

# TU DILO: HERO'S JOURNEY\*

Know the skills and learning obtained in the previous activities and be the leader to face the atypical situations that arise daily.

## Wellness & Resilience

### Time

30 minutes

### Difficulty

Easy

### Resources

Paper, pen

\*This activity was created as a continuation of learning connected to the [Tu Dilo](#) Limitless Project.

## Instructions

### Step 1

- The facilitator will highlight how the previous Tu Dilo activities helped us learn about emotional regulation and self-knowledge. The Tu Dilo learning thread helps to emphasize the importance of the learning journey to mental wellness and resilience. Review the annex provided.

### Step 2

- The facilitator will assign an atypical situation at random, in which the objective is to get participants out of their comfort zone and recognize how to regulate their emotions and find their inner strengths.

### Step 3

- By using the example of The Great Test in The Hero's Journey by Joseph Campbell, the participants will create a story by being the protagonists of their own "Hero's Journey" to explain how they will deal with the atypical situation they're given.



For more Wellness & Resilience activities, visit [www.preparecenter.org/TeenPrepKit](http://www.preparecenter.org/TeenPrepKit)

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## Annex 1 - Atypical Situations

Your family is going through a very difficult and painful moment and they cannot find the strength to continue. You must be their support, how would you provide support?

You just found out that your application to enter your first choice for university was rejected. Your family put a lot of pressure on you to go to this university. How will you deal with your family's disappointment and your own disappointment?

## **Annex 2 - Tu Dilo's Hero's Journey example**

"Perhaps we have heard the story of the most famous Hobbit in the world, Frodo Baggins, or the most famous wizard of our time, Harry Potter. Both stories have a common theme of the protagonist being a regular person, living their everyday lives, when they're presented the opportunity to tackle a challenge. The Tu Dilo team had to navigate this similar situation when we accepted our invitation to participate in the Teen Preparedness Toolkit. Initially we felt skeptical about facing this challenge but in the end we decided that our potential to create fun and useful activities was greater than our worries and we started the process to create activities. We found a guide who gave us guidelines on how to move forward. As we began to get to know each other and recognize ourselves, we realized our abilities and weaknesses and we took advantage of our strengths to help us get over the hurdle of creating the activities. Now we are at a critical point in our journey and the test begins here to learn how these activities are used by learners..."



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