

Exercise Four: R2 curriculum development (done during modules 7 and 8)

Please complete and submit either Part A *or* Part B (both parts are not required for a course certificate of completion)

Part A--Creating curriculum to improve ruggedness

Choose one of the 26 *rugged qualities* and develop a sample curriculum. How would you teach it effectively? Your curriculum should take between 15 and 30 minutes to deliver, though you may choose to create a longer curriculum if you think it would fit better for the context where you work. The curriculum can be for any age group/population that you would like to work with.

A good curriculum will share a little of the science of resilience (more details for each factor can be found online and at the R2 website). It will also provide a case example and an exercise that promotes self-reflection or develops the client's resilience related skills.

Exercise Four: Part B--Creating curriculum to build resources

Choose one of the 26 *resources* and develop a sample curriculum. How would you teach it effectively? Your curriculum should take between 15 and 30 minutes to deliver, though you may choose to create a longer curriculum if you think it would fit better for the context where you work. The curriculum can be for any age group/population that you would like to work with.

A good curriculum will share a little of the science of resilience (more details for each factor can be found online at the R2 website). It will also provide a case example and an exercise that promotes self-reflection or develops the client's resilience related skills.

