ERASMUS+ Programme
Key Action 2 – Strategic Partnerships
Agreement no.: 2019-1-PT01-KA201-061277



Students activity book

Habit- brief explanations Self-confidence	Self -Confidence: the quality of being certain of your abilities or of having trust in people, plans or the future
A glossary of terms	Trust = to believe that someone or something is good, honest, or reliable Courage = the ability to do things that are dangerous, frightening or very difficult Choice = a range of things, options, possibilities that you can choose from Wisdom= the ability to make good decisions based on knowledge, experience or intuition Energy = the power that you body needs in order to do physical things.
Basic instruments/ materials	Handouts, pen and paper, marker, board
Short instruction of the training sessions or the activities	Aim:. This activity will help you help you develop a positive attitude towards yourself. At the end pf the activity you will be able to: Identify possible problems; To view and analyse things from a someone else's perspective; To come up with solutions for an efficient working out of the problem situations; To communicate self-confidently in specific situations.

"a bag of tricks" useful pieces of advice and suggestions for the students	Feel proud of what you can do! See the good things about yourself! Believe in yourself, even when you don't do well at first! Feel liked and accepted! Accept yourself, even when you make mistakes!
--	--

Worksheet / exercises

1. Read Zeni's story:

The troubling letters

One fine autumn afternoon Zeni had just woken up from her afternoon nap. Her Grandma had already prepared a little snack. While she was enjoying her snack, the child was thinking about the homework she had for the next day. She then thought of a few Math exercises and....oh, no!.....she realised she had to finish that page of letters....What a burden! She was terrified because she had to write those letters. She had never been able to write as neatly and beautifully as Emi, her deskmate. She was afraid that, this time too Emi would make fun of her writing again. As you can easily imagine, Zeni worked out the Math exercises that she liked so much first! Then it was time for the letters.

"This is too hard! I can't do it! said Zeni bursting into tears.

"Don't cry, my child! Her Grandma told her softly. You are a smart and hard-working girl. Try to focus. You'll succeed. The letters will never be as you wish if you keep crying instead of finding a solution. Pick up the pen, don't hold it so tightly and try to write the letter as if you were making a small drawing.

"I can't write as beautifully as Emi! There must be something wrong with my pen. This is probably why I also failed at writing neatly and calligraphically at school. I want my letters to be perfect!

"You can do some things very well and some you can't, Grandma answered calmly. Try your best at writing as correctly as you can!"

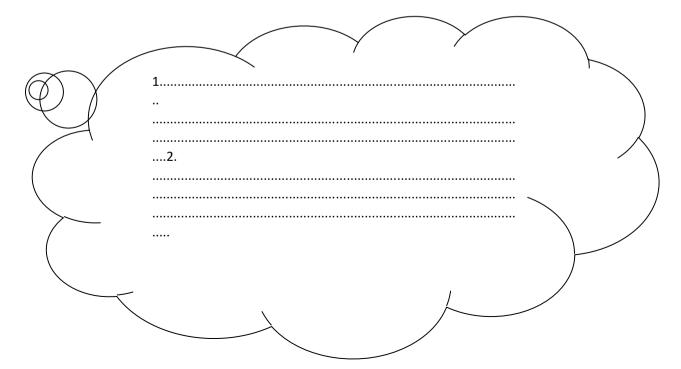
Zeni fell asleep thinking of her homework that seemed so horrible. During the night she dreamt that the letters in her notebook were taking about her. They were telling how well she did in the Math contest, how much she helps her Granny with the chores, how much she loves her sister, how patient she is with her and how beautifully they play together. She heard the letters saying that they are not angry with her because she can't write as neatly as Emi and that they appreciate her effort.

Next day, at school, Zeni remembered her dream. She worked up her strength and told her desk mate:

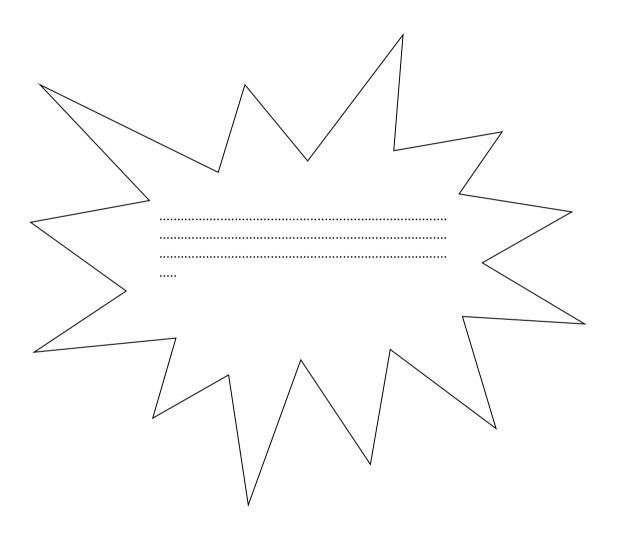
"I am good at Math. You can write neatly. One can't be good at everything. And I try hard, you know!

Emi apologized. She was sorry for having laughed at Zeni. She understood that the girl was right: One can't be good at everything.

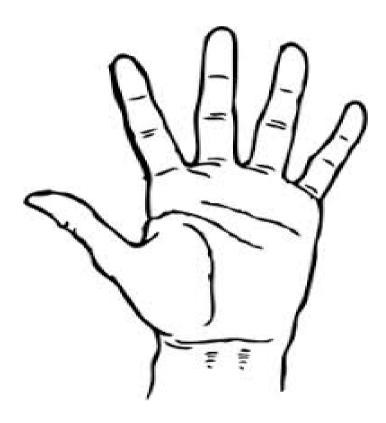
Activity 1. Write two questions based on the text "The troubling letters"



Activity 2. Zeni needs your help. Write a piece of advice to chase her fear and to regain her trust.



Activity 3. Have you read Zeni's story? Write on the child's palm five qualities Zeni has, as it results from the text.



Activity 4. Write on the note below a moment/situation when you felt afraid.		

Activity 5. This the "Tree of qualities". Draw on its four branches a leaf and write a quality you have on the leaf.

