

Radical Acceptance

Grade 8 – Health and Physical Education



Lesson Details

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| Grade Level: | 8 | Curriculum Links: | Health and Physical Education | Time Needed: | 30 minutes |
| Learning Goal | To learn to let go of feelings of regret, anger, and bitterness through an exercise about radical acceptance. | | | | |
| Success Criteria | By the end of this lesson, students will have completed a worksheet practicing how to move past emotionally challenging events and learned how to accept the things they cannot change. | | | | |
| Specific Expectations | <p><i>Identification and Management of Emotions</i></p> <ul style="list-style-type: none"> Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others. <p><i>Stress Management and Coping</i></p> <ul style="list-style-type: none"> Apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience. | | | | |
| Materials Needed | Worksheet (attached), Pencil. | | | | |

Lesson Description

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| Overview | Sometimes things don't go to plan, students will learn how to cope during stressful events and how to let go of negative emotions. |
| Activity | <ol style="list-style-type: none"> 1. Introduce the class to a stressful/unhappy situation, such as going to the dentist to have a cavity filled or losing a sports game. Many people find these to be negative experiences. 2. Then, have a class discussion about what the students could do instead of focusing on the negative emotions (E.g. focus on the fact that the pain of a cavity is far worse than spending a short time in the dentist chair, that losing a sports game isn't the end of the world and they will just have to practice harder, etc.). 3. Explain to that class that you are all practicing Radical Acceptance. 4. Distribute the attached worksheet for the students to complete individually. The students will read over scenarios that are stressful/negative and create solutions to the scenarios using radical acceptance. 5. Optional: Take up the worksheet as a class, once complete. |
| Background Information | <p>Rather than focusing on things that cannot be changed or that are out of control, Radical Acceptance involves simply accepting a situation as it is and letting go of feelings of regret, anger, and bitterness.</p> <p>Just as a turtle moves slowly through life and accepts how things are – students should learn the importance of acceptance. Not everything can be changed and that's okay. Learning to accept the problems that are out of control will lead to less anxiety, anger, and sadness when dealing with them.</p> |

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| | Part of this lesson is taken from skills and training related to Dialectical Behaviour Therapy which was developed by Marsha Lineman. |
| Blacklist Masters | <ul style="list-style-type: none"> • Worksheet (attached) • Video Link(s): Mental Health and Turtles • For more information, please visit https://www.turtleguardians.com/ |
| Place-Based Learning | Emotional situations can be very overwhelming. As the students grow and learn they must become aware that in order to move on they must accept the unhappy circumstances. Learning in a safe space, such as the classroom can help make these acceptances easier to comprehend. |
| Inquiry-Based Learning | <p>Using Structured Inquiry, the students will create acceptable solutions to negative situations.</p> <p>Ask the students:</p> <ul style="list-style-type: none"> • What is Radical Acceptance? • Why is it important to learn to accept situations as they are? |
| Turtle Stories | Turtles accept that they must cross a road in order to reach a nesting site, wetland, etc. even though it is dangerous. Write a letter to your MP outlining the importance of turtle tunnels to help make the lives of turtles a little less challenging. Students are encouraged to share their experiences, pictures, and worksheets on the Turtle Stories website, found here: https://www.turtlestories.ca/ |
| Turtle Guardian Program Links | In Level 1 (Ontario Turtle Identification) of the Turtle Guardian Program , students will learn how to identify all 8 species of Ontario's turtles, as well as information about their habitats, lifestyle, and other cool facts. For more information, please visit https://www.turtleguardians.com/what-is-a-turtle-guardian/ |

My Notes



Radical Acceptance

Sometimes you'll run into a situation that is simply out of your control. It can be easy to think "this isn't fair" or "why do I have to deal with this".

Instead of focusing on how the problem could be different, Radical Acceptance teaches us to accept what we cannot change. Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.

Read the following scenarios and write down how you would radically accept the situation. Then write down a problem you've faced recently and how you can accept and move on from it.

Example

Situation: You are terrified of the dentist but have a really bad cavity. You try to ignore it but the pain is becoming too much.

Typical Thinking: "My dentist isn't the nicest with their tools, so I don't want to go. In the meantime, I will avoid foods that irritate my cavity until the pain goes away."

Radical Acceptance: "I am afraid of the dentist and I'll be miserable the whole time, but after 45 minutes I will walk away with no pain and won't have to go back for a long time."

Activity

Situation: You find out that you were not selected for a job where you felt that you were the best candidate.

Typical Thinking: "This isn't fair, I did everything right. I was the best one there. They can't do this to me."

Radical Acceptance:

"It's frustrating that I didn't get the job, but I accept that they felt someone else would be a better fit."

Situation: Your team has lost the championship game that would have gotten you to Provincials.

Typical Thinking: “This sucks! If only we had practiced harder we could have beat the other team. Why didn’t my team work harder?”

Radical Acceptance:

“I’m sad that we didn’t win, but this motivates me to work harder next year when we play again.”

Situation: It’s the holidays and you have to visit your relatives, but your Aunt is always nagging you and all your cousins are a lot younger than you are so you have to babysit them.

Typical Thinking: “Ugh this again. Why is my Aunt always questioning my future career choice? It’s not her life! And I hate sitting at the kids table with 6-year-olds. Why can’t I just stay home?”

Radical Acceptance:

“I hear that my Aunt disproves of my future career choice but I’ll have to explain to her why it matters to me. And sitting at the kids table is not my favourite but it’s only for an hour and then we all go our separate ways for a couple months.”

Situation:

Typical Thinking:

Radical Acceptance:



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