

## WORKSHOP -

### Aim

**Developing the growth mindset skills, personal values and resilience during individual and group activities**

#### **A1. Give me 5 - challenge game (10 min.)**

Each member of the group should write on a paper heart 5 qualities of a human being, without inspiring from the neighbor. Every heart has a smile on a size. After the writing, the members should change the messages with a neighbor. The member who receive the "new heart" should read and make a promise to be as is written down for all day / school time, at least!

#### **A2. Filling the bucket (10min)**

Filling somebody's bucket means that you do or say something to that person that makes his or her day better. Imagine if everybody in the world was having their best day ever! Wouldn't the world be a great place? Filling people's bucket is important no matter where you go!

Please sit in a row, one behind the other. Each of you will receive a glass. Let's imagine that the first person will have the glass fully filled with "respect". We are talking about self-respect and for those around. The task of the group is to try to carry this value to the last member of the group without wasting it. Since we want this activity to be as attractive as possible, we will materialize "respect" in the form of rice grains.

- How does it feel, doing your best to keep the received quantity and to give it forward?

What do you find to be the hardest part?

How would you improve this situation?

#### **A3. Work group (20 min)**

Given the fact that we are going to work in small groups, please group yourselves, counting from 1 to 5. Thus, all those with the number 1 form team 1, those with the number 2 form team 2 and the same with each number up to 5.

Now is the "if" moment, please try to answer to the next questions.

What **if** I were the classmate, or the teacher, or the headteacher, or the parent of one of these kids? What would things look like?

Where / Which would be the **right moment** to talk about share, honesty, friendship, different, loyalty?

How could the **community** help us in our approach? What type of activities would bring the community and school together?

We are going to discuss some particular situations and to find out if the main character in the situation was a **bucket dipper** or a **bucket filler**. Think about why, please don't answer just yes or no! Each member of the group should express his own opinion regarding the particular situation. After 5 minutes of group discussion, we will come back together to debate with the extended group.

#### A) Jenny & Richard

Jenny forgot her lunch box today but was too afraid to tell the teacher because she didn't want to be embarrassed. Richard sees her at lunch and notices she has no food. He feels bad, but he has his favorite lunch and he doesn't want to share.

#### Johnny

Johnny had a test in math today. When he got it, he realized that he wasn't sure about most of the answers. He noticed that he could see his seatmate's answers and carefully copied down a few before anyone noticed, and handed in the test. The next day, Johnny felt so guilty that he turned himself in to the teacher.

The teacher, though disappointed that Johnny had cheated, offered to give Johnny some help after school, then let him retake the test.

#### David and Daniel

David is a new student at his elementary school, and he is having trouble making friends. Daniel notices that David has a Pokemon backpack, and asks if he plays the game. David says yes, then Daniel and David sit together every lunch break and talk together.

#### Rihanna

Rihanna is a student who can't always control herself when she gets frustrated. The teacher tells her classmates the first day about her problem, and her class makes her feel very welcome. She works hard to control herself, but often, she can't. Her classmates always help her whenever she begins to feel overloaded, and she tries hard to ask for help before she gets too upset.

#### Rebekah and Anna

Rebekah and Anna are best friends. One day, Rebekah sees Anna picking on another student from their class. Rebekah feels that what Anna is doing is wrong, but doesn't say anything because they are best friends. The next day, Anna is picking on the classmate again, but Rebekah tells Anna that she is making her sad because of

how she is treating their classmate. Anna, seeing how upset Rebekah is, apologizes to the other student and invites him to sit with them at lunch.

Let's take this activity as a learning lesson, please feel free to express what you have learned.

#### **A4. The Hat of Truth - Thinking game (10 min.)**

Ex.: Why not a tree instead of a human being?

Each member of the group should express his own opinion regarding the particular situation. After 5 minutes of group discussion, we will come back together to debate with the extended group.