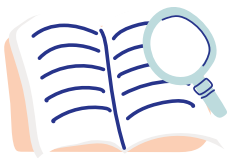




Making responsible decisions

Instructions of the activity/questions



Activity/Question

Read the situation carefully and reflect on the options presented. Answer the related questions, considering the advantages and disadvantages of each decision. Then, write down your final choice, explaining the reasons that led you to make that decision. Finally, share your answer with the group, listening to and respecting the opinions of your classmates.

Maria has been Sofia's friend for a long time, but lately Sofia has been in conflict with other members of the group. One day at recess, some friends decide to exclude Sofia from a group project and start talking badly about her. Maria feels uncomfortable because she doesn't want to lose her other friends, but she also knows that Sofia will feel bad if she is left out.



Your decision: What should Maria do: defend Sofia even if it makes her look bad to the group, or stick with the others and avoid trouble?

1- What factors would you consider before deciding?

2- What are the possible consequences of each option?

3- What advice would you give yourself in this situation?



Tips for making good decisions

- Don't make hasty decisions, take a moment to reflect.
- Ask yourself how this decision will affect you and others.
- Talking to a friend, family member or teacher can help you see things clearly.
- Make sure that what you decide is consistent with what you believe and feel.
- If something doesn't go the way you expected, learn from the experience.

Remember:



Thinking carefully before making choices, especially in a new school or social setting. Making good decisions is important for being a responsible leader and an active citizen.



Resolving Conflict

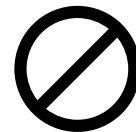
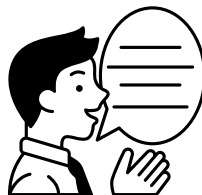
Instruction: Read each situation and tick the option you think is the most appropriate to resolve the conflict.

Situation 1: Your classmate accidentally tore your notebook, but didn't apologise. What do you do?

a) You shout at him to make him feel bad.

b) You talk to him to express how you feel and look for a solution together.

c) You ignore what happened and avoid talking to him.



Situation 2: You have a disagreement with a friend about who will do more work on a project. What do you do?

a) You accuse him of doing nothing and finish the whole project yourself.

b) You talk to your friend to divide the work fairly.

c) You stop working and expect him to sort it out on his own.

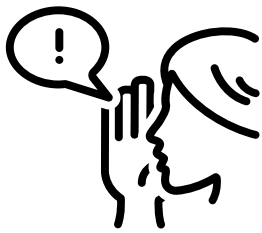


Conflict resolution

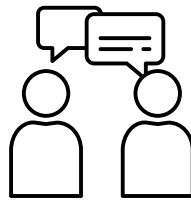


Situation 3: You heard a nasty rumour about you started by a colleague. What do you do?

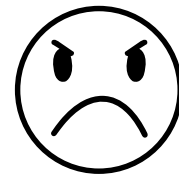
a) You spread a rumour about him to get revenge.



b) You talk to the person to clarify the situation and ask them to stop the rumour.



c) You get angry and decide to ignore everyone.



After choosing your answers, share and reflect as a group on the best ways to resolve conflicts.





Instructions of the activity/questions



Think of a situation in which you felt unable to overcome something, but you managed to do it with effort.

How did your growth mindset help you in that situation?



Complete the following statements to develop your growth mindset:

‘Even though I am not good at this now, I know I can get better if I...’

‘When I face a challenge, I think that...’

‘When I make mistakes, I remember that...’



Imagine you are facing something very difficult (e.g. a big test, learning a new skill or adapting to a change). What actions would you take to maintain a positive attitude and overcome the challenge?

Write down three strategies you could use:



Skills

Adaptability – Learning to adjust to new situations.

Growth Mindset – Believing that hard work and effort lead to success, even when things are difficult.

Remember:



- Have the capacity to withstand and recover quickly from difficulties
- View challenges as opportunities
- Manage negative emotions
- Practice positive self-talk
- Maintain a healthy lifestyle



Managing Emotions/Empathy

Read the following story:

Andrés is in a messaging group with his classmates. One day, they start sharing memes and jokes about a classmate, Mateo, who is not in the group. Some of them laugh, but Andrés feels uncomfortable because he knows that Mateo might feel bad if he finds out. However, he fears that if he says anything, the others will make fun of him too.

Questions for reflection:

1. How do you think Matthew would feel if he found out what they were saying about him?

2. Why do you think some people participate in these pranks, even though they know they can do harm?

3. How can we make messaging groups more respectful and safe spaces for all?



Skills

Emotional Awareness and Self-Regulation – Recognizing emotions like frustration and learning to manage them, helping students stay positive and focused.

Compassion – Respecting classmates from different backgrounds and being kind, creating a friendly and inclusive environment.

Remember:



Understanding and controlling your emotions while being kind to others. Empathy helps people get along and feel welcome, which is important in diverse communities.



Team-Work

Activity: Reflect on the qualities of a good team and the importance of collaboration.

Characteristic	Why is it important?	Real-life example
Clear communication		
Respect		
Active listening		
Responsibility		

Reflect on this:

Which of these characteristics is your strength in a team?



In which one could you improve?





Skills

Cooperation and Creativity – Working with classmates from different backgrounds to make learning more inclusive and creative.

Learning from Others and Mutual Support – Helping and supporting each other, overcoming language or cultural differences, and creating a sense of unity.

Remember:



Working well with others, learning from different perspectives, and supporting each other. Teamwork is important, where countries, people or students work together.



Improving Our Communication

Instructions of the activity/questions

Read the following questions and answer honestly:

Why do you think communication is important in everyday life?

What difficulties have you faced when communicating with others?

How do you feel when someone does not listen to you carefully?

How do you think you could improve the way you communicate with others?

Challenge of the week:

During this week, try to apply an effective communication strategy (e.g. listen more carefully, ask questions to understand better, or speak respectfully in moments of disagreement). At the end of the week, write here how it went and what you learned.



Improving Our Communication

Instructions of the activity/questions

Mark with an X the actions that you consider good communication practices:

- Listen carefully without interrupting.
- Look the person in the eye when speaking.
- Speak in a clear and respectful tone of voice.
- Respond to messages without thinking first.
- Ignore the person while speaking.
- Ask questions to make sure you have understood correctly.
- Use appropriate body language (gestures, postures).



Reflection on self-esteem

Read and answer honestly:

1. What does it mean to you to have good self-esteem?

2. Write down three positive qualities about yourself.

3. How do you feel when someone compliments you on something well done?

4. What do you do when you make a mistake and how do you talk to yourself in those moments?

5. How do you think you could improve your self-esteem?



Reflection on self-esteem

Identifying positive thoughts:

Write a positive sentence about yourself in each category:

My personality	
My skills	
My achievements	
My way of dealing with others	



Skills

- **Positive Self-Talk** – Encouraging yourself and standing up against unfair treatment, helping to build self-respect.
- **Self-Reflection** – Recognizing your strengths and seeing your culture as something valuable, supporting the belief in diversity.

Choose one of the following activities and do it this week:

1. **Achievement journal:** Each day write down something good you did or a small achievement.
2. **Act of kindness:** Do something positive for someone and reflect on how it made you feel.
3. **In front of the mirror:** Say three positive things to yourself by looking in the mirror each morning.