

IMPACTFUL Lesson Plan Guide: How to Implement the Creative Coping Toolkit

Helpful Tips & Strategies for Implementing the CCT

Please note: The CCT interactive activities and chapter guides are designed to be flexible and can be adjusted according to your curriculum, available time, and unique student experiences.

The screenshot shows the interface for the film 'Angst'. On the left, a large green video player area contains a play button icon and the text 'FILM PLAYS HERE'. A circled '1' points to this area. Below the player, there is a section titled 'About this Program' with availability information and a description. On the right, a 'Toolkit Sections' menu lists various resources: Welcome Guide, Watch the Trailer (Video), Chapters & Reflections (highlighted in yellow), SEL Activities, Q&A Panel Discussion (Video), At-Home Discussion Guide (PDF), Tip Sheet (PDF), FAQ (Video), Post-Screening Survey, Test Your Knowledge!, and Online Tools & Resources. A circled '2' points to the 'Chapters & Reflections' section, and a circled '3' points to the 'SEL Activities' section.

1. Full-Length Film

- The CCT includes year-long access to the full-length film via your dashboard.
- Consider viewing as an introductory activity—then engage in deeper conversation and learning by using the chapter clips and interactive activities.
- Possible to view in a classroom setting or as a larger event, such as school or department-wide.

Please note: Viewing the full-length film is not necessary for educators or students to engage with the CCT—as chapter clips, discussions, and activities can be used as standalone exercises and learning modules.

2. Chapter Clips With Self-Reflection & Discussion Guides

- Video clips drawn directly from the full-length film, broken down by chapter for easier retention and deeper engagement.
- Designed to facilitate longer and more in-depth reflection and learning for group-focused sessions - great for the classroom setting.
- Recommended that at least 15 to 20 minutes are allocated for viewing a chapter video clip (most run under 5 minutes) and using the included guide for student self-reflection and then group discussion. We encourage allocating more time to longer chapters to provide more reflection!
- Can be viewed in any order. However, they are organized in linear order with how they appear in the full-length film.
- Self-reflection prompts are great for internal processing of the clip—consider allowing a couple minutes of silent thinking or free writing.

3. SEL Activities

- Can be assigned as standalone exercises or integrated into a longer classroom lesson plan.
- Include detailed instructions, learning objectives, student reflection prompts, and necessary resources for completion in a classroom or at-home setting.
- Able to be printed for students to hand write answers or downloaded to save their reflections digitally; each exercise can also be accessed, printed or saved individually.
- Allocate about 5 to 20 minutes to complete, depending on how much time you allow participants to reflect.
- Great as a warm-up exercise or bell work; interactive & immersive activity to accompany viewing & discussing film chapters; or homework.
- If you assign activities for homework, we recommend that you suggest your students involve their family members - this way they can become “SEL Champions” at home!

Other Products Included in the CCT

- **Test-Your-Knowledge Quiz!** — Assign students this quiz to review key takeaways of the film program. It includes film clips to refresh students on the concepts and to assist in answering the questions.
 - **Tip Sheet** — Ask students to print or download to devices, or provide them a copy, as a keepsake of main takeaways, useful tips, and possible action items.
 - **At-Home Discussion Guide** — Provide students with a guided opportunity to involve their family members, another way for them to become “SEL Champions” at home!
 - **Q+A Panel** — Sample of what a post-screening discussion can look like for the film program, plus an opportunity to learn more about key topics and frequently-asked questions, especially great for educators and parents of students.
 - **Online Tools & Resources** — Use this collection of supplementary content to continue your own learning process, and/or that of your students, beyond the IMPACTFUL CCT.
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