

GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

Individual work cards

For the student for individual work at home



POWIATOWE CENTRUM
POMOCY RODZINIE W
OŚWIĘCIMIU



UK - Butterflies LTD



FERI

WORK CARD 1

Write your own definition of stress. What is stress for you?:

.....
.....

Describe 3 situations where you feel excessive stress:

a).....
b).....
c).....

Excessive stress makes me think that:

.....
.....

In that situation I feel:

.....
.....

In that situation i act:

.....
.....

I would want to:

.....
.....

In order to achieve that I need:

.....
.....

How is it ? Describe that situation that bothers you.	How it should be? Describe how your situation should look like in order for you to feel good.
What makes it that it is not the way it should be? Write down what obstacles you have that prevent you from the way it should be.	Steps that i will take in order for it to be how it should:: 1. 2. 3. 4. 5.

WORK CARD 2

METAPLAN

<p>How is it ? Describe that situation that bothers you.</p> <p>For the second time I have not done my homework and now I am going to get a U.</p> <p>In this task you describe facts, a situation that has taken place or takes place or it may take place</p>	<p>How it should be? Describe how your situation should look like in order for you to feel good.</p> <p>I should do my homework to avoid getting a U and the stress of not doing the job</p>
<p>What makes it that it is not the way it should be? Write down what obstacles you have that prevent you from the way it should be.</p> <p>I did not do my homework because I didn't know how to do it.</p>	<p>Steps that i will take in order for it to be how it should:</p> <ol style="list-style-type: none"> 1. Listen during the lesson 2. Ask questions if I do not understand something 3. Ask friends for help in order to clarify the topic 4. Ask the teacher for help 5. Look for a solution on your own, and when you still don't understand , ask your teacher <p>At this point, you write down what you think you could do to do in order to solve your problem, In this example it is homework. You write out specific, real steps that you can take to solve the problem.</p>

WORK CARD 3

How we react to stress is our own choice. Why do we react the way we react? Maybe because nobody taught us to react differently? Maybe because nobody showed us how to deal with stress? How many times have you heard, 'Do not stress' ... Ahhh, if it only was so simple ...

It is not stress that hurts us, but the way we react to difficult situations. Sometimes it happens that we have no influence on certain situations. In this task, think about what you are nervous about and what causes strong emotions in you.

A) Write down those situations. If you need more space just write down more points underneath.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....

B) Now from the above situations choose and write down those that you have no influence over in any way

.....

.....

.....

C) Now from the situations you wrote down choose the ones you have influence over and can change.

.....

.....

.....

WORK CARD 4

HOW DO YOU RELAX? FILL IN THE BOXES

- Colour in the boxes in blue with methods that are good for you and your health and that you would recommend to others. e.g. , teachers, friends , parents.
- Then colour in the boxes in red with methods that are not good for you and your health and you would not recommend them to other people
- What are your conclusions ?

.....

.....

.....

What would you like to change ?

.....

.....

.....

In order to complete this task you can use your metaplan from work card 2.

WORK CARD 5

Listen to the story, then think about how you would react in the situation.

“A colleague asks you to explain maths tasks from the last lesson one hour before class. You already had plans – you wanted to write a story for Polish class or go for a basketball training, but nevertheless you decided to help her. You made an appointment the day before to meet in a school cafe. When you arrive at the place in the morning, your friend is not present. You wait, remembering that your lessons are starting in about 40 minutes. A colleague appears after 25 minutes. Think about how you would react in this situation? What would you say? How would you feel?”

What do you think when your friend does not come?

.....

What are your feelings when you are waiting for your friend?

.....

What do you feel when she comes late?

.....

How do you react when he walks into the cafe and approaches you?

.....

Would you tell her anything?

.....

If so, what would you say?

.....

How can she react to your words?

.....

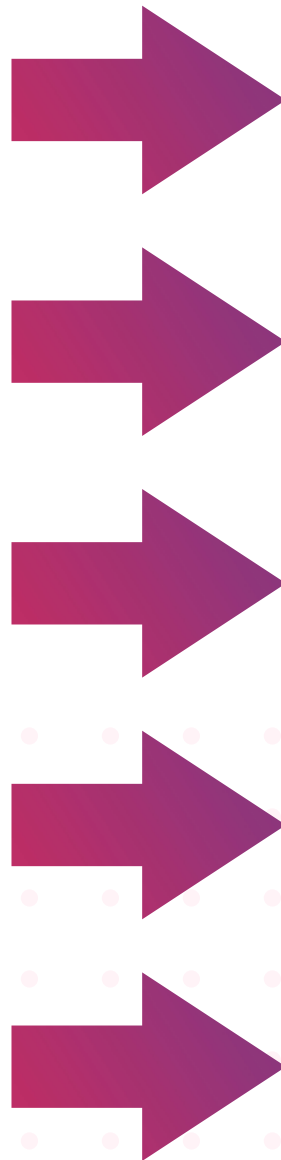
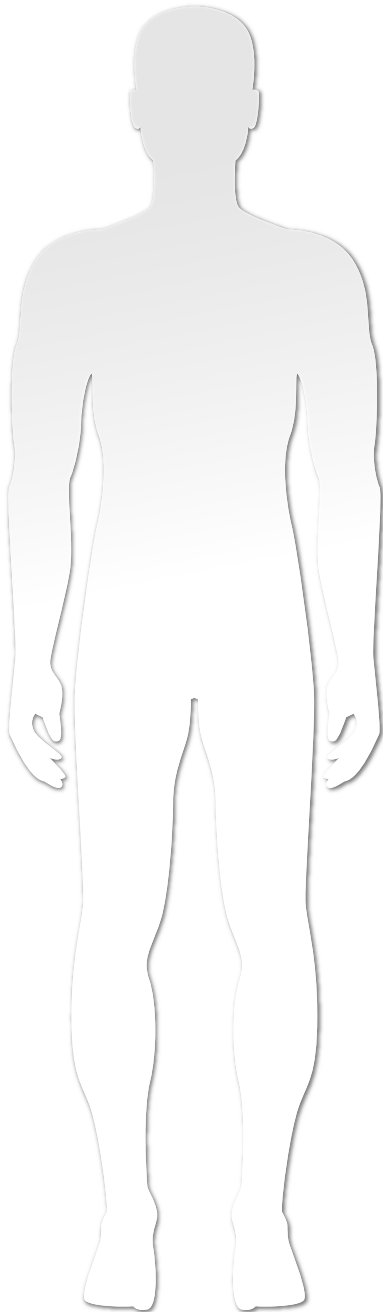
Will your relationship change?

.....

WORK CARD 6

„A portrait of an assertive person“

Name few traits that an assertive person has:



WORK CARD 7

“Find an assertive solution”

Plan for assertive reactions to the following statements and situations.

1. You never come on time!

.....
.....

2. A friend once again ridicules your clothes.

.....
.....

3. You dislike the smell of the cigarette your colleague is smoking in your company

.....
.....

4. Do you really watch this nonsense series?!

.....
.....

5. Nobody asked you for an opinion!

.....
.....

6. In your presence, friends agree that their classmate will not be sitting in the cinema next to you during the school trip.

.....
.....

Practice dialogues and situations with a person from the group. Take advantage of the assertive reactions that you prepared before.

WORK CARD 8

Recall a few situations of your life in which you have behaved assertively. Try to create a list of profits and losses resulting from such behaviour.

Situation	Gains?	Losses?

WORK CARD 9

1. Indicate three situations in which you have the most problems with assertiveness:

1.....
2.....
3.....

2. The “Four steps to assertiveness” technique.

Choose one of the situations you have mentioned and try to answer the following questions:

1. What is the problem? Why am I not assertive?

.....

2. How do I feel about it?

.....

3. What solution do I have? What can I change?

.....

4. What effects will it bring?

.....

Think for a moment about situations in which you behaved unobtrusively.

Where can I not be assertive?

.....

Why?

.....

How can I change this?

.....

In which situations am I not assertive?

.....

Why?

.....

How can I change this?

.....

WORK CARD 10

1. Organize the stages of constructive conflict resolution (how to start and how to finish)

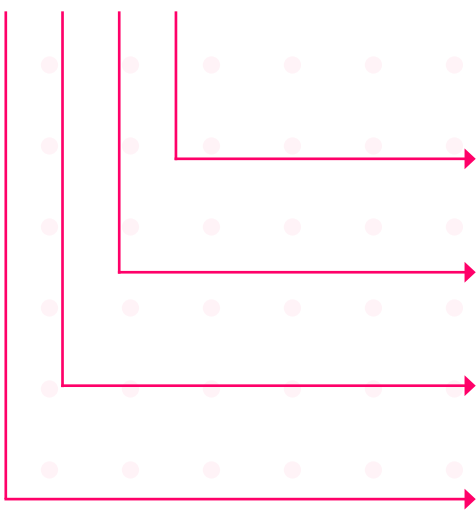
- We report different solution ideas (7)
- We say what feelings the behaviour of the other person causes in us (5)
- We express our readiness to resolve the conflict (1)
- We set rules for conflict resolution (3)
- We name a problem (4)
- We identify our needs and expectations (6)
- We agree on a mutually convenient conflict resolution (2)
- We choose a solution that satisfies both parties (8)

2. Read the conflict situation below, try to name a problem and indicate examples of solution ideas.

Julita, Kasia and Agnieszka have known each other for a long time, they are in the same class and spend their free time together. One day Agnieszka stays at home because she feels ill. He receives an SMS from Bartek – a classmate: “Julita and Kaśka said in class that it is better without you at school.” Agnieszka does not want to go back to school, however, she comes to the class after being persuaded by her parents. During one of the breaks she has a row with her friends.

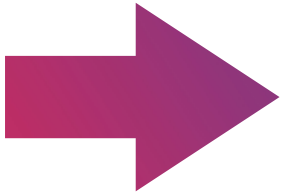
Problem:

Possible solutions:

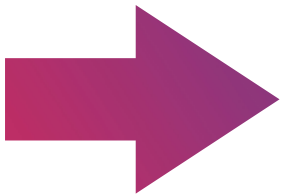


WORK CARD 11

1. Think about the feelings and emotions of a person who is accepted in a peer group (class, team, team), write them out:



2. Below, write down the feelings and emotions experienced by the person rejected by the peer group:



3. Do you belong to a group that is important to you? What kind of group is this? Think about it and write what gives you participation in this group? For what reasons is she important to you?

WORK CARD 12

Choose any person from the group / class / family / friends and suggest having a conversation on a chosen topic (e.g. interests, joint plans, ideas, situation in the country, an event in the world, etc.)

During the conversation, try to actively listen, uphold the topic, show interest in the interlocutor, observe facial expressions and body language.

After the conversation, think about:

● WAS IT EASY FOR YOU TO HAVE THIS CONVERSATION? WHY?

● WHAT MADE THINGS EASIER FOR YOU?

● WHAT MADE IT DIFFICULT?

● DID YOU GIVE THE INTERLOCUTOR INFORMATION CONFIRMING THAT YOU ARE LISTENING TO HIM? WHAT WERE THE SIGNALS?

● DID THE BODY LANGUAGE OF THE INTERLOCUTOR SAY THAT THEY FEEL COMFORTABLE IN THIS CONVERSATION? JUSTIFY YOUR ANSWER

WORK CARD 13

Set the boundaries in the behavior for the person who:

	I set boundaries I say..... I do.....	Possible reactions for the boundaries I have set
Calling you by your second name		
Makes fun of your parent		
Calls you names in front of a group of friends		
Criticizes your appearance in the comments under the picture you posted on the Internet		
Interrupts you constantly		
Kicks your chair during the classes		
Does not return borrowed games		
Persuades you to smoke after school		
Pushes into the queue in front of you		
Takes your things without asking		

WORK CARD 14

Read the following scenes and mark the answer that would be your reaction in a given situation. When you're done, count the points to check what your reactions are.

1. You ask a saleswoman in the shop for 20 dkg. sausage and she gives you 30 dkg.

A. You are angry, you tell her that you wanted 20 dkg. a no 30dkg so you will not be doing shopping in this store and leaving today.

B. You are upset, but you ask the seller to deduct 10 dkg. ham.

2. You have an important test, in 20 minutes, and the bus is 10 minutes late. because of traffic jams.

A. You are angry, you curse under your breath, stamp your feet.

B. Well, traffic jams happen and nothing can be done about it.

3. During the match, the referee does not call a foul when you think there was a clear offence.

A. You realize that he may have missed the foul because he was on the other side of the field.

B. You shout and challenge the referee, accusing him of partiality.

4. The teacher criticizes your essay, though you devoted the entire weekend to writing it.

A. You are frustrated, throwing your notebook and insulting the teacher.

B. You check whether remarks are relevant and what you can change in this work.

5. Your friend is calling and cancelling the meeting at the last minute.

A. You shout at him that he does not take other people into account and disconnect.

B. You do not care about it, and in exchange you go for ice cream.

6. You try to tie your shoes, but the shoelaces get tangled up.

A. You leave for a moment to come back and try again.

B. Upset, you throw boots to the corner.

SCORING

- 1. A=1 B=0
- 2. A=1 B=0
- 3. A=0 B=1
- 4. A=1 B=0
- 5. A=1 B=0
- 6. A=0 B=1

If you have gained **over 5 points**: You are easily angered and you often criticize other people’s behaviour. Techniques for reducing tension and anger may be useful.

If you score **from 4 to 2 points**: You probably experience moderate anger. You could improve some of your actions and reduce your anger in your life.

If you have **less than 2 points**: You have effective strategies for dealing with anger. Your way of thinking allows you to prevent outbursts of anger.

WORK CARD 15

Mark your hand on the A4 sheet. On each finger, write down techniques that help you control your anger. Then exchange your card with a colleague: you have 10 techniques together. If the techniques overlap, try to come up with additional ways to relieve anger.



Now choose one of the ways that suits you best and practice it for a week. Enter it in the middle of the palm of your hand.

WORK CARD 16

Road to Dreams is a presentation of what is important in your life. The road should present your dreams, wishes, values and goals. Put symbols on the road to see what is important in your life

What would make you feel happy? Think about what you value in life: money, happiness, power, play, freedom, education ... What do you want in life? How do you see yourself in 10, 15, 20 years?

I dream of:

.....
.....
.....

Make your way up the road to change and turn your dreams into a real goal. I will:

.....
.....
.....

What do you have to do to help yourself achieve this goal and make your dreams come true? Set the next steps on your path to happiness. The steps I have to take are:

.....
.....
.....



WORK CARD 17

When we are angry, our body is physically reacting in various ways. These are natural reactions to something that threatens us or makes us angry. There are people who can read some of the signals that body fluids give. Everyone reacts differently to things or people who make us angry.

Select the symptoms that apply to you in situations when you are angry:

- Tight muscles,
- Clasped hands,
- Heavy breathing,
- Headache,
- Abdominal pain,
- Flush,
- Sweaty hands,
- Dry mouth,
- Numbness.

What other symptoms do you experience:

.....

.....

.....

Listen to your body's warning signals. Most people have difficulty fighting anger. Controlling anger requires hard work but over time you will feel the benefits of acquiring such skills.

WORK CARD 18

Why is it important to feel secure?

.....
.....
.....

How would you know that someone is treating you with respect?

.....
.....
.....

What does the word „dignity” mean?

.....
.....
.....

What can happen if you need help, but do not ask for it?

.....
.....
.....

Remember that you have the right to:

1. Being treated with respect
2. Say “NO” without feeling guilty
3. Do everything to ensure that your dignity is respected, as long as it does not violate the rights of others
4. Experience and express your emotions
5. To your own physical and mental area
6. Change your mind
7. Ask for what you need
8. Ask for help when you need it
9. Ask for information
10. Feel safe.

WORK CARD 19

Friends are important in the life of every person.

If you could take two people with you to a desert island, who would it be? Justify your choice.

Name:

Reason:

1.
.....

2.
.....

What do you value in your friends?

Finish the sentence:

I will know that someone is friendly towards me, when.....

List four behaviours that you know others like in you

- 1.....
- 2.....
- 3.....
- 4.....

List two behaviours that you know may discourage others from interacting with you

- 1.....
- 2.....

Think about one behavior that you would like to improve in relationships with another person. Write it down:

.....
.....
.....

WORK CARD 20

If there are people around you who are bullying or using violence against you, remember that you do not have to deal with it yourself. There are people who would like to help you, but first they must find out that you are in trouble.

List people, institutions that can help you:

- 1.....
- 2.....
- 3.....

Below, write down names of people whom you would ask for help in the following matters:

Trouble with a boyfriend / girlfriend:

.....

Build a high tower of blocks:

.....

Organizing a weekend trip:

.....

Fixing a bike:

.....

Difficulties with homework:

.....

If you are intimidated and / or abused by another person, who can you tell about it?

Enter all the ideas that will come to your mind:

- 1.....
- 2.....
- 3.....

WORK CARD 21

1. LISTENING is an IMPORTANT SKILL

Listen carefully to what the other person has to say, let them explain their position. Try to understand their feelings and point of view. Write out what feelings they have and their point of view and what their purpose was.

Tomek you promised me that this time I will play in the match. For the last two matches I was sitting on the bench. And now you are not letting me play again. This is not funny at all.

Feelings

.....

Point of view, objective:

.....

.....

..... He is really upset. I did not do it especially. I'd better listen to him so he can calm down .

Feelings

.....

Point of view, objective:

.....

.....

WORK CARD 22



During the conflict situation extreme negative emotions may appear. Give yourself some time to calm down. If both sides of the conflict are very nervous, tired or lose control over themselves, it will be better to solve it by giving yourself some time to think about it. If you give yourself time to cool your emotions, you can prevent the escalation of the conflict.

What can you do to calm down. What techniques would you use?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

WORK CARD 23

Remember how many words in the last week you said in your thoughts?

Words that we direct to ourselves help us understand situations and take appropriate action. Unfortunately, when we get angry, our thoughts often fill our head, which intensify our nervousness. Have you ever thought of yourself:

“I will get my back on him”, “They do not care about me anyway”, “I will show him how he has the nerve to treat me like that?”

If you happen to have similar thoughts, it’s probably your anger that makes them grow. You can try to think like this:

“We can solve this problem”, “I can control myself”

Such thinking is a way to prevent anger. Enter three positive statements that may be useful when you feel angry:

1.
2.
3.

When can you use them?

.....

.....

.....

REMEMBER ABOUT 3 STEPS OF ACTING



1. Thoughts



2. Emotions



3. Behaviour

IF YOU SOMETIMES ACT IMPULSIVELY, YOU PROBABLY FORGOT ABOUT STEP 1.

WORK CARD 24

Remind yourself whether in recent days you have paid attention to violence in the media. Record what you managed to recreate from memory:

Type of material watched:

VIDEO GAME

.....

TV PROGRAMME

.....

SPORT

.....

FILM

.....

OTHER

.....

Amount of acts of violence:

TOTAL:.....

Describe two violent incidents.

1.

2.

Who was the perpetrator?.....

Who was the victim?.....

Did they know each other?.....

Why did it happen?.....

What was the result?.....

Determine the strength of violence, mark it on the scale below where 1 means a mild act of violence and 10 a severe act of violence?

Mild 1 2 3 4 5 6 7 8 9 10 **Severe**

WORK CARD 25

When asked why you do what you do, you often reply:

„ Because I have to,„

The source of motivation is then outside, we live in duty and coercion. In our life we seldom use:

„I choose..., I want..., I need”

Now, ask yourself what dominates in your life and what do you want to dominate? :

I should, I must I can, I choose, I want, I really want to.

Make list of 3 things that you:

1. Should do:

.....
.....

2. Have to do:

.....
.....

3. Can do:

.....
.....

4. Choose to do:

.....
.....

5. Want to do:

.....
.....

6. Really want to do:

.....
.....

Check now what dominates:

I have to / do I choose / I want? If you could move to a parallel world that can be what you want it to be, what exactly would you decide to change? Write it down

1.....

2.....

3.....

WORK CARD 26

The following questions are very helpful. You can copy this page and answer the questions many times. Answers will change depending on the situation.

1. Now I am really afraid, that

.....
.....

2. Thoughts and feelings connected with that fear are:

.....
.....

3. When I am afraid, I

.....
.....

4. When I am afraid my body starts to:

.....
.....

5. I have used anxiety to:.....and to justify(actions/
thoughts/feelings).....In my life.

6. If I had intentionally caused that what I am most afraid can happen to happen, then I would do List five behaviours and see how many of them you actually do.

.....
.....
.....

7. If I was free from fear, then in my life I would be doing the following things right now. Give yourself plenty of time to answer.

.....
.....
.....

WORK CARD 27

Describe a difficult situation related to peer violence in four ways. It is worth devoting to this exercise time and effort, it is extremely helpful in changing the initial point of view into one that will give you strength and compassion for yourself as well as for all other people affected by the situation.

Below are 4 versions of your difficult situation:

1. As your sad story - the version of the sacrifice.
2. From the point of view of another person who participated in it.
3. Just as it is perceived by someone who observes and maintains a distance.
4. As an experience that has strengthened you.

In the latter version, imagine that the experience associated with anxiety led you exactly where you want to go, and strengthened you in the best possible way, at the most appropriate time, so that in this incarnation you can achieve the goal.

Write down what in this situation you would like the most to happen.

Imagine this with as much detail as possible, light, colour, emotions. Refine this image and give it power. Remember, however, that you create a vision for yourself.

.....

.....

.....

.....

.....



WORK CARD 28

Below are 13 statements about anxiety. Read the statements, fill in the blanks and analyze those that provide you with useful information to understand your anxiety reactions. Different statements will relate to different fears. Not everything will apply to you.

1. Anxiety is compounded by concealing or not noticing important information. An example of a situation in which I was unnecessarily afraid / scared because I postponed the moment of learning about something is:

.....
.....

2. I think that I will be happy only if:

.....
.....

(In this case, anxiety is caused by attachment to, for example, having power, control, friends, the best grades, etc.)

3. Anxiety is what I feel when I have a short breath, squeezes my throat and stomach, I feel tension in my chest and arms. Sometimes you do not even feel that you are tense. If you deliberately relax your body and start to breathe deeply, fear will most likely disappear.

NOW TAKE 5 DEEP BREATHS

4. Anxiety is present when I am undecided, confused, dishonest, when I do not allow myself to understand what exactly happens. An example of such a situation is:

.....
.....

5. Anxiety is part of my self-steering system. I am forcing myself to:.....
.....and to not.....

6. I start panicking when

.....
.....

Remember that panic may have been triggered by patterns rooted in us, part of which are false or improper beliefs. They probably do not apply in your current situation. For example, I do not know or can not, while in fact, with a little concentration, you know or you can.

7. Anxiety is the cover for anger that we have learned to hide as children. As a child, I felt fear when :.....
.....but in truth I was angry at.....

8. Anxiety is the way I tell myself that something important is missing in my consciousness or plans. Anxiety is a signal that you have to stop and think about everything or set a better plan for achieving the goal. An example of this in my life is / was

.....
.....

9. Anxiety is the way I justify certain actions, such as
.....and it works against me in the long run.

10. Anxiety is the question of whether I will be able to take care of myself in a proper way, knowing that in the past I happened to not care for myself and I did not care. (It refers to people who in the past behaved in a self-destructive way). In this situation, the remedy is a firm decision to live and determination to take care of yourself. Check if the following statements are true / relate to you.

- I am afraid because I feel that if something goes wrong, I can always commit suicide or fall into a mental illness or "get rid of myself" (go to a hospital, prison or psychiatric hospital)

Note: Nothing will change if you do not get rid of it. Too much energy that could be devoted to effectively solving the problem is dispersed. But once you make the decision to stop being threatened, you will feel better, and you will also be able to face all the problems and deal with them.

11. Anxiety is a magnet. By law, that similar attracts alike, I attract those who strengthen my fears, or help me prove my negative beliefs. An example of this in my life is / was:

.....

12. Fear is the feeling that I experience when in my environment there are people who are trying to get rid of their own fear by invoking it in me. This was the case with:

.....

13. Anxiety arises when we attribute meaning or get attached to ideas and beliefs about the following things: judgement, competition, hierarchy, deprivation, separation, punishment, conspiracy, revenge, evil, loss, abandonment, loneliness, injustice, wickedness, mistakes, death, madness, illness, suffering, struggle, helplessness, danger, power, secretiveness, enemies, secrets, defeat, vanity, lack of time, resources, energy, creativity, etc. You will have to look in your mind for the beliefs that you have accepted, which you have accepted and which they cause fear. Write out these beliefs:

.....
.....

Now that you have knowledge about yourself, your anxiety reactions, work on positive thinking in order to create new neural pathways in the brain and get rid of the excess of anxiety. At every stage of life, you can work with fear, weaken it and act without unnecessary blockages. Good luck!



WORK CARD 29

My emotions:

1. In what situations do you experience the following emotions?

Anger

.....
.....

Sadness

.....
.....

Anxiety

.....
.....

Shame

.....
.....

2. Which of the following feelings did you experience most often? Do you know why? In what situations did it take place?

.....
.....

3. Which of the following emotions do you experience the least? Do you know why?

.....
.....

4. Is it difficult for you to experience any of these emotions? How does it manifest?

.....
.....

5. Which of the emotions you experience most you allow to be seen by the others?

.....
.....

6. Are there emotions that you experience only in your own company and do not share them even with your loved ones?

.....
.....



7. In which situations do you find it difficult to show your emotions?

.....
.....

8. What you can do to deal better with the emotions you experience.

.....
.....

A large grid of small pink dots for writing answers.



WORK CARD 30

How do I experience anger?

1. Think about whether you often feel angry or irritated, or, on the contrary, you feel that this feeling is completely unfamiliar to you. Try to judge on a 0-10 scale, how often you experience anger, where 0 means you almost never feel angry, and 10 almost always feel angry

1 2 3 4 5 6 7 8 9 10

2 Try to remember and describe at least two situations in the last month in which you felt angry. Why do you think, why did you feel angry?

Situation I

.....
.....

Situation II

.....
.....

3. How did you behave in these situations? How did you react to the feeling that arose in you ? Have you done anything that helped you cope with your anger? If so, what?

Situation I

.....
.....

Situation II

.....
.....

4. How do you assess your behaviour in retrospect? Would you behave differently today? What benefits do you notice and what are the difficulties of your way of dealing with anger in the above situations?

Situation I

.....
.....

Situation II

.....
.....

