



# Bite-Size Curriculum

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**Ideal for  
Trainers!**

**Team  
Meetings!**

**60 Minute  
Lessons!**

60 minute bite-sized curriculum is designed for trainers, facilitators, team leaders, student leaders and Educators.

# Lesson 1 – The UPside of Failure

*Curriculum Designed for Educators, Trainers, Young Adults*

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## **Tips for Use**

Curriculum may be used as a tool for professional coaching, peer to peer coaching, guidance counseling, and career counseling.

## **Overview**

The UPside to Failure Lesson introduces participants to failure as an experience we all face and the benefits of that experience. Failure opens up a new pathway of unexplored strength and resolve which would have not otherwise been realized had we not experienced the failure in the first place. Video links are provided at the end of each chapter to build on what was read in the book. Use links as needed.

## **Objective**

Targeting young adults and emerging leaders, the objective is to start a dialogue about the benefits of experiencing failure. Failure is information that can be used to develop critical thinking skills, problem solving skills and spark new ideas.

## **You Will Need**

- ✓ A group leader or facilitator
- ✓ Flip Chart or white board
- ✓ Copies of the book, *F'd UP*
- ✓ Feedback form
- ✓ Markers

# Lesson 1 – The UPside of Failure

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## **60 Minute “bite-size” Lessons**

### **Before Lesson**

Writing Activity: (5-10 min)

1. Ask participants to describe a time they failed at something. An experience when they did not perform up to an expectation. Was it playing a sport? Playing an instrument?
2. Ask them to describe what happened and how it made them feel. What did they say to themselves? What did they hear others say?

### **After Lesson** (5-10 min)

1. Ask participants to complete the 10-question feedback form accessible in this book and at [www.nolimit2yoursuccess.com/forms](http://www.nolimit2yoursuccess.com/forms)
2. Discuss questions as a group. Listen. Ask more questions.
3. Encourage participants to reflect, write and share.

### **Small Group Activity - Resiliency** (20 min)

Break into small group of 4-5. Ask participants to think of a time, possibly as a child, where they were less concerned about making a mistake. A time when their confidence was shaken but not overcome by defeat. Ask each person to describe the situation and then discuss the “why.”

Examples: learning to walk, ride a bike, skate, play an instrument, play a sport.

### **Large Group Discussion – Society Reimagined** (20 min)

As large group discussion, talk about different ways people view failures in our society. Ask them to imagine a society where failure is viewed as information to solve problems that enhance learning and development. What would that look like in school? At work? In social settings?

# Feedback Form

*Lesson (circle)*    1    2    3    4    5    6    7    8

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Respond to the questions honestly after reading the assigned chapter in the book *F'd UP: The UPSide of Failure*.

1. Did you find the subject matter in this chapter informative and helpful? Why or why not?
2. What was a new concept or idea you learned in this chapter?
3. How did this chapter help you to deal with failures differently?
4. How did the information in this chapter help change your perspective on failure?
5. After reading this chapter, what do you need to STOP doing?
6. After reading this chapter, what do you need to START doing?
7. After reading this chapter, what do you need to CONTINUE doing?
8. What was your biggest takeaway from the chapter?
9. Who would you recommend read this chapter? Be specific.
10. Will you apply what you have learned? Why or why not? How?

