


THE UMBRELLA PROJECT

Empowering Students to Choose Emotional Wellbeing

INTRODUCTION

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LESSON PLAN

MODULE OVERVIEW

The first week is an introduction to the Umbrella Program.

The goal of this module is for students to understand the umbrella metaphor and gain a unified picture of the skills of emotional wellbeing and how they all work together to reduce stress and help us take on challenges.

LEARNING OUTCOMES

By the end of this module, students should be able to:

1. Recognize how all of the skills of emotional wellbeing work similarly in protecting us from stressors
2. Illustrate examples of rain (stress points that we can't control)
3. Identify examples of areas of opportunity that we can control when faced with stressors

MATERIALS AND RESOURCES

Resources to guide discussions (see Lesson Content):

- Video: The Umbrella Project
- Video debrief: key takeaways to review
- Examples of stressors (rain)
- What can we control: Examples of feelings/actions that are within our control
- Welcome letter for students

TEACHING AND LEARNING ACTIVITIES

Approximate duration: 45 mins

#	Activity	Lesson Content	Materials & Resources	Duration
1	Ask students what they think “wellbeing” is and discuss the concept.	What is wellbeing?		2 mins
2	Introduce the Umbrella Project by playing the Umbrella Video.		Umbrella Project video.	5 mins
3	Individual exercise: Begin the module by asking student to share what some of the big ideas/key messages are in the umbrella video		Pen and paper	5 mins
4	Lecture/Group discussion: Share the key takeaways from the video	Video debrief: Key takeaways to review		5 mins
5	Group Brainstorming and Discussion: Have students share examples as a group about stressors in their lives that are outside of their control. Write these items on one side of the board.	Examples of rain		5 mins
6	Group Brainstorming and Discussion: Then have students share examples of thoughts, feelings and actions they do have control over. Write these on the other side of the board. Take a few minutes to compare the two sides and discuss which side would be better to focus on.	What we can control		5 mins
7	Reflection: Have students think about a personal example of a time when they didn’t use their umbrellas of wellbeing. Have them reflect on how that situation affected them and the people around them (this can be done as a written			5 mins

	exercise or just in their heads).			
8	Reflection: Have students think of an example when they have used their umbrellas and how that experience was different. Students can share this positive experience with a classmate or write it in their journal.		Pen and paper	10 mins
9	Introduce the Umbrella Project		Umbrella project handout (see Appendix A)	5 mins

LESSON CONTENT

WHAT IS WELLBEING?

Wellbeing is the positive sense of self that we feel when our cognitive, emotional, social and physical needs are being met. Wellbeing includes:

1. How we feel day to day, how happy we are and how satisfied with our lives we feel
2. Being engaged in our lives in a way that allows us to be creative, problem solve, think flexibly and achieve our goals
3. Having healthy relationships and communication with others and feeling we belong
4. A sense of meaning in our lives
5. Good physical health influenced by sleep patterns, physical activity, healthy eating and life choices

INTRODUCTION TO THE UMBRELLA PROJECT

Umbrella Project Video: https://www.youtube.com/watch?v=vyY-o12_nWw

EXAMPLES OF RAIN

- When friends are unkind
- Tests
- Injuries
- Pressure from parents/teachers/coaches
- New situations
- What others think about us
- Tryouts
- Friends who have more or less than us
- Being left out
- Failure
- Parents arguing
- Strict teachers
- Embarrassing moments
- Presenting to a group
- Meeting new people

WHAT CAN WE CONTROL?

Your attitude
How you spend your time
How honest you are
Your perseverance in the face of obstacles
Who your friends are
What books you read
How much time you spend in nature
How often you exercise
The type of food you eat
Your perspective on situations
How many risks you take
How often you do activities you love
How often you put yourself in someone else's shoes
How often you are your true self
How kind you are to others
How kind you are to yourself
How often you try something new
How often you say thank you

How you express your feelings
Whether or not you ask for help
What you choose to say about others
How often you are grateful
How often you smile
The amount of effort you put forth
How you spend your money
How much time you spend worrying about the future
How often you think about your past
How harshly you judge other people
Whether or not you judge yourself
Whether or not you try again after a setback
If what you do, matches what you say
How you see failure
How courageous you are
If you stand up for what we feel is right

VIDEO DEBRIEF: KEY TAKEAWAYS FROM THE UMBRELLA VIDEO

1. Throughout our lives we will face challenges, obstacles and difficulties. Perfection is not normal but challenges are and we can expect that in life there will be rainy days. These days are unavoidable but we can prepare ourselves by building our umbrellas
2. Using our umbrellas is a choice. We can choose where we put our energy – focusing, worrying about and trying to control the rain (the things we can't control) or on building our umbrella of wellbeing.
3. Our umbrella is made up of wellbeing skills that get stronger the more we practice them. Challenges can help us practice the umbrella skills and the more we practice the stronger we get.
4. Everyone has an umbrella. The best way to make it bigger and fill in any holes by using the umbrella skills.
5. It's important and empowering to build your own umbrella. We can't always rely on teachers, parents and friends to deal with challenges for us.
6. Research shows that having strong umbrella skills will lead to happier and more successful lives, even when things are tough.

APPENDIX A: HANDOUTS

Handouts for this module include:

1. Student handout: Welcome to the Umbrella Project

Welcome to The Umbrella Project!!

The Umbrella Project was created to teach you about all of the different skills of wellbeing you can use to feel happy, get through difficult times and take on new challenges. We are excited to share some stories with you of people we think are doing a great job using their umbrellas, and you will get a chance to find stories about these skills as well.

The great thing about the umbrella skills is that they are everywhere. The more you look for them, the more you will notice them in all the regular things you do. Your friends use them, your parents use them and you do too!

These stories can also be found in documentaries/movies, newspapers, magazines, novels, social media, websites, and community events. You may hear them from school speakers, friends, teachers, family members, community members...really from anywhere and anyone!

Above all, we hope you have fun and learn about the amazing skills you have.

Health and happiness,

Dr. Jen

Founder of the Umbrella Project

