

GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

BESMART

THERAPY CARDS



Powiatowe Centrum
Pomocy Rodzinie
w Oświęcimiu



UK - Butterflies LTD



FERI

THERAPY CARD 1

What are my strengths?	What do you find difficult?

I can

I struggle with

I will work on

CONCLUSIONS AND COMMENTS

THERAPY CARD 2

What would your dream class be?

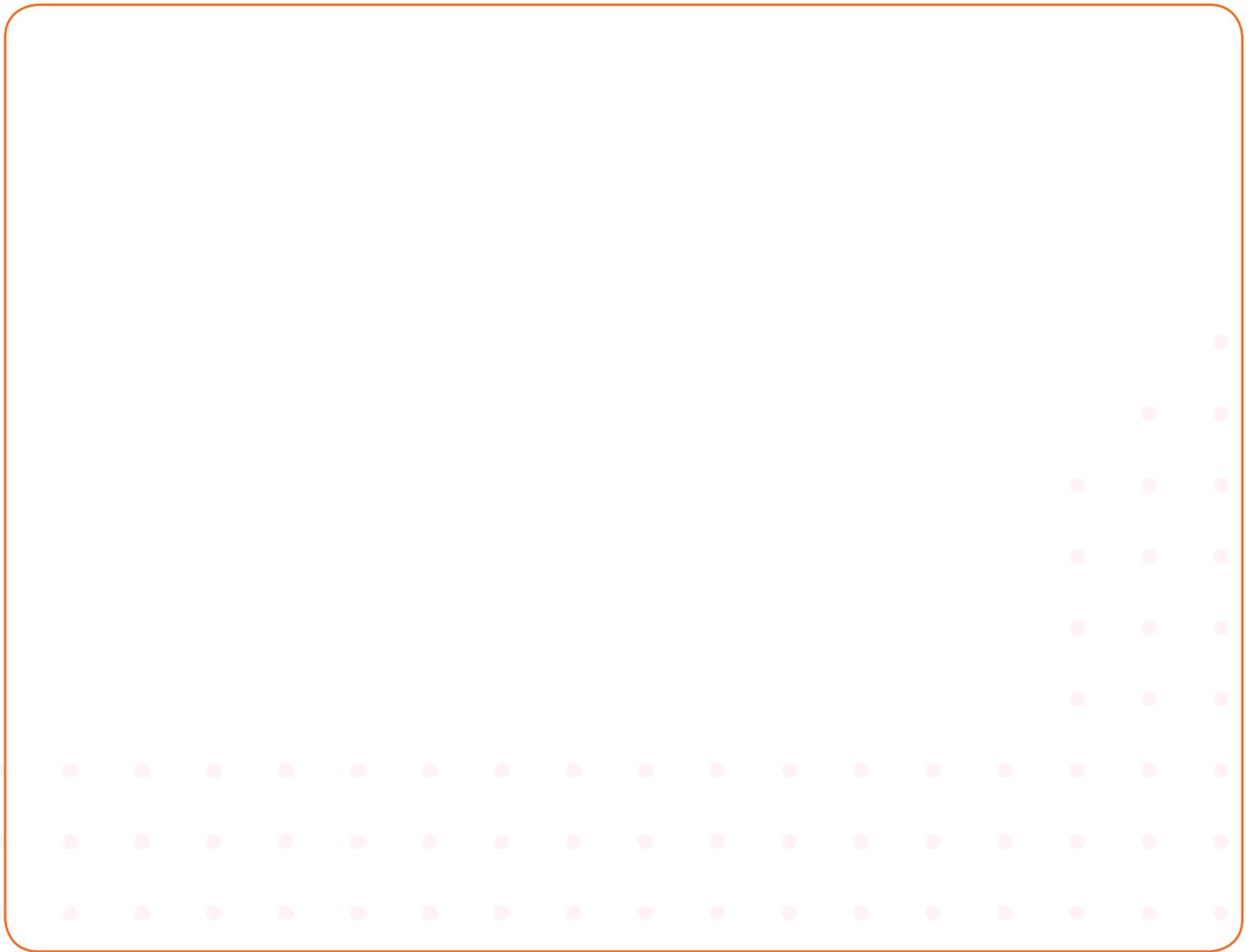
Name 5 rules that should be followed in your classroom

Was there anything that bothered/ disrupted you in your previous class? If yes, what was it? Name it, write it down

CONCLUSIONS AND COMMENTS

THERAPY CARD 3

Write down a maximum of 5 things that made you feel comfortable and good in your classroom. Write them down and think about what influenced that. Write down your thoughts



CONCLUSIONS AND COMMENTS



THERAPY CARD 4

Nonverbal communication . How many and what messages we transmit during a conversation in non-verbal communication (body language).

Without disclosing the purpose of your observation, follow non-verbal communication of the person with whom you communicate properly and with the person with whom you have communication problems.

Based on your observation, indicate non-verbal messages that impede communication.

OBSERVATION OF BEHAVIOUR	FIRST PERSON	SECOND PERSON
Posture Is he / she looking directly at the interlocutor or in a different direction? Hunched posture / upright posture		
Eye contact (maintains it, no eye contact)		
Hand movements (excessive gestures, calm hand movements)		
Fidgeting, frequent change of body position / staying in place, "peace in the body"		
OTHER, e.g. sighing, frowning, laughing		
Crossed arms or legs		

CONCLUSIONS AND COMMENTS

THERAPY CARD 4

My independent decisions

Try to write down what “independent choice” means to you
Think about what makes it difficult for you and what helps you make independent choices in specific situations.
Write your personal choices and consider what helps you make decisions and what makes it difficult. How do you deal with obstacles?

Independent choice	What helps you in making this independent choice	What makes it difficult in making this choice	How to overcome the obstacle
School	Your own opinion	Opinion imposed by your parents	A conversation with parents
Partner			
How you spend your free time			
Friends			

CONCLUSIONS AND COMMENTS

THERAPY CARD 5

Effective communication occurs when the recipient understands the message as intended by the sender. Can praise be a communication barrier? The spontaneous answer is - no. It is believed that praise generally improves relations between people, creates an atmosphere of trust and security. But does it always? Remind yourself and write down the last praise you have heard from

Parent

Teacher

Another adult

COMMENTS AND CONCLUSIONS

THERAPY CARD 6

How did you react to the praise?

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What did you feel?

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Did the praise affect your mood?

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Which one of the praises was the most significant to you? Why?

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CONCLUSIONS AND COMMENTS

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THERAPY CARD 7

“Whoever praises quickly, praises twice.” To praise effectively, you need to appreciate the effort put into doing the work, not the person’s abilities and skills.

Praise should be detailed and specific.

Choose the right formulated praise

Person	Praise
Mama	<ul style="list-style-type: none"> You cook well You worked very hard and made a delicious dinner, I saw that it was not easy to make It was good
Dad	<ul style="list-style-type: none"> You took a long time to repair my bike, I’m grateful that I can ride the bike again You fixed my bike My bike rides flawlessly
Grandad	<ul style="list-style-type: none"> You woke up many times early in the morning to drive me to the bus stop, thanks to you I could sleep longer Thank you for the ride! It’s great that you give me a lift, can you keep doing this?
Your own example	

CONCLUSIONS AND COMMENTS

THERAPY CARD 8

Formulate an effective praise for the people below

Person	Praise	Reaction to the praise
Mum		
Dad		
Teacher		

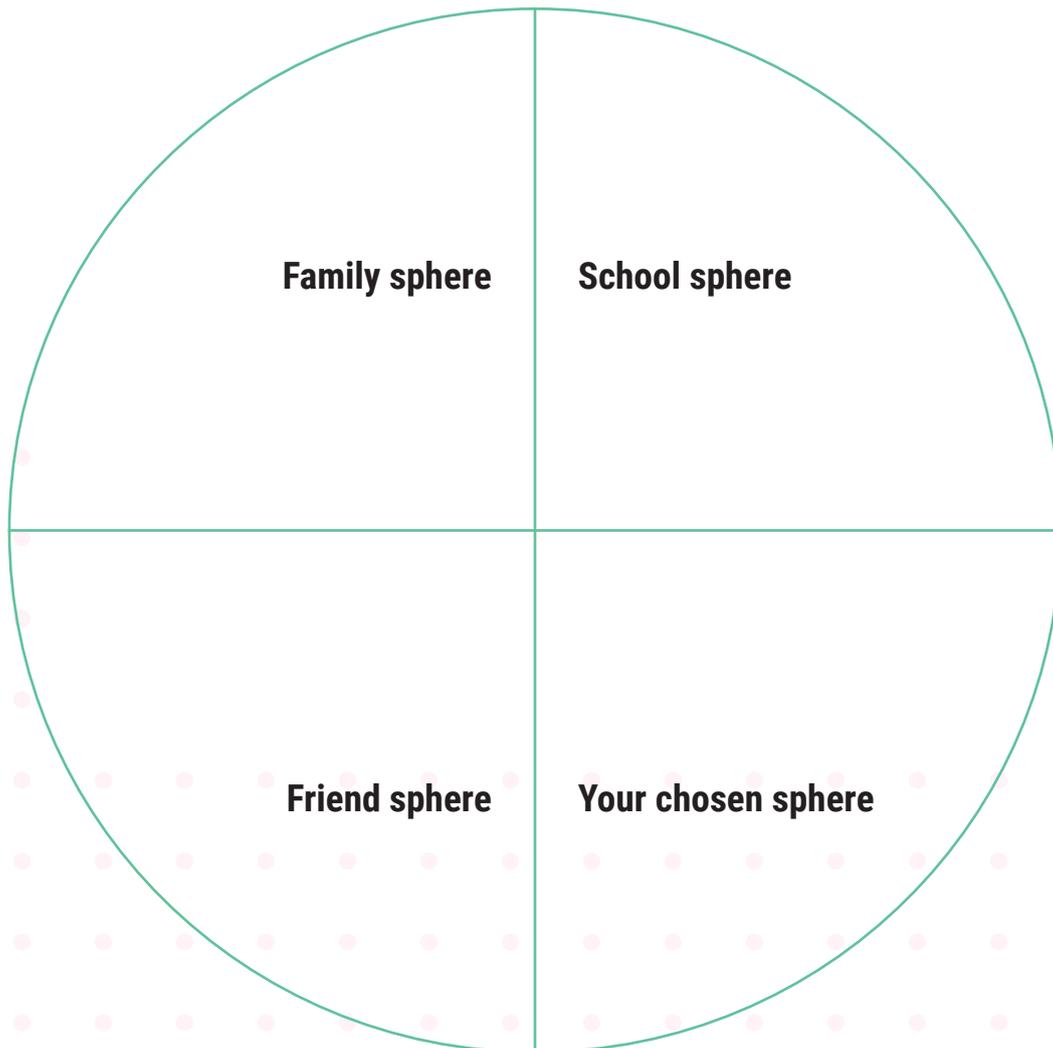
CONCLUSIONS AND COMMENTS

THERAPY CARD 9

“SELF-PRAISE”, or what can I be proud about?

Give yourself some praise regarding family sphere, contacts with parents, siblings, fulfilling duties, relationships with friends, personal and school successes, contacts with teachers.

Hang it up in a visible place and ... be proud of yourself!



CONCLUSIONS AND COMMENTS

THERAPY CARD 10

False beliefs about social groups can cause negative attitudes towards these groups of people and complicate mutual communication.

Write down false beliefs in society about the following social groups. Try to reject these beliefs.

Example:

Older people false beliefs: they sit at home and complain
Not true because: they participate in various community centre activities
False beliefs:
Nieprawda, bo.....

Teenagers

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Parents of teenagers

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Teachers

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Sales representatives

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Bankers

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THERAPY CARD 11

HATE

What is hate? Write down your own definition

HATE is

Put an X in the box for the most common reasons for hate:

a.	Wanting to offend others	<input type="checkbox"/>
b.	Being convinced that you are anonymous	<input type="checkbox"/>
c.	Jealousy of successful people	<input type="checkbox"/>
d.	Negative approach to life, negative emotions	<input type="checkbox"/>
e.	Political beliefs	<input type="checkbox"/>
f.	Beliefs and stereotypes about what the hater criticises	<input type="checkbox"/>
g.	Wanting someone to fall out with others	<input type="checkbox"/>
h.	Wanting to obtain financial gratification	<input type="checkbox"/>
i.	Pleasure	<input type="checkbox"/>
j.	Wanting to feel important and strong	<input type="checkbox"/>
k.	Intention to harass a famous person	<input type="checkbox"/>
l.	Another example	<input type="checkbox"/>

CONCLUSIONS AND COMMENTS

THERAPY CARD 12

Put an X next to the consequences that a victim of hate experiences.

Lowered self esteem	
Stress	
Anxiety	
Isolating yourself	
Depression	
Sleeplessness	
Self-harming	
Attempting suicide	
Your own examples	

Think about why this happens. Note down your thoughts

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CONCLUSIONS AND COMMENTS

THERAPY CARD 14

Social media

Write down any social media that you know

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Write down the advantages and disadvantages of social media.

ADVANTAGES	DISADVANTAGES
	

CONCLUSIONS AND COMMENTS



THERAPY CARD 15

Invent an interesting, positive initiative and write which social media you will use to disseminate and encourage others to take part in your initiative.



CONCLUSIONS AND COMMENTS



THERAPY CARD 16

FRIENDSHIP

Highlight phrases which fit into the phrase "true friend"

Honest	Will always listen to you	Is there for you during tough times	Patient
Loyal	Forgives	Tells the truth	You feel comfortable with them
Emotional	Supports	Does not keep secrets from you	Is happy for your success
Faithful	Likes you no matter what	Makes time for you	Does not dissappoint
Tells you what and how to do it	Constantly asks you for favours	Thinks that Unpleasant comments addressed to you are for your good	Always wants something from you

Who is your best friend? Which of the above qualities does your best friend have? Why did you choose that person as your best friend?

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CONCLUSIONS AND COMMENTS

THERAPY CARD 17

Based on the phrases you highlighted, make your own definition of a true friend.

COMMENTS AND CONCLUSIONS

THERAPY CARD 18

DESCRIBE YOUR BEST FRIEND INSIDE AND THEIR PHYSICAL FEATURES

Was it easier for you to describe your best friends' physical appearance or their character? What came to your mind?

In what ways are you similar? What connects you? What makes you different?

COMMENTS AND CONCLUSIONS



THERAPY CARD 20

What 4 negative and positive forms do you most often use?

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What other forms of spending your free time would you like to use but you have no way of doing so?

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What can you do in order to use them? Who can help you ?

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CONCLUSIONS AND COMMENTS

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