

## Surfing Past Fear | Lesson Plan

How can facing our fears and overcoming challenges help us grow stronger and become more resilient?

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Students will understand the themes of courage and overcoming fear through the story of Olivia the otter.

### Learning Objectives:

- Discuss themes such as resilience and determination.
- Identify the main characters and setting in "Surfing Past Fear."
- Recognize the sequence of events in the story.
- Identify key vocabulary related to "Surfing Past Fear."

### Key Vocabulary:

- **Resilience:** the ability to bounce back from difficult situations or setbacks.
- **Determination:** the act of making up one's mind about something and sticking to it.
- **Courage:** the ability to do something that frightens you or that requires bravery.
- **Inspiration:** something or someone that motivates, encourages, or influences others to do or achieve something.

**Educational Standards:** CCRA.RL.1, CCRA.RL.2, CCRA.RL.3, CCRA.SL.1, CCRA.SL.2

**Academic Subject Areas:** Life Lessons, American Values, Perseverance

### What You'll Need

- Video: *Otto's Tales: Surfing Past Fear* (Click [Here](#))
- Worksheet: *Otto's Tales: Surfing Past Fear* (Click [Here](#))
- Book (Optional) "Surfing Past Fear" by Bethany Hamilton (Purchase [Here](#))

### Lesson Plan (45 mins.)

Warm-Up: (10 mins.)

1. Begin by explaining who Bethany Hamilton is. Show the students a picture of her and explain that she is an excellent example of resilience and determination because she never gave up surfing, even after losing her arm to a shark attack.
2. Ask students if they know of anyone who has overcome extreme challenges and show us how not to give up, even when things are really hard.
3. Introduce and explain the key vocabulary: resilience, determination, courage, and inspiration. Provide simple definitions and examples for each word.



4. Let the students know that they will hear the story of Olivia, the surfing Otter, through the storytime video and watch how she first feels afraid to go back into the water and then faces her fear.

Watch and Complete: (25 mins.)

1. Show the video *Otto's Tales: Surfing Past Fear* to the students.
2. Pause at key moments to ask questions and check for understanding of the sequence of events in the story.
  - Who are the main characters in the story?
  - What is the setting of the story?
  - What happens at the beginning, middle, and end of the story?
  - What lesson does the story teach?
3. Discuss the following quote from the story with the students. Mobi says, "... you can't live in fear. Difficult things are a part of life, but they're also opportunities to learn and grow stronger."
  - What does Mobi mean when he says, "You can't live in fear"?
  - Mobi says that difficult things are a part of life; what does he mean by that?
  - How can difficult things be opportunities to learn and grow stronger?
  - Can you think of a time when you faced something difficult and learned from it?
4. Summarize the discussion by highlighting the key points about courage, resilience, and learning from challenges.

Wrap-Up: (10 mins.)

1. Explain that the next activity will help students understand the sequence of events in "Surfing Past Fear."
2. Distribute the worksheet and explain how to fill it out. Show students that they will write the sequence of events, which are numbered from 1 to for.
3. Discuss the completed worksheets as a class, ensuring everyone has captured the sequential events correctly. Invite some students to retell the story in their own words.
4. Evaluate students based on their ability to:
  - Retell the story in their own words.
  - Explain the lesson taught in "Surfing Past Fear."
  - Define the key vocabulary words or give examples.
5. Close with an encouraging call to action. Motivate students to practice overcoming their fears by trying something new, for instance, a new sport or helping a friend. Reinforce the message that, just like Olivia and Bethany, we all can face our fears and grow stronger from difficult experiences.

**Don't have time for the complete lesson? Quick Activity (15-20 mins.)**

After watching the video, distribute the worksheet *Otto's Tales: Surfing Past Fear* and allow students to complete it independently. Then, discuss their favorite character or part of the story.