

Friend2Friend: Resiliency & Growth

Friend2Friend: Resiliency & Growth is an interactive role-play simulation that equips students with the knowledge and skills to identify and help each other navigate responses to academic as well as everyday challenges and setbacks in a positive way.

Learning Objectives

- ✓ Name and manage the emotions from challenges and failures
- ✓ Recognize emotions and unhelpful thoughts and use self-talk to reframe them
- ✓ Learn and grow from experiences, including failure
- ✓ Analyze mistakes to see what can be learned
- ✓ Plan for skills, values, and resources that can help in the future



Learners interact with Virtual Humans through interactive conversations



Market
PK-12



Audience
Student



Topic
Resiliency & Growth



Duration
30 Minutes



Overview

Positive student outcomes are a key measurement of success in school districts. A key component of a student's ability to be successful both academically and in life is their ability to demonstrate resiliency and move on after a setback.



Learning through realistic conversation practice and the Recognize, Reassess and Reframe strategy, students help each other examine their thoughts and reactions and then build positive, realistic perspectives about themselves, their goals and growth through challenges. *Friend2Friend: Resiliency & Growth* helps students develop resiliency and a growth perspective to see challenges as opportunities for reflection and reframing of that experience.

Features

- ✓ Fully-hosted solution deployed to users in less than one week
- ✓ Technical assistance and outreach templates to drive adoption
- ✓ Usage reports and customizable online surveys to support program evaluation
- ✓ Customizable list of local and national mental health resources
- ✓ Lesson plan and discussion guide to facilitate integration with mental health curriculum or group discussion

“I enjoy the animation, the voice-over, and I like all of the varying REALISTIC choices that the lesson provides. Everyone responds differently to a situation, and the given choices generally reflect the diversity in possible reactions. It’s a very creative way to make the lessons more interactive and interesting. I love it!”

- Learner, completed *Friend2Friend: Resiliency & Growth*



Learn more at kognito.com

Contact us at info@kognito.com or 212-675-9234