



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. |

| | |
|---|---|
| <p>“a bag of tricks” useful pieces of advice and suggestions for the students</p> | <p>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!</p> |
|---|---|

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.

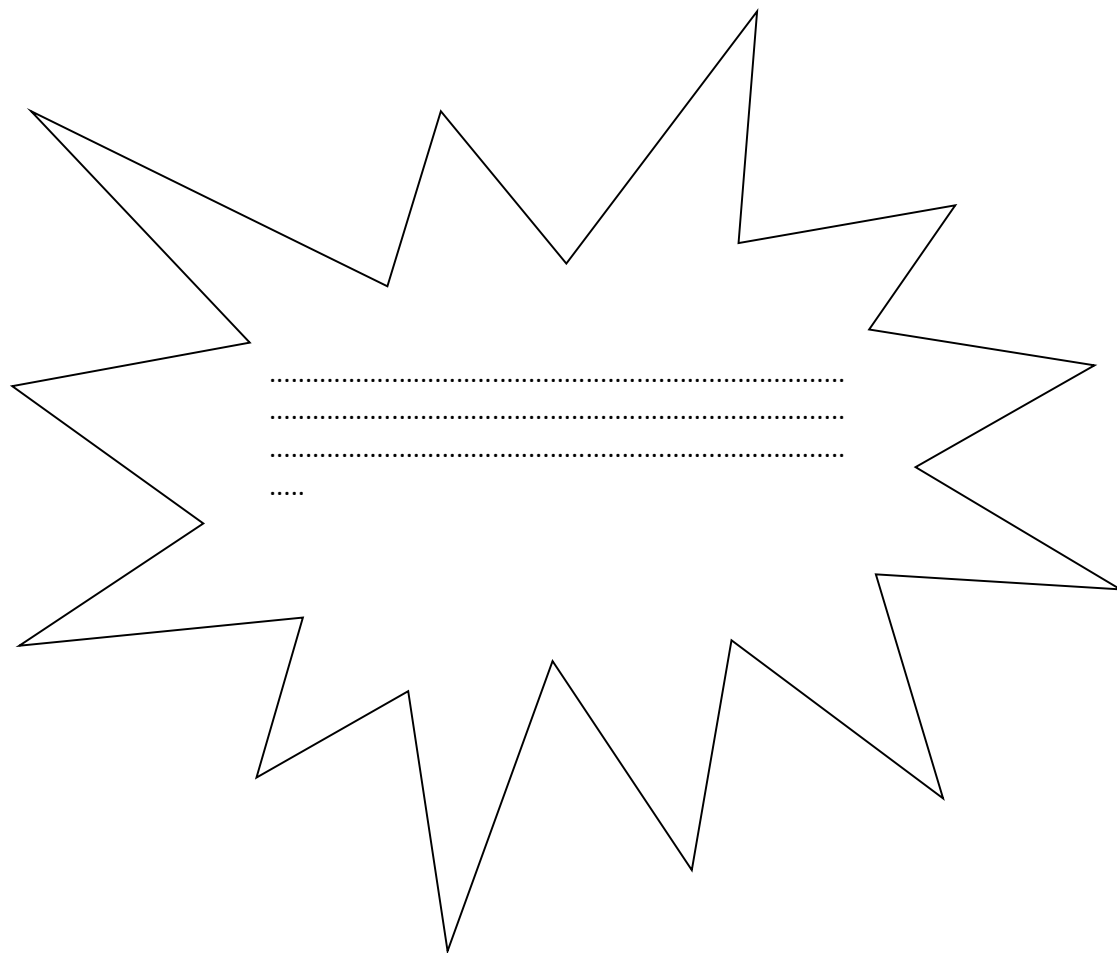
“This is too hard! I can't do it! said Zeni bursting into tears.

“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.

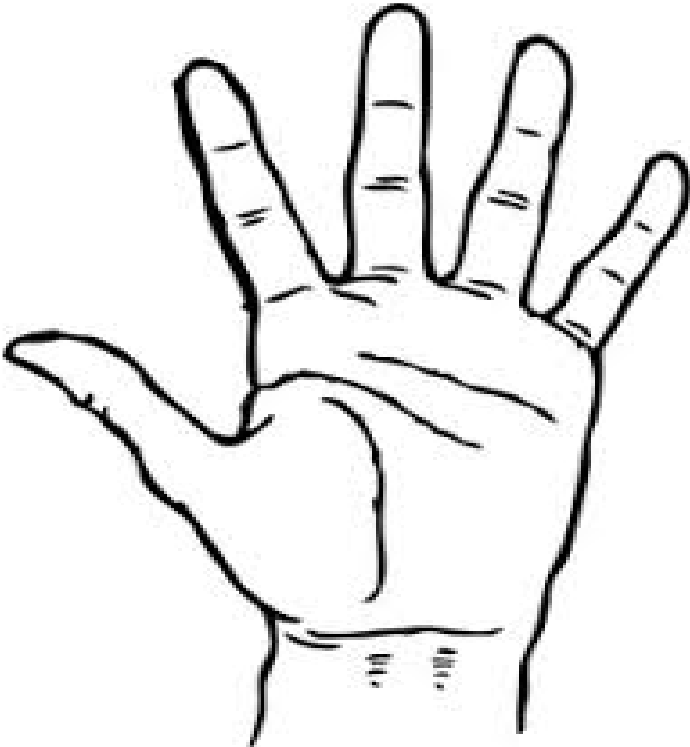
“I can't write as beautifully as Emi! There must be something wrong with my pen. This is probably why I also failed at writing neatly and calligraphically at school. I want my letters to be perfect!

“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!”

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.

