

THE INTERRUPTED PATH

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Empowerment in the face of adversity

Lesson Seed: Empowerment and Overcoming Challenges

Objectives:

1. Analyse the importance of perseverance and seeking support in overcoming obstacles.
2. Reflect on ways to empower oneself and others in the face of adversity.

Prior Knowledge:

- Basic understanding of challenges individuals may face.
- Familiarity with the concept of empowerment.
- Knowledge of the importance of education and support systems.

Cue Sets:

1. Discuss with a partner a time when you faced a difficult challenge. How did you overcome it?
2. Brainstorm ways in which individuals can support each other in times of need.
3. Reflect on a person who inspires you and share why they are an inspiration.

Practice Assignments:

1. Write a short reflection on the importance of seeking support when facing challenges.
2. Create a poster that showcases the qualities of a resilient individual.
3. Interview a family member or friend about a time they felt empowered to achieve a goal.

Team-Based Activities:

1. Role-play scenarios where students provide support and encouragement to each other.
2. Design a skit that demonstrates the power of positive mentorship in overcoming obstacles.
3. Collaboratively create a list of resources available for individuals in need of support.

Deep Questions:

1. In what ways can individuals support each other in times of difficulty?
2. What are some strategies for staying motivated when faced with challenges?
3. How can empowerment benefit not only individuals but also communities?
4. Why is it important to believe in oneself even when others doubt your abilities?