



LEARNING TOOLKIT



This learning Toolkit belongs to: _____

Hi! This learning toolkit is for you!

Please, remember to bring it with you during the workshops!

Now, let's start doing the activities together!



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WORKSHOP 1 - BULLYING

Have you learnt what bullying is? In the following, write down the main characteristics of bullying.

1)

2)

3)

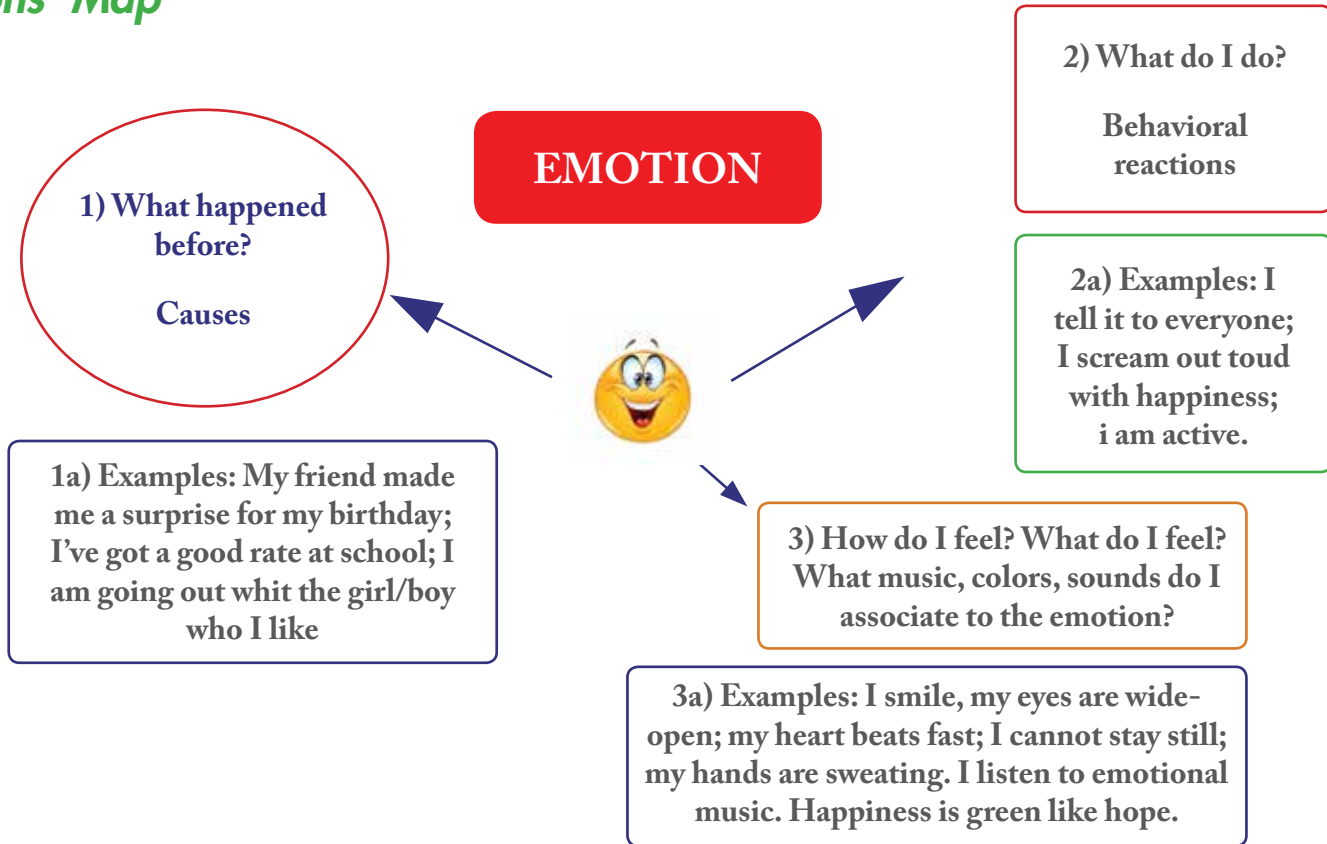


***Does this picture look like bullying?
Why?***

Giving advices to the bystanders. During the workshop, you have discussed about non-aggressive strategies that bystanders can use to stop bullying. Write down at least three strategies that bystanders could use.

WORKSHOP 2 - EMOTIONS AND EMOTIONAL REGULATION

The emotions' Map



...You can find more tips about how to draw the emotions' map on the next page...

How to create the emotions' map:

Write down on the poster the emotion you will draw chosen. Type the word with big characters: It should look evident!!!

Write down the emotion antecedents and causes, together with the behavior acted by the protagonist of the story. Write down the facial features related to that emotion. What does the person feel? Refer to the physical signs (example: heart beating, sweating, trembling).

Think about movies, colors, sounds and music, which can be associated to the emotion.

If you wish, you can even try to draw the emotion. Is there any imagine that you associate to the emotion? Draw the facial expression related to the emotion. Try to imagine yourself in the same situation and think about how your facial expression changes.

Find good strategies to regulate emotions.

Look at the pictures and find positive strategies to regulate each emotion.



| Emotion |
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| Emotion |
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| Emotion |
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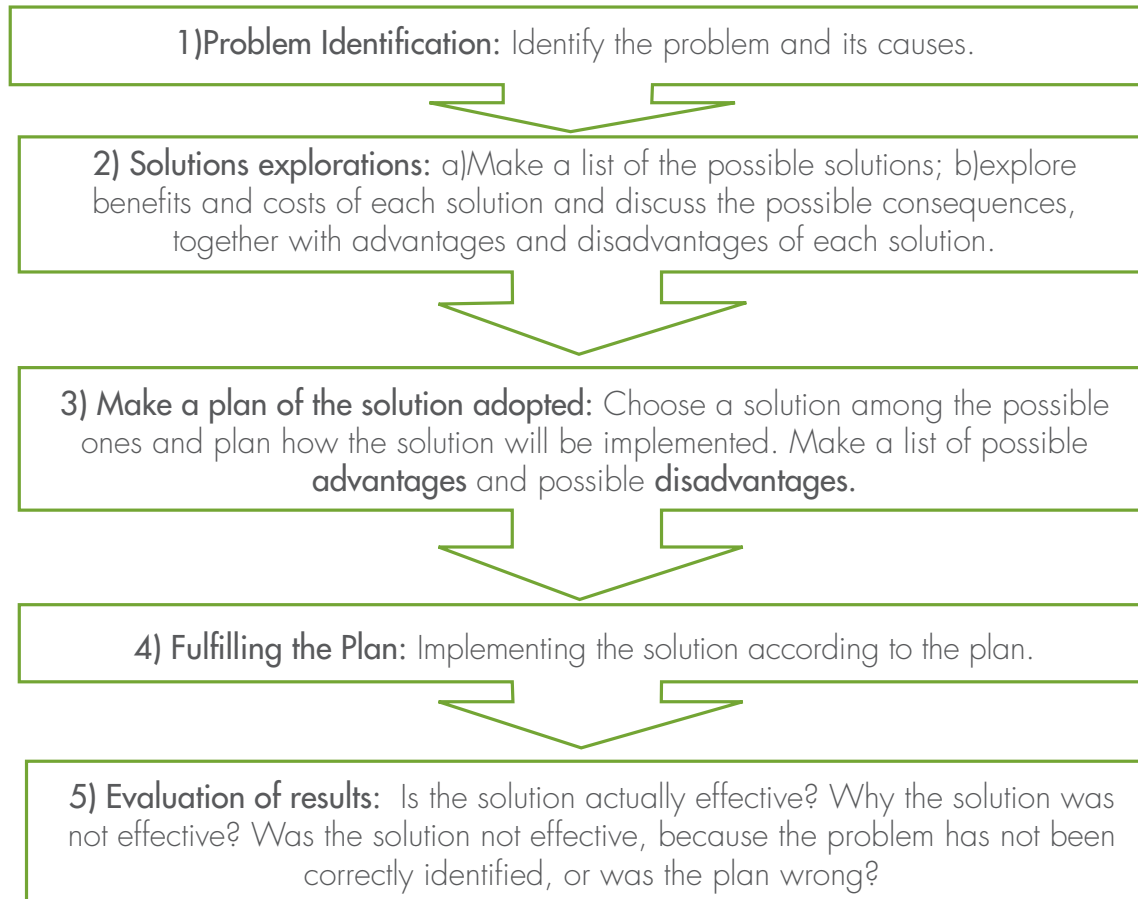


| Emotion |
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WORKSHOP 3 - Problem solving

KEY MESSAGES

Let's recall the problem solving technique...



*Make a list of the possible strategies that bystanders could use to help the victim.
Keep in mind the problem-solving technique.*

| Strategy | Advantages | Disadvantages | Difficulty (ranging from 0 to 10) | Consequences |
|-----------------|-------------------|----------------------|------------------------------------------|---------------------|
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WORKSHOP 4 RESPECT, FRIENDSHIP AND PROSOCIAL BEHAVIOR

Write down shortly what is meant for friendship, respect and prosocial behavior.

Respect:

Friendship:

Prosocial behavior:

We are similar and different...

On the next page, you can find box where you can write down what makes you similar and different from the person with whom you have been paired.

Similarities and differences should be about behavioral aspects, common/different tastes, or interests.

Leaf through the page...

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Notes

