

VIRTUALLY ADAPTED  
ACTIVITY –  
RESILIENCE

YOUTH IDENTIFY STRENGTHS AND DISCUSS  
THE IMPORTANCE OF RESILIENCY

*From the Unity Circle Activity Guide, “PRIDE” (Session 9)*

 **ONE CIRCLE**  
**FOUNDATION**  
We are all connected.

To All One Circle Facilitators,

With these difficult times, One Circle Foundation wants to acknowledge you for the great work that you continue to do with youth.

In an effort to make that a little easier for you, we are adding Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and The Council for Boys and Young Men sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We began adapting these activities so the youth could participate from the safety of their homes. These adaptations are made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described. However, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

**Girls Circle:**

Opening Ritual  
Theme Introduction  
Check-In  
**Activity → ADAPTED**  
Sharing of Activity  
Closing Ritual

**The Council for Boys and Young Men:**

Opening Ritual  
Theme Introduction  
Warm-Up  
Check-in  
**Activity → ADAPTED**  
Reflection  
Closing Ritual

We welcome your suggestions and feedback. We also want to hear of any adapted or original activities you are doing online with the youth that you serve. Please email [info@onecirclefoundation.org](mailto:info@onecirclefoundation.org) to share the online adaption work that you’re doing, and we invite you to share with one another in our Facebook Facilitator Support Group. Visit @onecirclefoundation on Facebook to join the conversation.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

## Virtually Adapted Activity – Resilience

*From the Unity Circle Activity Guide, PRIDE, Session 9*

“Relationships that create safety create resilience.”

– Dan Siegel, M.D.

### Topic: Resilience

Resilience is a concept often meaning to “bounce back” from adversity.

Relational-Cultural Theory, a cornerstone theory of One Circle Foundation’s models, views resilience as an outcome of growth-fostering relationships. Sexual minority youth need close and caring relationships free from homophobia in order to find resilience.<sup>1</sup>

### Objectives:

- To recognize individual and group strengths and capacities that help us through adversity.
- To foster protective factors of social support and meaningful participation.

### Key Learning Points:

- To help youth identify positive and healthy ways to deal with stress.
- How to use relaxation tools to relieve stressors.
- Explore and identify what they have learned from their families about ways to cope with stress.

### Prior to the Activity:

- 1 Prepare to share Handout #1 Power Shield. (Handout is included at the end of this activity.) Make copies and mail or email to participants, or text the image of the handout, or place the handout on your desktop and be prepared to share your screen to show youth the shield.
- 2 Let youth know we will be having a discussion today about resiliency and defining their strengths.
- 3 Tell the circle participants they will need some blank paper, a pen, crayons, colored pencils, or a pencil.

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<sup>1</sup> Mereish, E. H., & Poteat, V. P. (2015). The Conditions under which Growth-Fostering Relationships Promote Resilience and Alleviate Psychological Distress among Sexual Minorities: Applications of Relational Cultural Theory. *Psychology of sexual orientation and gender diversity*, 2(3), 339–344. <https://doi.org/10.1037/sgd0000121>

## Activity 1 – Resilience

- 1 Ask:
  - What words or images come to mind when you hear the word Resilience?
  - Why do you think Resilience is a focus of study across many disciplines like medicine, the environment, relationships, planets, ecosystems, the economy, agriculture, communities, and more?
  - When have you witnessed resilience in nature?
  - How is resilience important in families or cultures?
  - How is it important for teenagers and young adults?
  - What is a current or recent challenge in your life where you want, seek or expect resilience?
- 2 Summarize the Discussion:
  - Take time to summarize all the key points that were shared, and thank them for their level of openness and participation.

## Activity 2 – Power Shields

- 1 Say,
  - While it's great to learn how to do physical and emotional things for ourselves, science now tells us that for those times when we're dealing with adversity, facing hard times, it's best to have or find caring people and safe relationships.
  - That's not always easy, especially when dealing with rejection for who someone is for their beliefs, culture, sexual or gender diversity, race, ethnicity, size, language, amount of money, clothing, etc.
  - Today we can make Power Shields to remind us that we are resilient and to protect us through challenging times.
  - The shields combine our own unique aspects together with aspects of people who honor and respect us – because “relationships that create safety create resilience.”
- 2 Pass out, email, text, or use the Share Screen tool to show the handout, “Power Shield.”
- 3 Give everyone a moment to look at it.
- 4 Say,
  - If any of you are more familiar with indigenous practices, this shield may resemble the wheel of the Four Directions: North, South, East, and West.
  - For others, it may resemble a Coat of Arms activity in a circular layout.
  - Having these images and sections creates space for us to express many dimensions to our lives.

- 5 Invite everyone to notice the four quadrants on the shield: Above, Below, to the Right, and to the Left. Name the headings in each quadrant:

**Above: *Ideals***  
**Below: *Passions***  
**Right: *Discoveries***  
**Left: *Emotions***

- 6 Ask each person to draw a large circle on their own piece of paper. Tell them that this activity is about images, words, lines, colors, shapes, and is not intended to be for artists only but rather there is no need to be good at art or drawing at all. This is an activity to capture some of the resilience factors that are part of each one's personal ecosystem.
- 7 Give everyone a couple of minutes to draw:
- The outer outline of the circle
  - The inner circle at the hub or center of the shield
  - The four quadrants, and...
  - The headings in each quadrant
- 8 Say, "I will walk you through creating your shields. There is no 'right or wrong' way to do these. All approaches are welcome." Continue by saying:
- In the **TOP** quadrant, *IDEALS*, please draw a symbol, image, colors, shapes, lines, words or phrases to show what you care most about, your biggest goals, your best self. [Allow several minutes.]
  - Inside the center area of the small inner circle under that quadrant, write the name or initial(s) of someone who sees this in you, or shares this with you - whether you know them personally or through a book, movie, or the media, or as a pet or nature friend.
  - In the **BOTTOM** quadrant, *PASSIONS*, please draw a symbol, image, colors, shapes lines, words or phrases to show what you love to do in the world as a maker, or doer, as an athlete or baker or coder or helper, what are your visible actions in the world that are important to you? [Allow several minutes.]
  - Inside the center area of the small inner circle above that quadrant, write the name or initial(s) of someone who shares this activity with you or sees and appreciates what you do. If you cannot think of someone, insert the name of an imaginary guide, fairy, mythical figure, angel or friend that appreciates your activity.
  - In the **RIGHT** quadrant, *DISCOVERIES*, please draw a symbol, image, colors, shapes, lines, words or phrases to show something that you are now learning about, having curiosity and interest to learn, having a new understanding about or something that is beckoning to you to look into.... [Allow several minutes.]

- In the inner circle of that quadrant, close to the center, please write down the name or initial(s) of someone that inspires you and/or supports you in this area - whether a friend, family or community member, ancestor, or other role model.
- In the **LEFT** quadrant, *EMOTIONS*, please draw symbols, images, colors, words, etc., that show energy, emotions, secrets, empathy, pain, and/or mysteries that you experience. [Allow several minutes.]
- In the inner circle of that quadrant, close to the center, please write down the name or initial(s) of someone that knows and accepts you and knows something about your inner secrets, feelings, pain, kindness, compassion, energy, mysteries. The person/s may be living, or passed on, or moved away, or is imaginary, or a spiritual being, God, or the aspect of Mother Nature, but they are someone you turn to.
- Now, look over your Power Shield. Look at each quadrant, each image.
- Take a moment to observe these aspects of your strengths, and the person or people who are a resource together with you toward resilience even through the hardest times.
- Take a final moment to add anything you wish to complete your shield. [Allow a couple of minutes.]

## Sharing of Activity

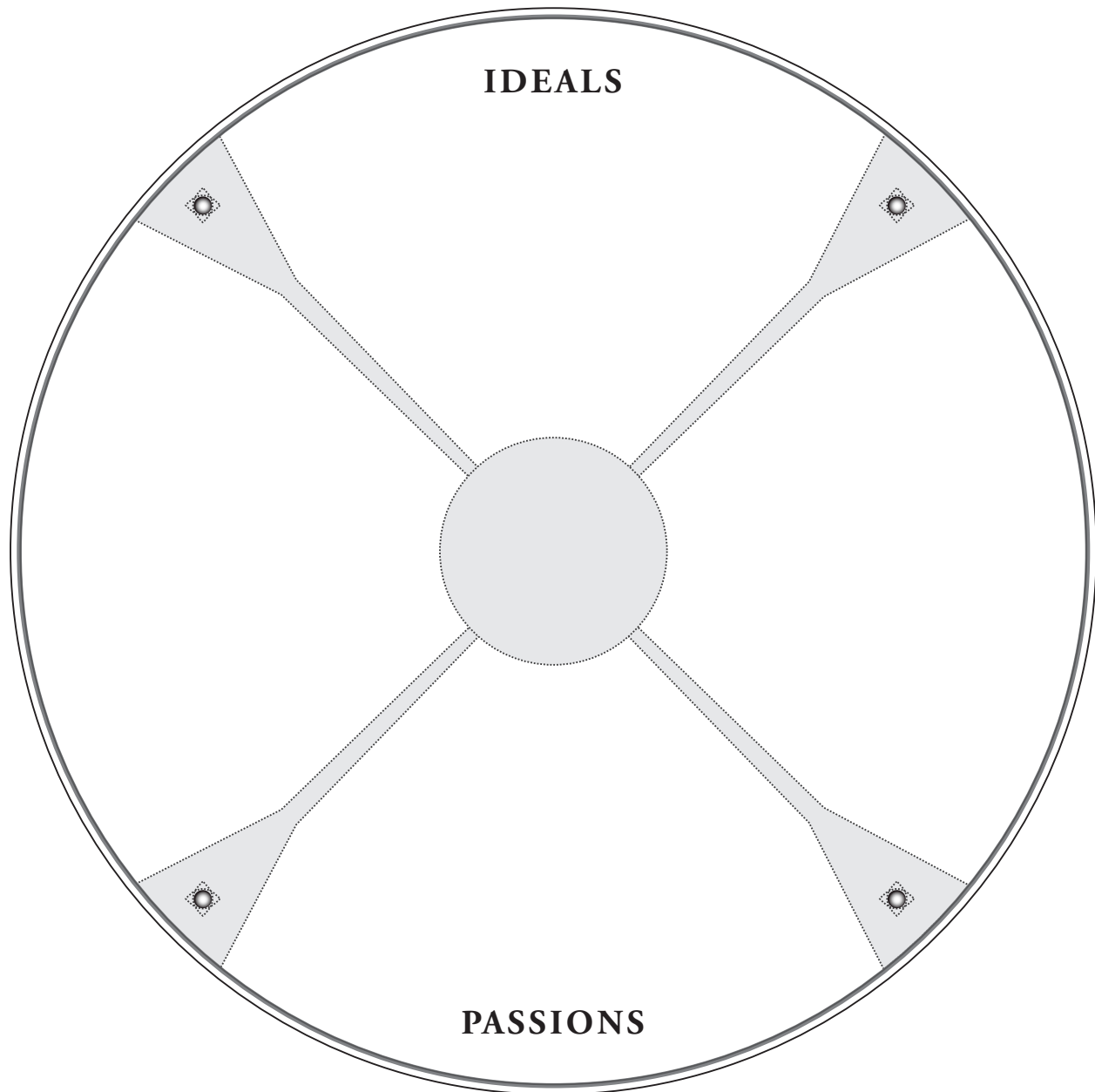
- 1 Invite all participants to take turns sharing their Power Shields. If there is time, give each person about 3-5 minutes to share.
- 2 Ask,
  - What was it like to create these shields?
  - How was it to share them?
  - What commonalities jumped out?
  - How do you think that the Power Shields might differ and might be similar for LGBTQ+ youth, LGBTQ+ youth of color, and straight/cisgender youth?
  - For allies, everyone faces adversity, even with privilege. How does your Power Shield empower you and those you care about?
  - When could this Power Shield be something you want to refer to?
- 3 Invite each person to respond to this application question:
  - **What is one thing you want to do today or this coming week, which may be represented on your Power Shield, to tap into your resiliency power?**

## Closing Ritual

Thank everyone for participating. Use your circle's closing ritual.

# POWER SHIELD

*(One copy per person, or have open and share on screen.)*



**Directions:** Draw a circle with four quadrants as shown. Mark each quadrant as shown on the sample image, then follow facilitator instructions.