

Clarifying Objective

6.MEH.3.2 - Analyze the relationship between health---enhancing behaviors (communication, goal---setting, and decision making) and the ability to cope with failure.

Focus:

- *Think about a time when you tried something and failed.*
- *Write a paragraph about that time.*
 - *What did you try that failed?*
 - *How did you feel?*
 - *What did you do about it?*
 - *How do you feel about it now?*
 - *You will have 8 minutes to write your paragraph and then we will share with the class.*
- After everyone completes the paragraph, create a list of things the class has tried and failed
- Make a second list of feelings that failure created

Teacher Input:

- *To be healthy, one must practice health-enhancing behaviors.*
- *While knowing that failure can be overcome is important, taking action is the key to coping with failure effectively.*
- *Some of these health-enhancing behaviors are communication, setting goals, and making decisions.*
- *Having those skills makes it possible to manage a setback.*

Communication	Setting Goals	Making Decisions

Some examples of using health enhancing behaviors to cope with failure are:

- *Failing a math test:*
 - *asking the math teacher for additional help.*
 - *This is an example of which healthy behavior?*
 - *(Communication—add this activity to that column)*
 - *Can you think of other examples where communication is a healthy reaction to failure?*
 - *(List these under communication)*
- *Not making the starting line-up in basketball:*
 - *listing steps to take to be a starter next year by attending summer camp.*
 - *This is an example of which healthy behavior?*
 - *(Goal setting—add this activity to the appropriate column.)*
 - *Can you think of other examples where goal setting is a healthy reaction to failure?*
 - *(List these under goal setting)*
- *Experiencing the break-up of a friendship:*
 - *making the choice to take part in activities to make new friends*
 - *(Decision making—add this activity to the appropriate column.)*
 - *Can you think of other examples where decision making is a healthy reaction to failure?*
 - *(List these under decision making)*

- *The rewards of coping with failure are many.*
- *Some of those are enhanced self-esteem, improved confidence, and a greater willingness to take risks in the future.*
- *It is not possible to live life (or even sixth grade) without failure in some areas or at some times.*
- *While not fun, failure can be a growth experience and provide unanticipated opportunities.*
- *One of the healthiest ways to cope with failure is to use positive self-talk.*
 - *Examples would be: “I know I can do this,” “I succeeded before and I’ll do it again,” “I’ve practiced and practiced. I have the skills that I need to accomplish my goals.”*

Let's take a closer look at goal setting, one of the three healthy reactions to failure.

- *What is a goal?*
 - *(A goal is a target that you want to meet.)*
 - [5 Facts About Goal Setting](#)

Guided Practice:

- Each student will need a computer with internet access. Students should be directed to the website [Making a Change in Your Life](http://kidshealth.org/teen/misc/making_a_change_module.html).
 - http://kidshealth.org/teen/misc/making_a_change_module.html
- Students are to set a personal goal; encourage them to make the goal something they are serious about achieving.
- Students should follow the directions using the goal planning book “Making a Change.”
- Each student can print a copy of his/her goal-setting sheet at the end of the exercise.
- If computers are not available, the activity can be modified to be done with paper and pencil only.

Guided Practice:



- Provide each student a copy of the handout, Learning to Deal (Appendix 3). Students are to complete this activity with a partner.

Learning to Deal

1) Jordan did not make the basketball team. He went home and told his parents he didn't make the team because the coach was a jerk and didn't like him. Jordan suggests to his parents that he switch schools.

- How is Jordan dealing with his failure?

- Is this the best way to deal with the situation? Why or Why not?

- What might be a better way to deal with the situation?
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2) Bre broke up with Wesley at the end of football season. She just didn't feel the same about him anymore. Wesley told everyone that Bre broke up with him because football season was over and that she had just been using him because he was the star quarterback.

- How is Wesley dealing with his break-up?

- Is this the best way to deal with the situation? Why or Why not?

- What might be a better way to deal with the situation?
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3) Mariah is a 5th grader who decided not to try out for cheerleading for the next school year. Even though she had been a cheerleader for the youth football league during elementary school, she did not believe that she would make the cheerleading squad at her middle school.

- Why did Mariah decide not to try out for the cheerleading team?

- Is this the best decision? Why or Why not?

- What might be the benefits of her trying out?
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4) Matt came home mad! He told his parents he hated his math teacher. He had failed his test because the teacher had made it too hard. He truly believed that he had gotten a different test than his friends who passed the test. Matt decided he would quit doing his homework because his teacher was out to get him.

- How is Matt dealing with his failure on his test?

- Is this the best way to deal with the situation? Why or Why not?

- What might be a better way to deal with the situation?

5) Brad ran off the soccer field. He was so angry at his teammates. None of them seemed to hustle at all. It seemed as if they didn't care whether their team won or lost. The goalie did not stop any attempted shots. He hated being on this team and he let everyone know.

- How is Brad dealing with the team's loss?

- Is this the best way to deal with the situation? Why or Why not?

- What might be a better way to deal with the situation?

6) Jeremiah decided not to enter his artwork in an art contest that his art teacher had suggested. Jeremiah was afraid that his artwork would not win even though his teacher said it was the best drawing in the sixth grade.

- Why did Jeremiah decide not to enter the contest?

- Is this the best decision? Why or Why not?

- What might be the benefits of him entering the contest?

Conclude this activity by emphasizing that all individuals experience temporary setbacks and failure.

- Emphasize the importance of positive thinking when he/she experiences disappointment.
- *If we can think positively when we encounter problems, it can help us accept setbacks or failure and give us the ability to start again.*
- *If the goal we did not accomplish is something that we really want to do, we must determine what is necessary to increase our chances of being successful.*
 - *(Example: Practice our athletic skills to make the team next year.)*
 - *Learning how to handle our failures in a positive way helps us to maintain a healthy self-esteem.*

Closure:



- *Today we have completed our second lesson on overcoming failure. You should now be able to use healthy behaviors such as communication, goal setting and decision making to cope with failure in a positive way. By using health-enhancing behaviors you will develop a positive self-image and have the commitment to “try, try again.”*