



LEARNING TOOLKIT

This learning Toolkit belongs to: _____



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REC programme of
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Hi! This learning toolkit is for you!

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

Now, let's start playing together!

WORKSHOP 1 - BULLYING

Have you learnt what bullying is? In the following, you can find some pictures. Some of them are about bullying and some are not. Try to understand which pictures are about bullying and which are not.

What are the kids in each picture doing? How do you know if it is bullying, or not?



LET'S MAKE A DRAWING ABOUT BULLYING!

Make a drawing about bullying in the rectangle below. Remember: It is not important whether the drawing looks nice, or not. What really counts is that you enjoy making the drawing!



Make a drawing about a behavior that is not bullying in the rectangle below (for example: arguments between friends).



STORY ABOUT INVISIBLE BULLYING: THE WIND AND THE YOUNG GUY

Have you listened to the tale about invisible bullying? Now, try to make a drawing about the tale. It is not important whether the drawing looks nice, or not. What really counts is that you enjoy making the drawing!

My drawing about the tale of the wind and the young guy...

The stories of Daniel and Lucy

“Why do children insult and exclude Daniel? Why do they spread nasty rumors on Facebook? Why did they steal Daniel’s hoodies?”



“Why do children make fun of Lucy? Why do they exclude Lucy from sports?”



Thoughts bubbles about bullying

As you might have learnt, bullying is a repetitive behavior. Look at the pictures below. How does one think and feel when he/she is victimized all the time?

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



WORKSHOP 2

EMOTIONS AND EMOTIONAL REGULATION

In this workshop, you learnt what emotions are. Are you able to distinguish the following facial expressions of emotions?



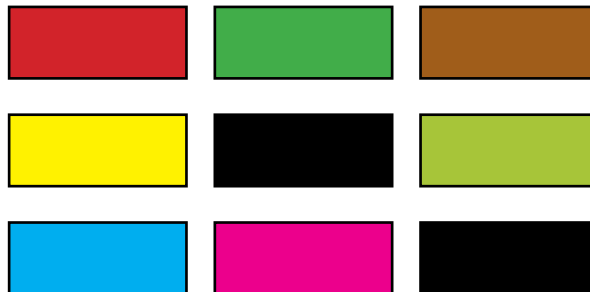
Make a painting of your own emotions.

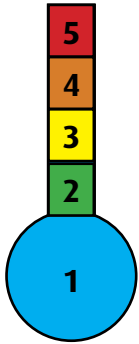
“Emotions tell a lot about how you feel. It is important to be able to identify emotions and know how to deal with them. Your emotions are like a painting. Each of your emotions is pieced together to make up the whole you. Draw a face, showing different emotions you feel today, inside the frame below”.



The Emotions' colors

Look at the pictures below and match each color with one, or more emotions. For instance, what color is happiness for you? And what color is sadness?





The Emotion Thermometer

Look at the Emotion Thermometer and think about the situations that make you feel good – angry. Have you noticed that different situations could generate different levels of anger?

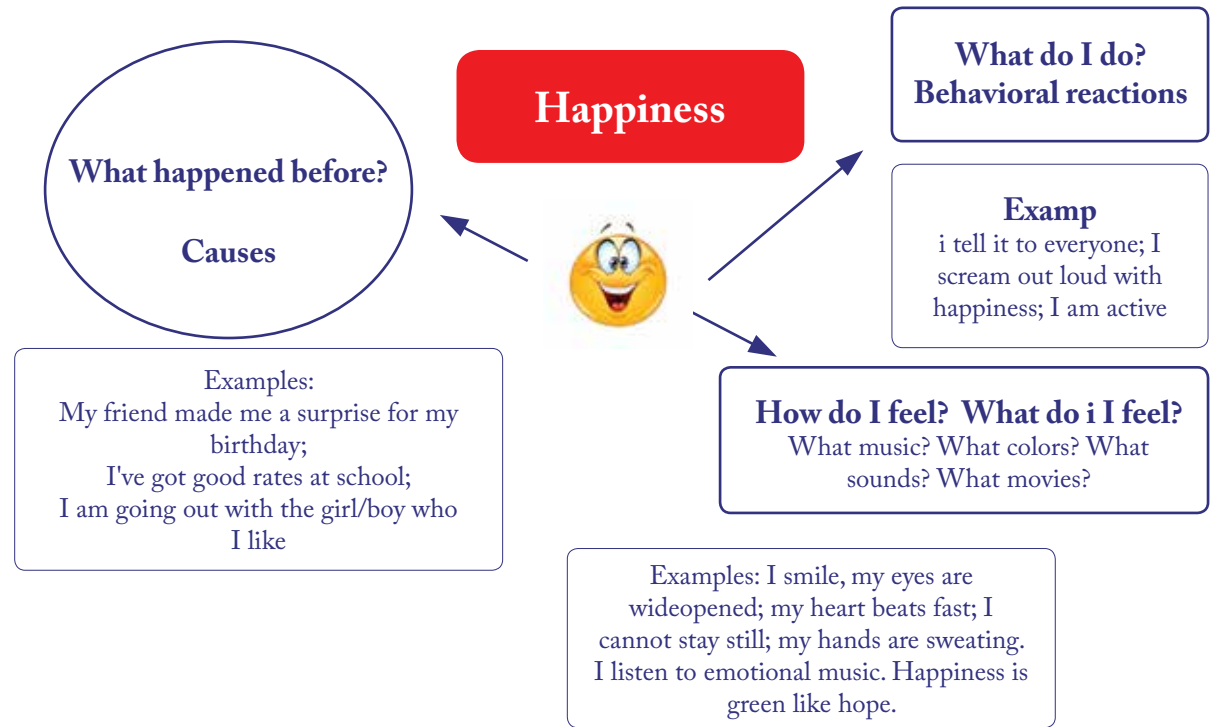
Match emotions and situations!

Match social situations on the left, with facial expressions on the right. Each situation can be matched with more than one emotion.

- *Having being invited to a party*
- *Receiving a gift*
- *Having being scolded by the teacher*
- *Having an argument with a classmate of yours*
- *Going to the dentist*
- *Having being teased by your roommates*
- *Watching an horror movie*
- *Going to a one-day trip with your classmates*
- *Excluding a peer from a game*
- *Having being excluded from the lunch-table*
- *Having spread rumors about your roommate*
- *Fall off from your bike*



The emotions' Map



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!!!

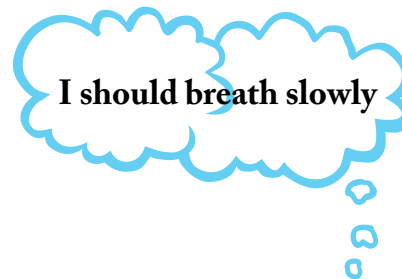
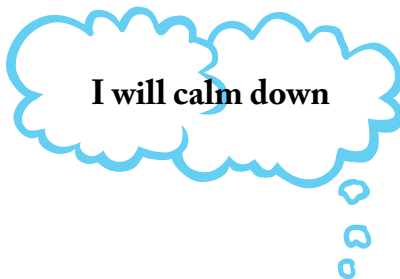
Write down the emotion antecedents and causes, together with the behavior acted by the protagonist of the story. Write down the facial features related to that emotion. What does the person feel? Refer to the physical signs (example: heart beating, sweating, trembling).

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.

Dealing with my anger.

To calm down my anger I can try these thoughts:



*Now, suggest a few thoughts that you could try to deal with your own angry.
Write down the thoughts inside the thoughts bubbles:*



WORKSHOP 3

PROBLEM SOLVING KEY MESSAGES

Let's learn together the problem solving steps...

What's the matter?
Why did it happen?



I should make a list of the possible solutions to this problem. I should also think about the consequences of each solution



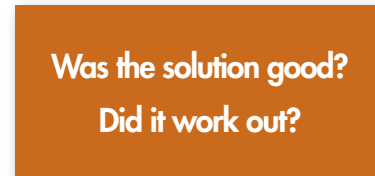
Now, I should choose a solution



I will try this solution!



Was the solution good?
Did it work out?



Match the cards! What would you do if you were bullied? And what would you do if someone else would be bullied? Cut the cards on the next page and match the situations written on the left side, with the possible solutions on the right side. More than a solution can be used for each situation. However, you can skip a solution, if you think it is not good. Match the cards thinking about the problem-solving steps.

My friend is teased by a group of older children	I ask for adults' help
I know that my peers are spreading nasty rumors behind my back	I think about a way to solve the problem
I am called names all the time	I ask my friends to help me beating up the bullies
I know that my peers are spreading nasty rumors behind my best friends' back	I ignore the bullies
I am physically bullied	I am angry: I scream; I throw objects away
A schoolmate is called names during lunchtime	spread rumors about the bullies

WORKSHOP 4 RESPECT, FRIENDSHIP AND PROSOCIAL BEHAVIOR

Friendship cards. Look at the following pictures. What are the kids in each picture doing? How do you know if the picture is about friendship, or not?



Notes

