



Date

Class

Lesson Plan: Exploring Resiliency through New Sun

Grade Level 6th-9th grade	Duration 1-2 class periods	Subject Area Social-Emotional Learning (SEL) / Health
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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. Understand the concept of resiliency and coping strategies in difficult situations.
2. Identify various emotions experienced during stressful circumstances.
3. Analyze characters' emotional responses and coping mechanisms in *New Sun*.
4. 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 create a list of emotions people experience during difficult times.
 - **Worksheet 1:** "Emotions During Difficult Situations" (students write down their list).
4. **Discussion:** Introduce coping strategies and how they are used to manage emotions.
 - **Worksheet 2:** "Coping Strategies" (students match emotions from their list to coping strategies).

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 3:** “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 4:** “Resiliency Reflection” (students 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 bonus activities to extend the learning.

Emotions During Difficult Situations

Instructions: With a partner, list as many emotions as possible that people might feel during difficult situations. Write them in the spaces below.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

Coping Strategies

Instructions: Look at the list of emotions provided below. Write down coping strategies that could help manage those emotions. Match each emotion with a strategy.

Emotion	Coping Strategy
Anger	
Anxiety	
Boredom	
Confusion	
Fear	
Frustration	
Helplessness	
Sadness	

Resiliency Reflection

Instructions: Reflect on the game and your own experiences. Answer the following questions.

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?

Bonus Activities (Choose 1):

- **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 coping skills 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.

- HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.
- HE6.7: 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 6th Grade (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.



Contact us

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