

# WRESTLING GHOSTS

## LESSON PLAN

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4 TO 5 HOURS TOTAL	- 3 HOUR ONLINE CLASS + 1.5 HOUR HOMEWORK	OR	- 1.5 HOUR ONLINE CLASS + 3 HOURS HOMEWORK <i>(if the movie is watched as homework.)</i>
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### STEP 1: WATCH MOVIE

90 MINS

Best to watch in class - or emphasize the last 30 minutes of the documentary are key to understanding the healing process.

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### STEP 2: KNOW YOUR ACES SCORE - 10 MINUTES

10 MINS

Direct students to take the ACEs test and keep their score private.

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### STEP 3: LEARN MORE ABOUT THE SCIENCE - 30-45 MINUTES

30-45 MINS

*Homework Assignment Part 1: An Overview of the Science of Childhood Trauma from the PDF "Wrestling Ghosts: An Exploration of Childhood Trauma and Healing.*

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### STEP 4: LEARN MORE ABOUT HEALING - 30-45 MINUTES

30-45 MINS

*Homework Assignment Part 2: Understanding Healing Modalities and The Recovery Process from the PDF "Wrestling Ghosts: An Exploration of Childhood Trauma and Healing.*

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### STEP 5: GROUP DISCUSSION - 30 MIN TO 1 HOUR

30 MINS TO 1 HR

Break down into groups and assign topics from the discussion guide PDF.

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### STEP 6: REPORT - 30 MIN TO 1 HOUR

30 MINS TO 1 HR

One student from each group reports to the class their group's take-away from discussion.

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**OPTIONAL:** - give students final homework such as a report or essay about the topic / or the creation of a presentation or program to bring more trauma-informed awareness to specific communities (such school nurses / educators / lawyers / case workers, general public / parents.)