 minutes)

Activity 1: Introduction to Resilience and Emotions

1. **Slide:** Instruct students to play the game *New Sun* while paying attention to how the characters manage their emotions.
2. **Worksheet 2:** “Character Emotional Responses” (students record the emotional responses of characters as they play the game).

After Playing the Game (20-25 minutes)

Activity 3: Reflection on Resiliency

1. **Slide:** Facilitate a class discussion about how the characters' actions influenced their emotions and what coping strategies were most effective.
 - Discussion Questions:
 - How did the characters' choices impact their emotional well-being?
 - What real-life situations might relate to these characters' experiences?
2. **Worksheet 3:** “Growing Resiliency” (students explore psychological concepts, reflect on their own resilience, and write about how they can apply strategies learned in the game to their own lives). Consider choosing one of the Part 3 bonus activities to extend the learning.
3. **Graffiti Wall:** (In preparation for this, the teacher should hang a large piece of paper for students to write on with the heading **Growing Resiliency.**) Based on your research of emotional regulation, stress response, and trauma-informed coping strategies, what activities would you add to the game to further support the characters in coping with their emotions?

Resiliency in Global Contexts

Instructions: With a partner, brainstorm a list of global situations and events that people might encounter. Write down what emotions they might feel in response to these events.

1.

2.

3.

5.

6.

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14.

15.

Growing Resiliency

Instructions: Use the internet to look up the five words/phrases. Then complete the reflection questions to help you better see how people can grow resiliency in their own lives. Reflect on the game and your own experiences.

Part 1:

1. Define emotional regulation.
2. Define stress response.
3. Define trauma-informed coping strategies.
4. Make a list of 3 to 5 trauma-informed coping strategies.

Part 2:

1. How did the characters' actions in the game influence their emotions?

2. What coping strategies did you find most effective in the game?

3. Think of a time you had to be resilient. How did you manage your emotions?

4. How can you apply the strategies you learned from the game to future challenges?

5. Based on your research from Part 1, if you were going to add some additional activities to further support the characters, what would you add? Why?

Part 3:

Bonus Activities (Choose 1):

- **Psychological Concepts and Global Problems:** Create an informational flyer providing tips on how people can grow their resiliency while responding to different problems.
- **Resilience Journal:** Write about a challenging experience in your own life. Explain how you coped and what you learned. Compare it to the characters in the game
- **Short Story:** Write a short story using one or more of the characters.
- **Character Analysis:** Analyze one character's emotional growth throughout the game. Create a presentation showing how their resiliency changed over time.
- **Create a coping strategies poster.** Highlight effective coping strategies learned from the game and their relevance to real-life situations.

Education Standards

The game and lesson plan are intended to help students: **understand** the concept of resiliency and coping strategies; **identify** emotions experienced during stressful circumstances; **analyze** emotional responses and coping mechanisms; and **reflect** on their own resilience and coping strategies in real-life situations.

- HE H.S.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE H.S.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- HE H.S.3: Students will demonstrate the ability to access valid information and products and services to enhance health.
- HE H.S.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE H.S.5: Students will demonstrate the ability to use decision-making skills to enhance health.
- HE H.S.6: Students will demonstrate the ability to use goal-setting skills to enhance health.
- HE H.S.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

The above references are to [Georgia Performance Standards for Health Education](#) as applied to High School (last updated May 18, 2009).

About

Lesson plan materials developed by educational consultant Anneda N. These materials were created for use in conjunction with the video game *New Sun* for Gaming Against Violence, a program from Jennifer Ann's Group, a 501(c)(3) nonprofit charity. Additional resilience games are available. Other game topics include connectedness, consent, critical thinking, and healthy relationships.



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