

Facilitator Instructions

Responsibility & Self-Discipline - Student Gameplan

Quick Start Guide:

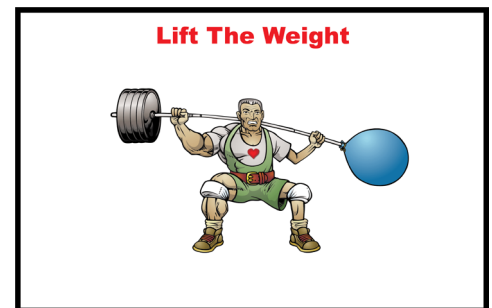
- ☑ Review the purpose of the gameplan below
- ☑ Look over the example framing script (adjust to your own style)
- ☑ Flip to the back and show the full-size visual metaphor to the student
- ☑ Let the student complete the gameplan independently
- ☑ Use the discussion prompts (pages 3–4) to process their responses together

The Purpose Of This Gameplan

This gameplan helps students recognize that life's rules, expectations, and challenges—though uncomfortable—can actually build inner strength. By leaning into resistance instead of avoiding it, students can grow discipline, character, and long-term resilience.

Learning Objectives – I can be resilient by:

- Becoming stronger through following rules
- Meeting expectations even when it's difficult
- Practicing self-discipline to build opportunity, freedom, and self-respect



Framing the Visual Metaphor

Before handing out the gameplan, take a moment to introduce the full visual metaphor on the back page. You don't need to explain everything. This is just a quick intro to help the student understand that it's more than just a cartoon—it's about how resistance in life can actually make you stronger. Creating this buy-in makes the activity more meaningful and encourages real effort. The example frame below can help. Don't worry about getting it perfect. You know your students best. This is just one way you could say it—use your own words that match your style.

Example Framing (Use your own words):

"This picture shows a lifter holding a bar with weights on one side and a balloon on the other. At first, the weights—like rules, expectations, and society's limits—might feel like the stuff holding us back.

But here's the mindset shift: that resistance is actually what builds us. Just like lifting real weights makes your body stronger, following through on hard things—like school rules, responsibilities, or laws—builds discipline, character, and freedom.

The balloon side looks easier, but it doesn't lead to growth. This gameplan is about seeing that challenge isn't the enemy—it's the workout. And it's how you get stronger."

Facilitator Instructions

Allow students to complete the gameplan individually. This can be done during a class period, a counseling session, or as a take-home activity. Encourage honest, reflective responses. Students may write directly on the gameplan or on the visual, if there is space. Before students start filling out the gameplan, remind them to bring it back completed next time you meet so you can talk more about what it means and how it connects to their real-life experiences.

Image Key:

Weights (left side) = Rules, laws, expectations = resistance that builds strength

Balloon (right side) = Easy choices, avoidance, giving up = no growth

Heart on shirt = Character and motivation from within

Brain callout = Self-talk, decision-making muscle

Use this gameplan flexibly to meet your students where they are, and to help them develop lifelong tools for resilience.

Processing the Gameplan

After students complete the gameplan, have a short conversation using the visual metaphor as your anchor. You don't need to go through each question—just guide a reflection using these key themes:

Key Themes to Explore:

1. Resistance Builds Strength

Help the student connect something difficult in their life to how it might be making them stronger.

Example: "What's one 'weight' in your life that's tough—but could be helping you grow?"

2. Balloon vs. Weights

Discuss what they might be avoiding (the balloon) and what effort they're putting in (the weights).

Example: "What's something you've let go of that might be worth picking back up?"

Responsibility & Self-Discipline

Student Gameplan - Facilitator Guide

Learning Objectives

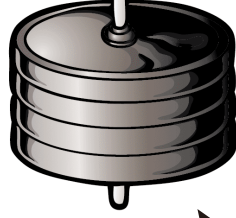
I can be resilient by:

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Lift The Weight

1 Challenge: Why do you need resistance to become stronger?

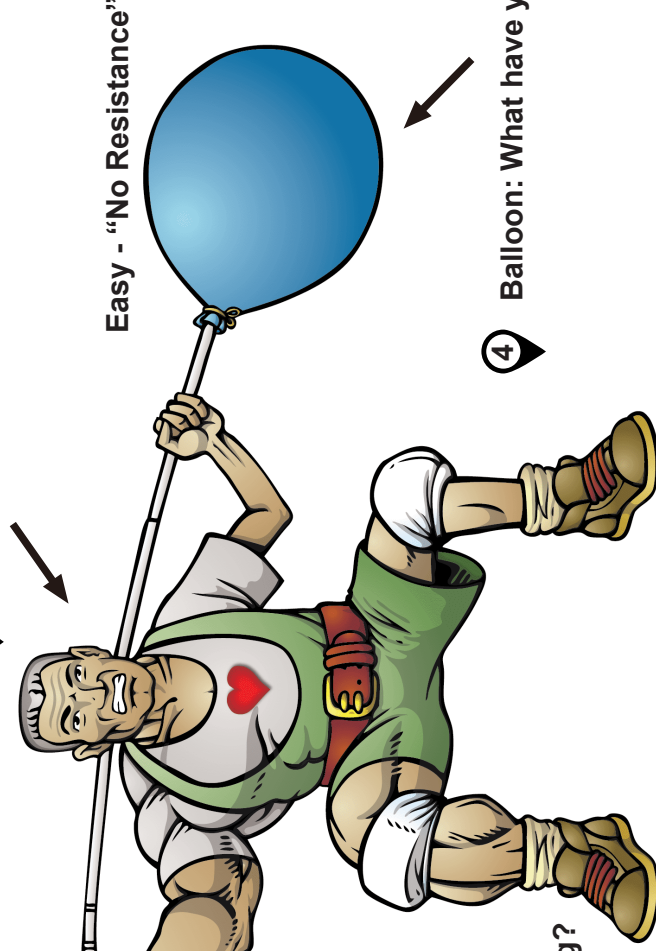
Hard - "Resistance"



2 Choice: What is expected of you?

5

Brain: Why does this need to be your strongest muscle?



Easy - "No Resistance"

4

Balloon: What have you given up on?

3 Time + Effort: Where is your energy going?

- 1.
- 2.
- 3.