

# Guidebook for parents

# How to support the Happiness training at home



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# ABOUT THE GUIDEBOOK

**Dear Parents,**

Welcome to the "How to Support the Happiness Training at Home" guidebook! In these dynamic times, especially in the aftermath of the COVID-19 crisis, the world of education has seen significant shifts. As parents, you are the pillars of support and guidance for your children, and this guidebook is designed to fortify that role.

So, why you'll love it, and what can you expect from this guidebook?



# About the Guidebook



**Bridging School and Home:** While the educational landscapes and methodologies may be evolving, this guidebook ensures you're always caught up. Think of it as a friendly companion, a simplified Happiness curriculum for your child, making it accessible and actionable in the comfort of your home.

**Empowerment Through Knowledge:** We recognise that not every parent has a background in education. That's why we've crafted this guide to be engaging and easy to use in a home environment. It's about empowering you with the right tools and knowledge without the stifling part.

**Beyond Academic Growth:** It emphasises the critical importance of social and emotional skills – those life lessons that ensure your child grows holistically, building strong bonds and understanding their emotional compass. This is the right path for future success in personal and professional life.

# About the Guidebook



Skills for Life: Interestingly, while the guidebook aids your child's development, you will build a solid connection with your child. It's about nurturing relationships, understanding emotions, and fostering a happier, more connected life.

This guidebook is your ally, bridging the gap between the school's efforts and your aspirations for your child. Together, let's embark on this enlightening journey, ensuring our children excel academically and flourish emotionally and socially.

Let's make it happen! A happier and brighter future for our children and us!



# Why do we need it?



You are probably wondering **WHY** do you need this.

Imagine a tripod standing tall and firm. Each leg represents a vital component: the child, the teacher, and you, the parent. Each plays an essential role; without one, the balance is lost. That's precisely the essence of the child-teacher-parent relationship. It's a collaborative force ensuring our children don't just learn but thrive.

Now, let's talk about happiness. You might wonder, "Why is it so crucial?" Think of it as the soul food for our children's mental and emotional well-being. In a world that often prioritises grades and achievements, happiness training focuses on the holistic growth of our children. It teaches them to find joy, to understand their emotions, and to cultivate a positive mindset. In essence, it's not just about being happy; it's about understanding happiness, embracing it, and letting it be the guiding light.

But where do you come in? Your support as parents is the bedrock of this training. While teachers introduce these concepts in school, the real magic happens when children see and experience them echoed at home.

# Why do we need it?



Your involvement, understanding, and encouragement amplify the happiness training, making it a reality for our kids.

The objectives of happiness training are manifold. It's about:

- Building resilience in our children, preparing them for life's ups and downs.
- Teaching them empathy, understanding, and kindness.
- Cultivating a growth mindset where challenges are viewed as opportunities.
- Ensuring they lead not just successful but meaningful and fulfilling lives.

The world is ever-changing, throwing new challenges our way. A prepared mindset, cultivated through happiness training, equips our children to face these challenges head-on with optimism and courage.

Every child deserves to lead a life filled not just with achievements but with joy, understanding, and resilience. And you, dear parent, are the key to unlocking that treasure.

# HOW TO NAVIGATE THROUGH THE GUIDEBOOK?

How to start unlocking your super parenting powers?

This guidebook is actually an unlocked toolbox brimming with exercises and resources tailor-made for your child's happiness journey while simplified enough to be used by non-teachers. Before you dive in, let's get acquainted with how best to use it:

What's Inside the Guidebook?

**Thematic Modules:** Spread across nine carefully selected modules, each module delves deep into a specific topic of happiness training. Every module offers a fresh lens to view your child's growth, from social awareness to critical thinking.

In every module, you will find:

- **Some Theory:** For every theme, there's a brief explanation designed to give you just enough understanding without overwhelming you with tons of unnecessary information. It's the essence of the topic, boiled down to its core.
- **Hands-On Exercises:** After you've grasped the theory, transition to fun, engaging exercises. Crafted for you and your child to enjoy together, these are your tools to bring happiness into your daily life.
- **Deep-Dive Resources:** Curiosity knows no bounds, and for those hungering for more, each module wraps up with supplementary resources, ranging from enlightening videos to in-depth articles.



# HOW TO NAVIGATE THROUGH THE GUIDEBOOK?

How to Navigate this Treasure Trove:

- **Begin at the Beginning:** Start with observing briefly the guidebook. When you are familiar with what you have in your hands, it will be much easier to decide where to start.
- **Engage Together:** This isn't a solo expedition. Invite your child to join you. Try to delve into exercises as a team. The shared experiences amplify the learning.
- **Customize Your Journey:** While a linear path has merits, feel free to leap to modules that resonate most with your child's current needs or interests.
- **Revisit and Reflect:** Mastery takes repetition. If a module strikes a chord, return to it. You can always find something different that you didn't notice. Reflect on the progress and fine-tune your approach based on your experiences.

This guidebook isn't just a manual; it's your co-pilot on a transformative adventure. Every page and every exercise is a step on this trail. So, gear up, grab your child's hand, and embark on this expedition to a world filled with understanding, joy, and boundless potential!

Wish you good luck!

# Module 1

## Social Awareness

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### General Aim of the Module

The aim of this module is to empower parents with the skills and knowledge needed to effectively support their child's educational and developmental pathway, enhancing their learning environment and overall well-being at home.

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### Goals of the Module

The particular abilities, understanding, and expertise that parents need to develop to fulfil the overarching objectives of the module include:

- **Understanding Child Development:** Learn about the key stages of your child's growth - physical, emotional, and mental. Know what to expect at different ages.
- **Recognizing Learning Styles:** Discover how your child learns best. Create a home environment that supports their learning preferences.
- **Creating a Conducive Learning Environment:** Make your home a place where learning, curiosity, and thinking are always encouraged.
- **Strengthening Parent-Child Relationships:** Strengthen the emotional bond with your child, building a foundation of trust and understanding.



# Module 1

## Social Awareness

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### Module introduction:

Every moment in childhood is a step towards a happy, healthy future. As a parent, you're key to making this journey a joyful one. This section links your efforts with what teachers do in school, ensuring your child gets consistent support both at home and in class.

Tailored for parents, this program is your guide to understanding your child's growth, recognizing how they learn in their own way, and creating a positive space for learning at home. It's about empowering you to boost your child's happiness through heart-to-heart conversations and emotional support. We'll clear any doubts about how important you are in this process.

You'll see how your involvement makes a real difference in your child's life and happiness. Your role is essential in shaping their future.

Our goal? To blend the experiences your child has at school and at home, enhancing the effect of happiness training. Together, we're nurturing a generation that's not just smart, but also happy and resilient.

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# Module 1

## Social Awareness

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### Theory for parents:

Being a parent is a bit like being a gardener for your child's growth. Understanding a few key ideas can really help them bloom.

- **The Flower Analogy:** Just like a flower needs sunlight, water, and good soil, your child needs love, support, and a happy environment to grow. As parents, you provide these vital ingredients.
- **Stages of Development:** Think of your child's growth as a journey from a tiny seed to a beautiful flower. Little ones, like toddlers, need lots of care, similar to seedlings. As they grow older, like school-aged kids, they need encouragement to explore and learn, just like a flower needs room to bloom.
- **Learning Styles:** Every child learns differently. It's like having a favorite type of music – there's no right or wrong, just what works best for them. Figuring out how your child learns best is like tuning into their favorite music station.
- **Effective Communication:** This is your two-way radio with your child. Clear communication from both sides builds a strong connection. Think of active listening and positive responses as tuning the radio for the best signal.

# Module 1

## Social Awareness

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- **Emotional Support:** Be the steady rock in their life. Your constant support is like shelter in a storm, helping them face challenges and grow strong and happy.
  - **Positive Environment:** Turn your home into a greenhouse of growth. Fill it with encouragement and curiosity to boost their learning, creativity, and happiness.
  - **Parental Involvement:** Be actively involved, like cheering for them from the sidelines. Your presence and encouragement give them the confidence and motivation to keep going.
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# Module 1

## Social Awareness

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### Exercises

#### Exercise 1: Discover Your Child's Learning Style



- Goal: Find out how your child learns best to support them better.
- Estimated Time: 30 minutes
- Observation: Spend a week watching your child during different activities. Note if they like hands-on tasks, listening, or watching and thinking.

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**Quiz:** Make a fun quiz with questions about learning styles, like "Does your child love drawing or building things (visual)?", "Do they follow spoken instructions well (auditory)?", or "Do they like to learn by doing things (kinesthetic)?"

**Analyze:** Look over your notes and quiz answers to figure out your child's learning style.

**Discuss:** Chat with your child about what you've noticed. Ask what they think and respect their feelings.

**Tip:** Remember, some kids mix learning styles. If something doesn't work, try a different way.

**Challenge:** If your child isn't into the quiz or talk, take a break. Make sure these activities are fun, not forced.

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# Module 1

## Social Awareness

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### Exercises

#### Exercise 2: Effective Communication Practice



- Goal: Build stronger communication to deepen your bond with your child.
- Estimated Time: 20 minutes daily
- Active Listening: Each day, have a chat about their day. Listen, make eye contact, and don't interrupt.

**Reflect:** Repeat what they say to make sure you understand, and ask questions that need more than a yes or no answer.

**Share:** Open up about your own thoughts and feelings.

**Tip:** Turn this into a daily heart-to-heart time.

**Challenge:** If your child is shy about talking, share your own stories and show you're truly interested in theirs.

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### Exercises

#### Exercise 3: Creating a Positive Learning Environment



- Goal: Make a home space that's great for learning and creativity.
- Estimated Time: 1 hour to set up, then keep it going
- Designate a Learning Space: Choose a spot in your house just for learning.

# Module 1

## Social Awareness

**Gather Resources:** Fill the area with things like books, paper, and fun educational games that suit your child's age and what they like.

**Routine:** Set a regular time for learning.

**Tip:** Let your child help set up the space and pick the items.

**Challenge:** Keeping it tidy can be tough. Get your child to help keep it neat as part of the learning.

### MORE INFO

#### ARTICLES:

[discover-your-childs-learning-style](#)  
[tips-for-effective-parent-child-communication](#)  
[happiness-hacks](#)  
[best-parent-child-bonding-activities](#)

#### WEBSITE:

<https://www.positiveparentingsolutions.com/>

#### VIDEOS:

[Elements of a Learning Space](#)  
[Improving communication with your child](#)  
[Discover Your Learning Style](#)



# Module 2

## Communication

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### General Aim of the Module

The general aim of this module is to provide parents with resources and knowledge to create a home environment that enhances the communication skills of children aged 6-10, focusing on self-expression, active listening, negotiation principles, and communication etiquette.

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### Goals of the Module

By the end of this module, parents should be able to:

- Understand the concept negotiations: Parents will gain a foundational understanding of why negotiations are essential in a child's development.
- Foster sense of following communication etiquette: Parents will acquire strategies to help children develop a sense of following communication etiquette according to different situations.
- Develop understanding of non-verbal signs and expressions: Parents will acquire strategies to help children develop the skills to spot and use non-verbal signs and expressions.
- Encourage effective communication: Parents will understand how to nurture a child's ability to structure their speech to be clear and reasoned and improve active listening.
- Encourage open-mindedness and empathy: Parents will understand how to nurture a child's ability to be open-minded about others' opinions and make compromises.

Through these goals, parents will be well-prepared to support their children in developing good communication skills that will benefit them in everyday life.

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# Module 2

# Communication

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## Module introduction:

Did you know that active communication enhances relationships? Healthy relationships thrive on open and active communication. By expressing thoughts, emotions, and needs openly, individuals can build trust, resolve conflicts, and deepen their connections. Active communication involves both expressing oneself honestly and listening attentively, creating an environment of mutual understanding and empathy.

Communication can be learned and improved. While some individuals may possess natural communication abilities, effective communication is a skill that can be learned and refined through practice and self-awareness. Various techniques, such as active listening, assertiveness, and clarity of expression, can enhance one's communication abilities. Continuous learning and seeking feedback contribute to ongoing improvement in this vital area.

Keep in mind that cultural differences have many effects on communication. People with different cultural backgrounds communicate using different styles. Their language, words, gestures, and phrases may differ even in their application. Culture also shapes peoples' attitudes in times of conflict.

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## Theory for parents

Communication is simply the act of transferring information from one place, person or group to another. Every communication involves (at least) one sender, a message and a recipient. This may sound simple, but communication is actually a very complex subject.

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# Module 2

## Communication

The transmission of the message from sender to recipient can be affected by a huge range of things. These include our emotions, the cultural situation, the medium used to communicate, and even our location. The complexity is why good communication skills are considered so desirable by employers around the world: accurate, effective and unambiguous communication is actually extremely hard.

There are a wide range of ways in which we communicate and more than one may be occurring at any given time.

The different categories of communication include:

- Spoken or Verbal Communication, which includes face-to-face, telephone, radio or television and other media.
- Non-Verbal Communication, covering body language, gestures, how we dress or act, where we stand, and even our scent. There are many subtle ways that we communicate (perhaps even unintentionally) with others. For example, the tone of voice can give clues to mood or emotional state, whilst hand signals or gestures can add to a spoken message.
- Written Communication: which includes letters, e-mails, social media, books, magazines, the Internet and other media. Until recent times, a relatively small number of writers and publishers were very powerful when it came to communicating the written word. Today, we can all write and publish our ideas online, which has led to an explosion of information and communication possibilities.
- Visualisations: graphs and charts, maps, logos and other visualizations can all communicate messages.

# Module 2

## Communication

### Exercises

### Exercise 1: Picture Storytelling



- Objective:  
Develop a clear (easy to understand) speech  
Develop storytelling abilities  
Improve creativity
- Estimated Time: 10-20 minutes
- No materials needed

### Step-by-step description:

1. Start with one photo and have your child tell you everything they see. For example, if it's a farm photo, they might say: barn, cat, farmer, pig, straw, cow.
2. Then, have your child invent a story about what they see in the picture.
3. You can help prompt them by saying, "The farmer brings food to the animals in the barn" or "The cat is unhappy because she has to share her food with the pig."
4. Encourage your child to be silly and let their imagination run wild!

### Expected Results:

Your child will develop the skill of expressing themselves clearly and will improve their creativity.



# Module 2

# Communication

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## Tips or Adaptations:

- You can make this game more complex by giving your child a set of images that tell a story.
- Have your child arrange the images to show what happened first, next, and last.
- Ask to tell the story of what happened by adding their own details.

## Potential Challenges and Solutions:

- Challenge: Your child might struggle to come up with ideas.
- Solution: Be patient and provide prompts or ideas to help them along. Consistent practice will help them improve over time.

## Note:

Emphasise the value of positive reinforcement by praising your child's efforts, and encourage them to try building stories regularly to foster their creativity and ways of expression.

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## Example:



# Module 2

## Communication

- On the picture there is a barn, animals: cow, pig, ducks, chickens, cock, sheep, horse, dogs, a lake, hay, a windmill, trees, mountain, clouds.
- The ducks are swimming in the lake.
- All the animals are happy.
- The dogs protect all the animals.
- Everyone is fed.
- It's a beautiful day.

### Exercises

#### Exercise 2: Exact Instructions



- Objective:
  - Develop a clear and structured speech
  - Develop active listening
  - Improve creativity
- Estimated Time: 15-30 minutes

### Step-by-step description:

1. Tell your child that you want to make a peanut butter and jelly sandwich, and you need them to tell you how.
2. Set out all the ingredients you need: bread, peanut butter, jelly, a knife, and a plate.
3. Do the literal action that your child tells you. For example, if they say "put the peanut butter on the bread," place the whole jar of peanut butter on the bread.
4. Then, prompt them to give you clearer instructions. They might say, "spread the peanut butter on the bread." In this case, maybe stick your fingers in the jar and spread it on the bread with your hands!
5. Switch roles.

# Module 2

## Communication

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### Expected Results:

This game is bound to make your child laugh and sigh in frustration! It's a great way to practice clear and effective communication.

### Potential Challenges and Solutions:

- Challenge: Your child might struggle to come up with exact instructions.
- Solution: Be patient and provide cues to help them along. Consistent practice will help them improve over time.

### Note:

Encourage children to try and be specific to improve their effective communication.

### Example:

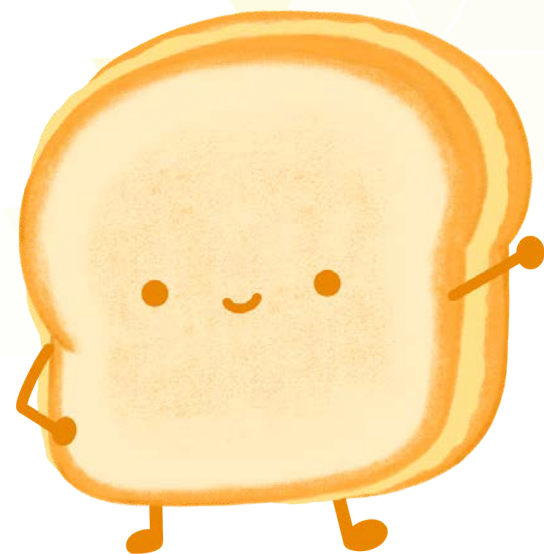
(You can use/draw a picture)

### Instructions:

- get bread;
- get peanut butter;
- get jelly;
- put peanut butter on one slice;
- put jelly on the other slice.

### Debriefing:

- What is missing in the picture?
- What would you add?
- How can you improve your instructions?



# Module 2

## Communication

Improved instructions:

- get two slices of bread;
- get a knife;
- get a jar of peanut butter;
- get a jar of jelly;
- with the knife take some peanut butter from the jar and spread it on the one slice;
- with the knife take some jelly from the jar and spread it on the other slice;
- take the slice with jelly and put it on the slice with peanut butter, jelly facing the peanut butter;
- enjoy.

### Exercises

#### Exercise 3: Role-Playing



- Objective:
  - Improve communication etiquette
  - Improve creativity
  - Improve negotiation skills
- Estimated Time: 20-40 minutes

Step-by-step description:

1. Let your imagination run wild and act like police officers, firefighters, nurses, vets, astronauts, etc. Pretend to be mermaids, grocery store clerks, or even shooting stars!
2. While playing, communicate your needs and ask for help. For example, if you're role-playing veterinarians, you might hold up a horse figurine and ask your child to help it relax while you fix its hoof!





# Module 2

# Communication

## MORE INFO

### ARTICLES:

[9-tips-for-better-communication](#)

[Communication-skills-for-kids](#)

[10-ways-to-improve-your-grade-schoolers-communication-skills](#)

[What-is-active-listening](#)

### VIDEO:

[Improve communications skills](#)



# Module 3

# Teamwork & Conflict Management

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## General Aim of the Module

The aim of this module is to learn effective ways to guide your children through conflict resolution and teamwork, equipping you with practical skills to nurture their social, emotional, and leadership abilities for confident interaction in various social situations.

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## Goals of the Module

The specific skills, knowledge, and competencies that parents should acquire to achieve the overall aim of the module include:

- Gaining an understanding of conflict resolution and teamwork principles, and recognizing their significance in shaping a child's social abilities.
  - Learning to implement effective conflict resolution techniques that are suitable for children's ages and developmental stages.
  - Developing strategies to guide children in understanding and managing conflicts, ensuring they can navigate social challenges effectively.
  - Building an awareness of the social and emotional aspects of conflicts and group dynamics, preparing children for real-world interactions.
  - Creating a home environment that models and reinforces positive conflict management and teamwork, contributing to well-rounded social development.
  - Equipping children with the confidence and skills to be effective team members and leaders in various social settings.
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# Module 3

# Teamwork & Conflict Management

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## Module introduction

Why are conflict management and teamwork important?  
As parents, the way you handle problems or disagreements in your relationships affects your children.

Conflict management and teamwork are key skills shaping how children learn to handle disagreements and work with others. When parents manage conflicts constructively and demonstrate teamwork, children adopt these skills, leading to better development and overall happiness. This module provides parents with the necessary tools to enhance students' teamwork and conflict resolution abilities, fostering the development of self-esteem and collaborative skills in the home environment. Joint efforts from both parents and teachers are key to nurturing intelligent, confident, and successful individuals who excel in teamwork and problem-solving.

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## Theory for parents

Teaching kids how to resolve conflicts is very important for their personal growth. Conflict is a normal part of life, and knowing how to handle it helps build better relationships and a more peaceful future. When children learn to resolve conflicts, they develop empathy, communication skills, and problem-solving abilities, useful in all areas of life. Parents play a key role in this by using positive reinforcement and clear communication to guide their children in understanding and managing conflicts, emphasising empathy and fair solutions.

# Module 3

## Teamwork & Conflict Management

For elementary-aged children, who are improving their communication and problem-solving skills, here are some simple conflict-resolution techniques:

**Active Listening:** Encourage your child to listen carefully during disagreements and repeat back what they heard to ensure they understand the other person.

**Using “I” Statements:** Help your child express their feelings with phrases like “I feel...” or “I need...”, which are clear but not blaming.

**Brainstorming Solutions:** Teach your child to think of different ways to solve a conflict, discussing the good and bad points of each and aiming for a solution that works for everyone.

**Mediation and Compromise:** Explain how sometimes a neutral person can help solve a disagreement and the importance of sometimes meeting in the middle to resolve a conflict.



# Module 3

# Teamwork & Conflict Management

## Interactive teaching methods for parents

What is important to focus on?

- Encourage children's participation.
- Use questions that stimulate response, discussion and practical experience.
- Use attention grabbers.
- Create a team environment.
- Involve yourself and your children in these activities.

### Icebreakers

Icebreakers are low-cost activities that get children interacting and talking with each other and encourage subsequent interactions with others. They can be useful at the beginning of the year when there are new classmates or a class: for example, asking the children to introduce themselves to each other and what they would like to learn. Benefits of icebreakers include: getting every student involved, creating a sense of community, and focusing students' attention on the task at hand.

This is a useful method because children can be prepared at home for new meetings, teamwork opportunities and potential conflicts with new partners.

Games - Games are one of the most fun ways to learn interactively. They can be designed to enhance understanding of concepts, present examples, or help children test their knowledge. Subgenres can range from simple games like cards or crosswords to more complex strategy games or simulations.

### The Learning Pyramid



# Module 3

# Teamwork & Conflict Management

## Exercises



### Exercise 1: I don't know him well, but I want to give him a chance to be my partner

- Objective: Presentation of positive qualities of classmates/friends/classmates with whom the child communicates at least in his everyday life. Building a good attitude towards those with whom he rarely communicates and does not know well.
- Estimated Time: 15-20 minutes
- Materials Needed: Photos of the children from the class/neighbourhood

## Step by step guide:

Ask your child to tell a few sentences about each of his classmates. Then let him tell you about his closest friends, ask why there are children who are not among your child's favourites and ask him to tell at least one good quality about them.

**For example:** Ivan is not my friend because he does not have high maths results like me.

Ivan is very good at sports and has distinctions from tennis competitions.

The goal is to bring your child to the positive qualities of those classmates that go unnoticed. In this way, the child will understand that every person has good qualities that should be respected, even if they are different from his own.

## Module 3

# Teamwork & Conflict Management



**Tips:** Direct your child's attention to the positive traits and qualities of his classmates. Don't ask questions like, "What don't you like about ...?" The idea of the exercise is to cultivate tolerance and respect. Extremely suitable practice for disadvantaged or disabled children.

### Challenges and solutions:

If your child does not want to comment on some of his students, do not force him. Leave time and talk later. Point out that everyone has their own good qualities and a good partner can always be found in someone we don't know if we give them a chance to show their potential



### Exercises



#### Exercise 2: The Blind Artist

- Objective: This is an activity that focuses on interpretation and communication. When the drawing is finished, it is always interesting to see how the "artist" has interpreted his partner's description. It develops children's imagination and confidence in teamwork, thanks to good communication.
- Estimated Time: 10-15 minutes
- Materials Needed: Drawing, pencil and paper





# Module 3

# Teamwork & Conflict Management



## Step by step guide:

Play together with your child. One participant takes a pencil and paper, and the other takes the drawing. The partner with the picture must describe it well enough to their teammate without actually saying what the picture is. For example, if the drawing has an umbrella with leaves, it should not say "Draw an umbrella with leaves." The person with the pencil and paper draws what they think is in the drawing based on the teammate's words. Set a run time limit of 10 to 15 min.

**Tips:** Direct the painter's attention to specific details of what is to be painted by precise and clear directions. For example: We use it to protect ourselves from rain and it has what is on the trees. Give lots of praise to children, this will motivate them to continue. The final drawings are often fun and the practice brings a lot of laughter and happy smiles to both children and parents.

## Challenges and solutions:

If the child's role is to explain, not being able to explain like an adult can be a challenge, but encourage him to use as much of his vocabulary as possible. Training is a great way to enrich children's active vocabulary and improve communication.



# Module 3

# Teamwork & Conflict Management

## Exercises



### Exercise 3: Minefield

- Objective: This game focuses on trust, communication and effective listening.
- Estimated Time: 10-15 minutes
- Materials Needed: Various objects that can be held with one hand, several blindfolds

## Step-by-step guide:

Find an open space such as a playground, parking lot, or park. Leave the objects (balls, toys, shoes, etc.) in no particular order. The training is in pairs, all family members or one parent and one child can participate. Have everyone get into teams of two and one of them should be wearing a bandage. The other must guide their teammate from place to place without them stepping on the objects, using only verbal directions. The "blind man" must not speak. To make it harder, create specific routes. For example: three steps to the right, mini crawling from below, jumped over the obstacle. The activity is also very suitable to be played on the beach.

## Tips:

- Give precise and clear directions for crossing the obstacles to avoid collisions and injuries.
- Encourage your children to do something even though they can't see. This will develop their self-esteem and their trust in partners for the future.
- Create a fun and emotional atmosphere, practice aims to encourage children and be fun.

## Module 3

# Teamwork & Conflict Management

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### Challenges and solutions:

If your child feels insecure about being blindfolded, talk to them and explain that you will guide them and they have nothing to worry about. Trust in the partner is an important condition for the game, also in teamwork and conflict management. After the conversation, make a second attempt.

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### MORE INFO

#### ARTICLES:

[School-age/family-life](#)  
[Conflict-resolution-skills-for-kids](#)

# Module 4

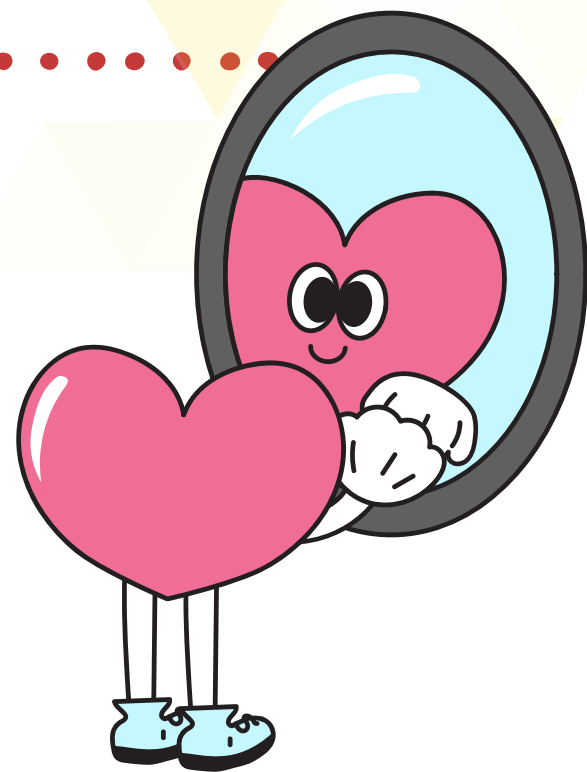
## Self-Awareness

General  
Aim of the  
Module

This module aims to help parents enhance the happiness and emotional well-being of their 5-10-year-old children. It teaches parents to identify and support their children's emotional intelligence, self-awareness, and self-esteem. The goal is to create a positive home environment by emphasizing the importance of recognizing and managing emotions, appreciating diversity, and encouraging self-reflection. By gaining these skills, parents can better assist their children in facing life's challenges with resilience and a positive outlook, ultimately contributing to their overall happiness and emotional growth.

Goals of  
the  
Module

Parents should acquire skills in emotional intelligence, active listening, and empathy to support their children's emotional growth. They should promote self-awareness, positive self-esteem, and resilience in their children through understanding and encouragement.



# Module 4

## Self-Awareness

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### Module introduction:

Consider emotional intelligence as a superpower toolkit for children to comprehend and handle feelings, promoting happier and healthier relationships. In this module, we'll explore key aspects like self-awareness, empathy, mindfulness, and active listening through interactive exercises such as emotion identification games, gratitude journaling, and empathy role play. These activities will empower your child to identify emotions, value positive aspects of life, and understand others' feelings, fostering resilience and kindness. Our aim is to equip you with practical tools and simple techniques to ensure your child emotionally thrives.

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### Theory for Parents:

Emotional intelligence is like a toolkit for your child. It helps them recognize and understand feelings, such as happiness or anger, and respond wisely—like having emotional superpowers!

Self-awareness is knowing oneself, boosting confidence like a mirror reflecting strengths and areas to grow. Self-esteem acts as armor against negativity, representing self-worth.

Empathy is understanding others' feelings, building strong connections. Active listening, hearing with the heart, makes relationships richer.

# Module 4

## Self-Awareness

Mindfulness is being in the moment, managing stress. Relaxation techniques, like deep breathing, are tools for calmness.

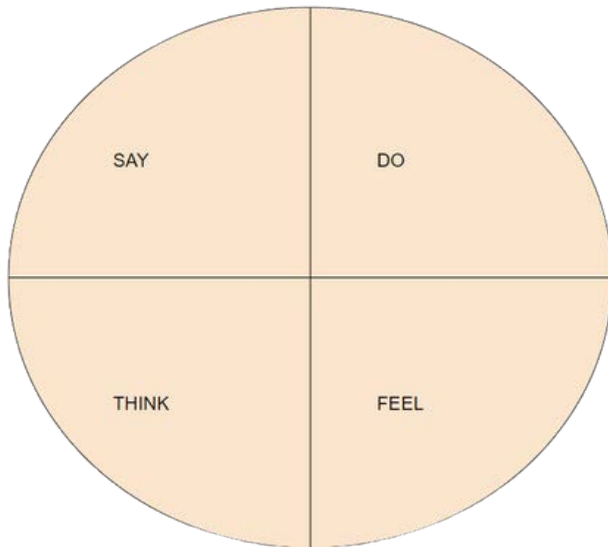
Imagine your child resolving a fight using emotional intelligence. They recognize anger, understand their friend's feelings, and respond kindly, leading to friendship growth.

Visuals like emotion wheels or empathy diagrams simplify complex ideas. Infographics illustrate concepts clearly, making learning engaging and fun.

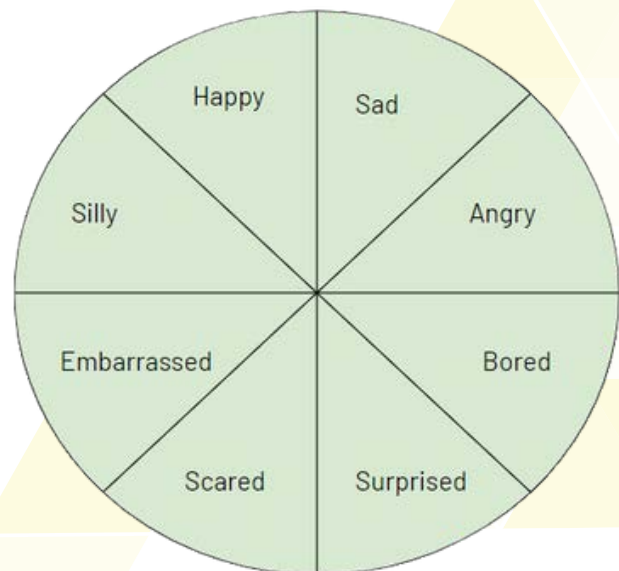


# Module 4

# Self-Awareness



Empathy diagram



Emotional wheel

# Module 4

## Self-Awareness

### Exercises



### Exercise 1: Emotion identification game

- Objective: To help your child understand and name different emotions.
- Estimated Time: 10-15 minutes
- Preparation: Make a cozy spot and stick to a regular schedule for the activities, adding some fun colors and playfulness. Keep the communication lines open with your child, use situations they know and like, and join in the exercises to show them how it's done. After each game or journaling session, chat about what you both learned. These simple steps make learning about feelings and empathy a daily joy, helping your child grow emotionally.

### Step-by-step guide:

- Get materials: use picture cards or draw simple faces showing various emotions (happy, sad, angry, surprised, etc.).
- Explain emotions: show pictures one by one, using simple language like "This person looks happy. When do you feel happy?"
- Play interactively: have your child mimic the facial expressions. Ask questions like "Can you show me your happy face?"
- Connect to real life: relate emotions to actual experiences. For example, "Remember when you got a new toy? How did you feel?"
- Repeat and reinforce: play the game regularly, introducing new emotions. Praise their efforts and give positive reinforcement.



# Module 4

## Self-Awareness

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### Challenges & Solutions:

1. Challenge: child struggles with a specific emotion.  
Solution: Use personal anecdotes or stories, relating the emotion to their favorite characters or toys.
2. Challenge: short attention span.  
Solution: keep sessions short and lively, using colorful visuals to maintain interest.

---

### Exercises

#### Exercise 2: Gratitude journaling



- Objective: Encourage your child to appreciate positive aspects of life.
- Estimated Time: 5-10 minutes daily

### Step-by-step guide:

- Get a journal: provide your child with a colorful notebook or journal.
  - Daily Practice: ask your child each day about one thing they are thankful for—could be a toy, a friend, a sunny day, anything!
  - Draw or write: younger children can draw their gratitude, while older ones can write a sentence or two.
-

# Module 4

## Self-Awareness

- Share and discuss: take a few moments to discuss their entry. Why are they grateful for it? How does it make them feel?
- Create a routine: make it a daily habit, perhaps before bedtime or after dinner.

### Challenges & Solutions:

1. Challenge: child struggles to find something to be grateful for.  
Solution: Guide them with prompts like “What made you smile today?” or “Who was kind to you?” Celebrate even small victories.

2. Challenge: inconsistency in journaling.  
Solution: Set a specific time each day for this activity. Encourage them and participate together to make it a shared experience.

### Exercises



### Exercise 3: Empathy role play

- Objective: To develop empathy by putting themselves in others' shoes.
- Estimated Time: 15-20 minutes

# Module 4

## Self-Awareness



### Step-by-step guide:

Create scenarios: think about everyday situations your child might encounter, like deciding what game to play, sharing snacks, or comforting a friend who is feeling sad.

Set the scene: describe the scenario in simple terms, like, "Imagine you and your friend have one toy, and you both want to play with it. What could you do?" or "Your friend is feeling a bit sad because they lost a game. How can you help them feel better?"


Pick characters: assign roles for each person involved. For instance, you can be the friend, your child can be themselves, and a stuffed animal can be the toy or the friend feeling sad.

Act it out: let's say you're pretending to share toys. Act out the scenario by saying, "Okay, let's play like we have one toy. How can we decide who gets to play with it first?" Encourage your child to suggest ideas and practice responding kindly, like saying, "I can play first, and then you can take a turn."

Encourage conversation: after the role play, discuss the feelings involved. Ask questions such as, "How did it feel to share the toy?" or "What do you think your friend felt when you helped them?"

Positive Feedback: when your child responds well, offer positive feedback. Say, "You did a fantastic job sharing! That was very kind of you," or "You really made your friend feel better. Great job!"

Switch roles: now, switch roles. Let your child take the lead in creating scenarios. For example, they can suggest a scenario where a friend is happy, and they need to join in the celebration.



# Module 4

## Self-Awareness

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### Challenges & Solutions:

1. Challenge: child finds it difficult to understand others' feelings.  
Solution: use simpler scenarios. Discuss emotions explicitly and encourage them to express how they would feel in similar situations.

2. Challenge: Child struggles to respond empathetically.  
Solution: be patient and model the desired behavior. Provide gentle guidance and repeat the exercise with different scenarios to reinforce the concept of empathy.

**Consistency is important.** Make these exercises a regular part of your daily routine. Be patient; children learn at their own speed. Celebrate their efforts, even small ones, with praise and positive reinforcement. Your steady involvement and positive support will help develop their emotional intelligence and promote long-term happiness.

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### MORE INFO

#### ARTICLES:

[developing-self-awareness-as-a-parent](#)  
[5-ways-to-help-your-grade-schooler-gain-self-awareness](#)  
[cultivating\\_selfawareness\\_parents](#)  
[teach-self-awareness-to-your-child](#)

#### VIDEO:

[Self-awareness](#)

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# Module 5

# Emotional Self-Control & Positive Outlook

## General Aim of the Module

This module aims to empower parents to teach children essential skills like thinking before acting, respecting others, managing stress through tools like stress balls, cultivating a positive outlook, and fostering flexible thinking. Parents will gain practical strategies to nurture emotional self-control and empathy, creating a supportive environment at home.

## Goals of the Module

To achieve the module's aim, parents should acquire skills in teaching emotional regulation, promoting empathy and respect, demonstrating stress management techniques like stress ball making, encouraging a positive outlook, and nurturing flexible thinking. These competencies empower parents to guide their children effectively in emotional self-control and resilience.



# Module 5

# Emotional Self-Control & Positive Outlook

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## Module introduction

Helping your child be happy and confident is crucial, and this program is here to support you. It's not just a regular course; it's a way to empower your child's emotional well-being. As a parent, your role is essential. We've made this program simple and connected it with teacher training to give you tools to nurture your child's emotional strength.

In the upcoming sessions, you'll learn how to teach your child to think before acting, show kindness, manage stress through fun activities like making stress balls, maintain a positive attitude, and be adaptable. Your time and effort in these activities will build the foundation for your child's emotional resilience, making them happier and more confident in all areas of life.

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## Theory for Parents

In this module, parents learn important ideas that help their children feel good inside. They find out how being kind, respectful, and thoughtful creates a strong foundation for their child's emotions. By teaching these values, parents help their children handle difficult situations with confidence and calmness.

Parents also learn simple methods to help their children manage stress, like making stress balls together. This activity gives kids a way to express their feelings and provides them with tools to handle tough emotions. Learning to see the bright side of things is important too. Parents find out that a happy attitude really makes a big difference in their child's happiness and emotional well-being.

# Module 5

# Emotional Self-Control & Positive Outlook

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This module helps parents learn important things. It shows them how to make their home a safe and caring place for their kids. Parents learn simple but powerful ways to help their children handle feelings and be kind. By understanding and using these methods, parents can raise kids who are strong and kind, making the future better for everyone.

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## Exercises

### Exercise 1: Jar of kindness



- Objective: To encourage and reinforce kindness in children
  - Estimated Time: 5-15 minutes daily
  - Materials Needed: Jar & colorful paper
- .....

### Step-by-step guide:

Find a special jar and colorful paper. Ask your child to see and say when someone is kind, like helping a friend or sharing toys. Pick a specific time, like every night before sleep, to talk about these kind things and write them on the papers. Let your child help decorate the jar to make it look nice.

To make it more fun, once a month, read the notes together as a family. You can even do something special or have a treat to celebrate being kind.

## Module 5

# Emotional Self-Control & Positive Outlook

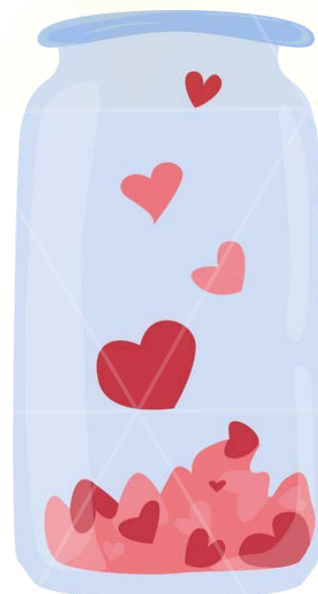
Doing this a lot helps your child keep being kind and nice, making your home a happy place.

Also, you can teach your child about setting kindness goals. Ask them to think of one nice thing to do the next day and write it down. This helps them learn about feelings and lets them be a good friend to others.

Simple Steps:

1. Find a jar and paper.
2. Notice and talk about kind things.
3. Write them down before bedtime.
4. Decorate the jar with your child.
5. Once a month, read the notes together.
6. Celebrate with something special.
7. Teach kindness goals: think of one nice thing for the next day and write it down.

*#BeKind*





# Module 5

# Emotional Self-Control & Positive Outlook

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## Exercises

### Exercise 2: Mindful breathing exercise with toys



- Objective: To help parents and children practice relaxation and emotional awareness
- Estimated Time: 5-20 minutes daily
- Materials Needed: soft toy and quiet place

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### Step-by-step guide:

1. Find a quiet spot:  
Pick a calm spot at home where you and your child can lay down without noise.
  2. Grab a soft toy:  
Get a soft toy, like a stuffed animal or a plush friend.
  3. Close your eyes:  
Gently close your eyes to make it cozy.  
Your child can do the same if they want.
  4. Place the toy on your belly:  
Put the soft toy on your tummy.  
Tell your child to do the same.
-

# Module 5

# Emotional Self-Control & Positive Outlook



5. Breathe in slowly:  
Take a slow breath in through your nose.  
Ask your child to feel how the toy rises on their belly with each breath in.
6. Breathe out slowly:  
Exhale slowly through your mouth.  
Notice how the toy lowers on your belly.
7. Repeat with the toy:  
Keep breathing in and out.  
Your child can do this with their toy too.
8. Imagine happy things:  
As you breathe in, think about something that makes you happy.  
Encourage your child to do the same.
9. Let go of worries:  
As you breathe out, imagine letting go of any worries (for child maybe other words would be more understandable - or explanations, such as: things that might make you feel a bit sad or uneasy; something that feels heavy or not so happy)  
Guide your child to do the same.
10. Open your eyes:  
Gently open your eyes after a few minutes.  
Smile and thank your child and their toy for a peaceful time.



# Module 5

# Emotional Self-Control & Positive Outlook



## Tips for Parents:

- Be patient and allow your child to progress at their own pace. Some children might find it easier to focus, while others might need more time to settle into the practice.
- Practice this mindful breathing exercise regularly, especially during moments of heightened emotions or before bedtime, to instill a sense of calmness in your child's routine.
- Encourage your child to share their feelings and experiences after the exercise. This open communication strengthens the emotional bond between you and your child.

**Key takeaways:** start by chatting with your child about what they enjoyed or learned after each exercise. Highlight the cool stuff, like the kindness notes or the toy breathing. Make it a family moment. At the end, maybe share a little treat or simply enjoy a cozy chat. These aren't just tasks; they're chances to connect and grow together.



## MORE INFO

### ARTICLES:

[Self-control-for-kids](#)

[Help-kids-self-regulation](#)

[Fostering-your-childs-self-regulation](#)

### VIDEO:

[Breathing Exercise](#)

[Gratitude Jar](#)

# Module 6

## Adaptability

General  
Aim of the  
Module

This module aims to provide parents with the knowledge and tools to help their children develop adaptability skills. These skills allow children to adjust to new situations, embrace change, and thrive in an increasingly complex world.

Goals of  
the  
Module

The specific skills, knowledge, and competencies that parents should acquire to achieve the overall aim of the module include:

- Understand adaptability and why it is essential for their child's success.
- Learn strategies for cultivating adaptability skills in their child.
- Be able to guide their child in developing an open, flexible mindset.
- Gain tools to help their child manage change, challenge, and uncertainty.



# Module 6


## Adaptability



### Module introduction:

In today's complex and changing world, developing adaptability is one of your child's most valuable skills. The ability to adjust to new situations with flexibility and optimism will help your child immensely, both inside and outside the classroom. This module equips parents with the tools and knowledge to foster critical adaptability skills in their children. By implementing these strategies, parents can promote their child's happiness and future success. You will learn how to help your child embrace change, manage uncertainty, and maintain a growth-oriented mindset. These efforts will equip them with the adaptability they need to thrive in our rapidly evolving world. The exercises in this module are based on proven techniques teachers use to develop adaptability in the classroom. Parents can practice these skills one-on-one with their children in real-world situations.

Here are some strategies to make the most of this module:

1. **Be the Role Model:** Show adaptability in your actions. When faced with change or challenges, demonstrate a positive and flexible attitude.
  2. **Encourage Curiosity:** Cultivate an environment where asking questions and exploring new ideas is encouraged. This fosters open-mindedness, a key component of adaptability.
  3. **Celebrate Efforts:** Acknowledge your child's efforts in adapting to new situations, regardless of the outcome. This reinforces the value of trying and learning.
  4. **Reflect Together:** After completing each activity/exercise, take some time to reflect with your child. Discuss what you both learned and how stepping out of your comfort zone felt.
  5. **Integrate Learning:** Try to incorporate the principles of adaptability in everyday life. Use real-life situations as opportunities to practice and reinforce these skills.
- 

# Module 6

## Adaptability

### Theory for Parents:

#### Understanding Adaptability:

Adaptability is like having a mental and emotional toolkit your child can use to navigate the different scenarios life throws their way. It's about changing or adjusting in response to different situations or challenges.



### Why Adaptability is Important:

Adaptability helps your child cope with change, overcome obstacles, and seize opportunities in a fast-changing world. It's like having a boat that can adjust its sails to any wind direction, ensuring they keep moving forward, no matter the circumstances.



Moving

New School

Challenges

# Module 6

## Adaptability

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### Cultivating Adaptability:

1. Open-mindedness: Encourage your child to be curious and open to new ideas. This is like planting seeds in a garden of growth.



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2. Problem-Solving: Teach them to view challenges as puzzles waiting to be solved rather than barriers.







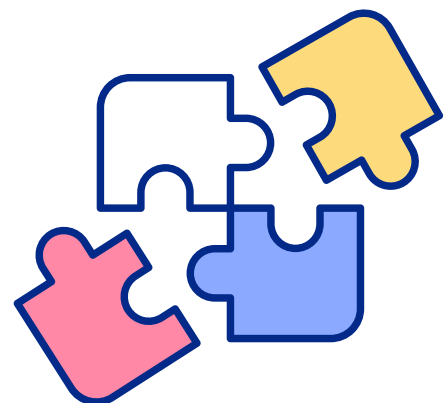
# Module 6

## Adaptability

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### Real-Life Examples:

- 1. Moving to a New City:** Explain how being open to making new friends and exploring new places can turn an intimidating change into an exciting adventure.
  - 2. Facing a Tough Exam:** Show how, by approaching studying with a problem-solving mindset, they can overcome the challenge and do well.
  - 3. Joining a New Activity:** Relate how trying new activities can help them discover new interests and develop a more flexible mindset.
  - 4. Adjusting to a New Routine:** When your family's daily schedule changes, perhaps due to a new job or school timings, discuss with your child how to adjust and find positives in the new routine.
  - 5. Handling Friendship Dynamics:** If your child's friend circle changes, guide them in navigating these social shifts positively, seeing them as opportunities to meet new people and learn from different interactions.
  - 6. Responding to Unexpected Situations:** If a planned outing gets cancelled due to weather, use this as a chance to teach flexibility. Brainstorm alternative fun activities at home, turning disappointment into a creative exercise.
- 



# Module 6

## Adaptability

Fostering adaptability could also mean adapting to different cultures and varied family structures. Here are some enriched real-life examples to reflect this diversity:

1. Celebrating Different Festivals: Discuss with your child how people worldwide celebrate different festivals and how embracing these diverse celebrations can be a joyful learning experience.
2. Adapting to Diverse Family Dynamics: Explore topics where children might come from different family backgrounds, such as single-parent or joint families. Maybe your family has a unique structure, and you could discuss how it differs from other families.
3. Learning from Global Traditions: Introduce your child to various global traditions, such as Japanese Hanami (flower viewing) or the Indian Holi festival, discussing how different cultures embrace change and joy.

### Exercises

#### Exercise 1: Try Something New



- Objective: Encourage your child to step outside their comfort zone.
- Estimated Time: 30 minutes

# Module 6

## Adaptability

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### Step-by-step guide:

1. **Brainstorming:** Talk with your child about activities they haven't tried before but seem interesting. Examples could include trying a new type of dance, painting a picture, or baking cookies from a new recipe.
2. **Selection and Preparation:** Choose one activity to try together. Explain to your child that this is a fun way to practice adaptability. Gather any necessary materials or make necessary arrangements for the activity.
3. **Engagement:** Engage in the activity, keeping the mood light and encouraging. Emphasise the fun of exploring something new.
4. **Reflection:** After the activity, sit down and discuss the experience. Ask your child what parts they enjoyed, what parts were challenging, and how they felt when faced with something new.

**Example:** Baking a new type of cookie together. During the reflection phase, you can discuss how it felt to follow a new recipe and the excitement of tasting a new creation.

**Tips:** Praise your child for trying something new. If they struggle, gently encourage them to keep an open mind. Offer to participate in the activity with them for support.

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### Exercises

#### Exercise 2: Adaptability Role Plays



- Objective: Practice adaptability skills through role-play.
  - Estimated Time: 20 minutes
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# Module 6

## Adaptability

- **Discussion and Reflection:** After each role-play, discuss what they learned about the culture and how adapting to new cultural experiences can be enriching. Ask questions like, "What was exciting about learning a new tradition?" or "How did trying new food make you feel?"

### Exercises

### Exercise 3: Adaptability Role Plays



- Objective: Visualise adaptability skills during an imaginary change.
- Estimated Time: 10 minutes

### Step-by-step guide:

- **Imagination Setting:** In a quiet and comfortable setting, guide your child through a visualisation of a hypothetical change, like moving to a new school.
- **Visualisation Guidance:** Encourage them to imagine how they would feel, think, and react. Prompt them to visualise facing the change positively, finding new friends, and discovering new opportunities.
- **Discussion:** After the visualisation, discuss their experience. Ask how they felt during the imagined scenario and how they can apply a positive, adaptable approach to real-life changes.

**Example:** Visualising moving to a new school, finding new friends, and joining a new sports team or club. During the discussion, highlight the new opportunities and experiences awaiting them, reinforcing the benefits of an adaptable mindset.

**Tips:** Use a calm voice and a relaxing environment. Allow time to process emotions—Emphasise adaptability as a learnable skill.

# Module 6

## Adaptability

Congratulations on completing this module! You have taken significant steps in helping your child build adaptability skills. Adaptability is a lifelong journey, and endless opportunities exist to strengthen this skill. Here are some tips to continue this journey:

- **Keep Practicing:** Continuously seek new experiences and challenges for you and your child. This reinforces adaptability skills.
- **Stay Open and Flexible:** Encourage your child to remain open to different perspectives and flexible in their approach to problems.
- **Seek Feedback:** Regularly ask your child about changes and challenges. This encourages self-reflection and adaptability.
- **Use Resources:** Leverage the books and online articles in the Additional Resources section to deepen your understanding of adaptability.
- **Stay Connected:** Engage with other parents and educators to share experiences and strategies for fostering adaptability.

### MORE INFO

#### BOOKS:

1. *Mindset: The New Psychology of Success* by Carol S. Dweck – This book introduces the concept of "fixed mindset" vs. "growth mindset," providing insights on fostering a growth mindset, which is crucial for adaptability.
2. *The Whole-Brain Child* by Daniel J. Siegel and Tina Payne Bryson - Offers strategies to nurture your child's developing mind.

#### ARTICLES:

[How You Can Help Your Child Adapt to Change](#)  
[Teaching Adaptability to Help Students Succeed](#)

# Module 7

## Physical intelligence

General  
Aim of the  
Module

The Module in a parenting guidebook aims to assist parents in supporting their children's physical growth. It emphasizes maintaining children's health, achieving key developmental milestones, and enhancing physical abilities. This module offers advice on establishing a secure environment for physical activities, encouraging lifelong healthy habits, and boosting a child's self-assurance. The module is designed to enable parents to play an active role in nurturing their children's physical intelligence and overall well-being.

Goals of  
the  
Module

To achieve the overall aim of the module, parents will acquire the following specific skills, knowledge, and competencies:

- Understand age-appropriate physical milestones for their child's growth.
- Create safe environments for physical activities with proper supervision.
- Learn about the importance of physical literacy and fundamental movement skills.
- Plan and organise age-appropriate indoor and outdoor activities.
- Encourage a positive attitude towards physical activities and sports.
- Balance screen time with physical activities.
- Instill lifelong healthy habits for physical well-being.
- Boost their child's self-esteem and confidence.
- Track their child's physical development and seek support when needed.

# Module 7

## Physical intelligence

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### Module introduction:

Physical intelligence plays an important role in a child's overall development. Physical activity has been linked to improved cognitive function, emotional well-being, and increased self-confidence. This module aims to equip you with the skills to support your child's holistic growth.

This module is part of a holistic approach to nurturing your child's well-being. Just as teachers receive training to create a positive and inclusive classroom environment, parents play an equally essential role in fostering a nurturing atmosphere at home.

What you learn here will help your child at school. Your involvement in your child's physical development is really important. Being a supportive and informed parent makes you a big part of your child's learning journey. This module helps you create a good environment at home. Taking care of your child's physical health is a key part of their overall happiness. A healthy and active child is ready to enjoy the happiness curriculum at school. By promoting physical well-being, you're setting the stage for a happy, confident, and strong child who can fully enjoy the lessons and experiences in the happiness curriculum.







# Module 7

## Physical intelligence

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### How to Help Your Child:

- **Active Play:** Encourage playtime outside - running, jumping, and exploring. It's like nature's gym for kids!
- **Family Fun:** Play together as a family. It's a great way to bond and teach them new skills.
- **Screen Balance:** Limit screen time so they have time to move around. Like a balanced diet, it's important for a healthy life.

### Real-Life Example:

Imagine your child loves riding a bicycle. They're having fun, getting exercise, and learning balance all at once. That's physical intelligence in action!

In simple terms, physical intelligence is about helping your child grow smarter, stronger, and happier by being active and having fun. It's a key to their overall well-being.

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# Module 7

## Physical intelligence

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### Exercises

#### Exercise 1: Balance Beam Adventure



Objective: Improve balance and body control

- Estimated Time: 10-15 minutes
- Materials Needed: A masking tape or a long strip of fabric (about 6 feet long)

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#### Step-by-step guide:

- Clear a safe, open space in your living room or backyard.
- Lay the masking tape or fabric on the floor in a straight line.
- Encourage your child to walk along the line, heel to toe, like a tightrope walker.
- Guide them gently if they wobble, but let them try to regain balance on their own.
- Repeat this several times, gradually making it a bit more challenging by making curves or zig-zags.

#### Tips:

- Be patient and offer lots of praise for their efforts.
- For younger children, make the line wider and straighter.
- Ensure a safe landing area with pillows or cushions to avoid any injury.

#### Challenges:

- If your child is scared or unsure, start with them holding your hand.
  - If they get frustrated, take a break and try again later.
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# Module 7

## Physical intelligence

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### Exercises

### Exercise 2: Jumping Jack Fun



Objective: Enhance coordination and cardiovascular fitness.

- Estimated Time: 5-10 minutes
- Materials Needed: A clear space

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### Step-by-step guide:

- Stand with your child in an open area.
- Show them how to do a jumping jack: Start with arms down and feet together, then jump while spreading arms and legs wide.
- Do a few together.
- Encourage your child to follow your lead, and do jumping jacks together.
- As they get more confident, try doing them faster.

### Tips:

- Make it a fun game: see who can do the most jumping jacks in a minute.
- Count out loud together to add a learning element.

### Challenges:

- If your child struggles, demonstrate the exercise more slowly.
  - If they find it too easy, challenge them to do more in a set time.
-

# Module 7

## Physical intelligence

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### Exercises

### Exercise 3: Scavenger Hunt Challenge



Objective: Improve problem-solving skills while being physically active.

- Estimated Time: 15-20 minutes
- Materials Needed: A list of items to find (e.g., a red toy, a spoon, a book)

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### Step-by-step guide:

- Create a list of items for your child to find around the house.
- Provide them with the list and explain the challenge.
- Encourage them to run or walk around the house, finding and checking off each item.
- Celebrate their success when they complete the list.

### Tips:

- Make it a race against the clock to add excitement.
- You can tailor the list to your child's age and interests.

### Challenges:

- If they struggle to find something, give hints or clues.
  - For younger children, use pictures instead of words on the list.
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# Module 7

## Physical intelligence

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### Consistency and Positive Reinforcement:

- Consistency is key. Try to incorporate these exercises into your daily routine.
- Praise and encouragement are crucial. Celebrate their efforts, even small achievements.
- Remember that each child is unique; adapt exercises to their abilities and needs, ensuring a positive experience.

*These exercises are designed to be simple, engaging, and adaptable for non-experienced parents. They provide a foundation for nurturing physical intelligence while ensuring a fun and supportive environment for your child's growth.*

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### MORE INFO

#### ARTICLES:

[Scavenger-hunts](#)

[Diy-obstacle-courses-for-kids](#)

[Positive-reinforcement-child-behavior](#)

[Amazing-effects-jumping-jacks-exercises-body](#)

#### VIDEO:

[Physical and Health Education](#)

[Yoga for beginners](#)

# Module 8

## Goal Setting and Persistence

General  
Aim of the  
Module

The aim of this module is to teach parents how to effectively guide and support their children in developing goal-setting and persistence skills. This module exists to empower parents with the knowledge and strategies needed to foster these crucial qualities in their children, ultimately contributing to their overall growth and success.

Goals of  
the  
Module

The specific skills, knowledge, and competencies that parents should acquire to achieve the overall aim of the module include:

- Understanding the importance of goal-setting and persistence in a child's development.
- Learning how to set realistic and age-appropriate goals for their children.
- Acquiring strategies to effectively communicate and motivate their children towards achieving their goals.
- Developing an awareness of potential challenges and setbacks in the goal-setting process and how to address them.
- Gaining the ability to provide constructive feedback and encouragement to promote persistence.
- Cultivating a supportive and nurturing environment that encourages resilience and determination in their children.

# Module 8

# Goal Setting and Persistence

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## Module introduction

Teaching children about goal-setting and persistence can greatly increase their happiness and success. This module explores how crucial these skills are for your child's development. Envision your child being determined to follow their dreams, resilient in the face of challenges, and joyful in accomplishing their goals.

You may question how this relates to teacher training. The link is straightforward: collaboration. By providing both teachers and parents with the skills to encourage goal-setting and persistence in children, we build a cohesive support network.

## Key Takeaways:

- Goal-setting and persistence are essential for children's happiness and success.
- This module emphasises the importance of these skills in child development.
- A collaborative approach between teachers and parents strengthens the support system for nurturing these skills in children.





# Module 8

## Goal Setting and Persistence




### Theory for parents

Imagine your child as an aspiring artist. Without a clear goal, they might just doodle aimlessly, never creating that masterpiece. That's where goal-setting comes in. It's the process of defining specific, achievable objectives for your child. Goals give them direction, purpose, and a sense of accomplishment.

But goals alone aren't enough. This is where persistence steps onto the stage. It's the unwavering determination to keep working towards a goal, even when the going gets tough. Think of it as the fuel that keeps the engine running on the journey to success.

To make goal-setting even more effective, introduce your child to SMART goals:

- **Specific:** Goals should be crystal clear. Instead of "Get better at maths," a SMART goal could be "Improve maths grade by 10% in two months."
  - **Measurable:** Goals should have a way to track progress. It's like having a map that tells you how far you've come.
  - **Achievable:** Goals should be realistic. Setting a goal to become a professional athlete overnight isn't achievable, but improving their sports skills with practice is.
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# Module 8

## Goal Setting and Persistence

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- Relevant: Goals should matter to your child. It's like choosing a destination for a journey. It should be something they truly care about.
  - Time-bound: Goals should have a deadline. This adds urgency and helps with planning. It's like setting a timer for a race.

Now, why does all this matter? Because it's the foundation for your child's happiness and success. It's like teaching them the secret recipe for achieving their dreams.

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# Module 8

## Goal Setting and Persistence

### Exercises

### Exercise 1: Goal Collage



- Objective: This creative exercise helps your child set and visualise their goals in a visually engaging way.
- Estimated Time: 30-45 minutes
- Materials Needed:  
Magazines or printed images  
Scissors  
Glue or tape  
Poster board or large paper

### Goal Discussion:

#### Step-by-step guide:

Start by discussing the concept of goals with your child. Explain that goals are things they want to achieve.

#### Goal Selection:

Encourage your child to think about their goals. These can be related to school, hobbies, or personal growth (for the older children in this age group).

Help them choose one or two goals that they want to work on.

#### Collage Creation:

Provide magazines or printed images related to their chosen goals. For instance, if their goal is to improve their soccer skills, find images of soccer players, soccer fields, or exciting soccer moments.

Have your child cut out these images and arrange them on the poster board to create a collage.

# Module 8

## Goal Setting and Persistence

They can also add drawings or write down their goals on the collage.

### Discussion:

After creating the collage, talk about each image and how it relates to their goals.

Ask your child to explain why these goals are important to them.

### Display:

Hang the goal collage in a visible place, like their room, to serve as a daily reminder of their aspirations.

### Exercises



### Exercise 2: Progress Chart

- Objective: This exercise helps your child track their progress towards their goals, fostering a sense of achievement and motivation.
- Estimated Time: 15-20 minutes
- Materials Needed:  
A poster board or large sheet of paper  
Markers or coloured pens  
Stickers, drawings, or coloured dots

# Module 8

## Goal Setting and Persistence

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### Step-by-step guide:

Sit down with your child and choose one of the goals from the Goal Collage exercise.

#### Create the Chart:

Together, draw a simple chart on the poster board. It can be a grid with columns and rows.

Label the columns with dates (e.g., days of the week or specific dates).

#### Daily Progress:

Each day, after your child has worked towards their goal, let them mark or place a sticker in the corresponding box on the chart.

Celebrate their progress and discuss any challenges they faced.

#### Review and Reflection:

Weekly or at the end of the month, sit down with your child to review the chart.

Talk about what went well, what they learned, and what they can do differently.

#### Tips:

- Keep the chart visible in their room or a common area.
  - Encourage your child to choose rewards for achieving milestones.
  - If they miss a day, don't make it a negative experience. Discuss how they can get back on track.
-

# Module 8

## Goal Setting and Persistence

### Exercises

### Exercise 3: The Superhero Challenge



- Objective: This thrilling exercise transforms your child into a superhero on a quest to develop persistence and problem-solving skills.
- Estimated Time: 20-30 minutes

### Step-by-step guide:

#### Superhero Transformation:

Begin by helping your child create their superhero identity. They can choose a name, design a costume using old clothes and accessories, and even come up with a superhero catchphrase.

#### Setting the Superhero Scene:

Explain that superheroes face challenges to help others. Tell your child about a fictional town (e.g., "Persistenceville") facing a big problem they need to solve.

#### Superhero Mission:

Give your child a "mission." It could be a series of puzzles, riddles, or tasks that they need to complete to save Persistenceville. Emphasise that they may face difficulties along the way but reassure them that they have the superhero skills to overcome them.



# Module 8

## Goal Setting and Persistence

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### Obstacle Overcoming:

As they encounter each obstacle, let them brainstorm solutions as their superhero persona.

Encourage creativity and perseverance as they work through challenges.

### Celebratory Moments:

Whenever your child successfully completes a part of the mission, celebrate their achievements. You can use stickers, high-fives, or a superhero dance party.

### Reflect and Connect:

After the mission is complete, sit down with your child and discuss how their superhero experience relates to real-life challenges. Talk about the importance of persistence and never giving up.

### Tips for Added Fun:

Incorporate props and sound effects to make it more immersive. Create a superhero-themed "Mission Journal" where your child can document their journey.

Invite siblings or friends to join the superhero squad for collaborative missions.

This exercise not only engages children in an exciting adventure but also reinforces the value of persistence and creative problem-solving. It's a fun way to help them understand that challenges can be overcome with determination, just like superheroes do!

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# Module 8

## Goal Setting and Persistence

### Reflective Questions:

- How can you incorporate lessons of goal-setting and persistence into your daily interactions with your child?
- What are some examples from your own life where goal-setting and persistence have led to personal success, and how can these experiences be shared with your child?
- In what ways can you collaborate with teachers to ensure a consistent message about the importance of these skills is being communicated to your child?

### MORE INFO

#### ARTICLES:

[The Power of Goal Setting for Kids](#)

[Character Lab](#)

[Aha! Parenting](#)

#### VIDEO:

[Goal setting for kids | Small Talk | CBC Kids](#)

[Grit: The Power of Passion and Perseverance | Angela Lee Duckworth](#)

#### ONLINE COURSES:

[Positive Parenting Online Course: This online course offers insights into positive parenting strategies](#)

[Character Education Online Course: A guide to online character education lessons that can help you teach important character strengths to your children.](#)



# Module 9

## Critical Thinking

General  
Aim of the  
Module

The main purpose of this module is to equip parents with the understanding and tools necessary to nurture critical thinking skills in their children aged 6-10.

Through this module, we aim to support parents in fostering a home environment where children can develop the ability to think clearly and rationally, understanding the logical connection between ideas.

This module will introduce parents to the foundational principles of critical thinking, helping them to cultivate curious, independent, and analytical thinkers from a young age.

Goals of  
the  
Module

By the end of this module, parents should be able to:

**Understand the Concept of Critical Thinking:** Parents will gain a foundational understanding of what critical thinking entails and why it is essential in a child's development.

**Develop Questioning Skills:** Parents will learn how to pose questions that encourage children to think deeply and analyze situations, rather than accepting information at face value.

**Foster Problem-Solving Abilities:** Parents will acquire strategies to help children develop the skills to solve problems independently and logically.

**Encourage Analytical Thinking:** Parents will understand how to nurture a child's ability to analyse information and differentiate between facts and opinions.

# Module 9

## Critical Thinking

Goals of  
the  
Module

**Support Effective Decision Making:** Equip parents with the skills to foster decision-making abilities in their children, helping them to make reasoned and well-thought-out decisions.

**Promote Intellectual Curiosity:** Encourage parents to foster a love for learning and exploration in their children, by teaching them how to create a stimulating environment that nurtures a child's natural curiosity.

**Develop Emotional Intelligence:** Parents will learn how to help children navigate their emotions critically and understand the emotions of others, encouraging empathy and understanding.

**Utilisation of Resources:** Parents will be introduced to resources such as books, games, and activities that foster critical thinking skills in children.

**Encourage Reflective Thinking:** Parents will learn strategies to encourage children to reflect on their actions and learn from their experiences, fostering self-awareness and personal growth.

Through achieving these goals, parents will be well-prepared to support their children in developing critical thinking skills that will benefit them in all areas of life. The skills developed will form a solid foundation for a lifetime of learning and adaptive thinking.

FACTS

MYTHS

# Module 9

## Critical Thinking

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### Module introduction:

Did you know that fostering critical thinking skills from a young age can significantly improve a child's ability to solve problems and make informed decisions as they grow up? As we walk through an age of information overload, fostering critical thinking in children is no longer a choice but a necessity.

This module closely aligns with teacher training, guiding you to create a harmonised learning environment at home that mirrors the educational atmosphere at school, centred around happiness and holistic growth. It lays down the stepping stones for parents to walk alongside teachers in developing informed, conscious, and joyful learners.

Explore this module to understand the magical influence you can have as a parent in shaping your child's analytical and reflective thinking abilities. By engaging in this module, you will be equipping them with a joyful disposition towards learning and life.

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### Theory for parents:

Critical thinking is much like being a detective — it involves analysing situations, solving problems, and making informed decisions based on the evidence available. Developing this skill early on can foster curiosity, independence, and a love for learning in children. It's about encouraging them to ask "why" and explore different perspectives, rather than just accepting things as they are.



# Module 9

## Critical Thinking

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### Real-Life Examples and Tips:

**Problem-solving during play:** If a toy is not working, encourage your child to find out why and come up with possible solutions.

**Story Analysis:** After reading a book or watching a show, discuss the story's events and ask open-ended questions like “Why do you think the character did that?” to encourage deeper thinking.

**Daily decisions:** Involve your child in small daily decisions, like what to have for dinner, and ask them to explain their choices.

Incorporating critical thinking into daily routines doesn't have to be complex; it's about encouraging curiosity and exploration in everyday situations. This module will guide you on how to easily integrate these exercises into your daily interactions with your child.

In this module, we have prepared a set of practical activities that you can implement at home to foster your child's critical thinking skills. Simple, joyful exercises that turn regular interactions into powerful learning experiences, helping them grow as thoughtful and confident individuals. We are eager for you to start this critical thinking adventure with your little detective!

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# Module 9

## Critical Thinking

### Exercises

### Exercise 1: Story Builder



- Objective:  
Enhance imaginative thinking  
Develop storytelling abilities  
Encourage critical thinking by connecting ideas logically
- Estimated Time: 15-30 minutes

### Step-by-step guide:

1. Sit with your child and start creating a story together. Begin with a simple sentence to set the scene, e.g., "Once upon a time in a big forest..."
2. Take turns to add sentences to the story, encouraging your child to think logically about what could happen next.
3. Guide them to build a story with a beginning, a middle, and an end.
4. Encourage them to think about the characters' feelings, actions, and the consequences of their actions.

### Expected Results:

Your child will start thinking logically and connect different ideas to build a cohesive story, nurturing their critical thinking and imaginative abilities.

# Module 9

## Critical Thinking

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### Tips or Adaptations:

- For younger children, provide more guidance and help in building the story.
- Encourage the use of illustrations to help visualise the story.

### Potential Challenges and Solutions:

- Challenge: Your child might struggle to come up with ideas.
- Solution: Be patient and provide prompts or ideas to help them along. Consistent practice will help them improve over time.

### Note:

Emphasise the value of positive reinforcement by praising your child's efforts, and encourage them to try building stories regularly to foster their creativity and critical thinking.

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### Exercises

#### Exercise 2: What Happens Next?



- Objective:  
Develop predictive skills  
Encourage observative and analytical abilities

- Estimated Time: 15-20 minutes
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# Module 9

## Critical Thinking

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### Step-by-step guide:

1. While reading a book or watching a video with your child, pause at a critical moment in the story.
2. Ask them, "What do you think will happen next?" Encourage them to explain their predictions based on what they have observed so far.
3. After they make a prediction, continue reading/watching to see what happens next.
4. Discuss how their prediction compared to the actual outcome, fostering a habit of analytical thinking.

### Expected Results:

Children will learn to analyse situations and make predictions based on existing knowledge, enhancing their critical and predictive thinking skills.

### Tips or Adaptations:

- Encourage them to notice details that might give hints to what happens next.
- For children who find it challenging, give them possible scenarios to choose from, gradually encouraging them to come up with predictions on their own.

### Potential Challenges and Solutions:

- Challenge: Your child may lose interest quickly.
- Solution: Keep the sessions engaging by choosing stories or videos that cater to your child's interests.

### Note:

Maintain consistency in encouraging your child to predict outcomes, fostering a habit of analytical thinking gradually.

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# Module 9

## Critical Thinking

### Exercises

### Exercise 3: The Why Chain



- Objective:  
Foster curiosity  
Develop reasoning abilities  
Encourage a deeper understanding of everyday phenomena

- Estimated Time: 10-15 minutes

### Step-by-step guide:

1. Encourage your child to ask "why" about a topic or phenomenon, e.g., "Why is the sky blue?"
2. Provide a simple answer and encourage them to ask "why" again, digging deeper into the topic.
3. Continue the "why" chain, encouraging them to think deeper and explore the topic fully.
4. If possible, look up more information on the topic together, nurturing a love for learning and understanding.

### Expected Results:

Your child will develop a deeper understanding of the world, nurturing their curiosity and reasoning abilities through continuous exploration and questioning.

### Tips or Adaptations:

- Encourage them to come up with their own theories before looking up the actual answers.
- It can be turned into a fun game where they get to be a detective uncovering mysteries.



# Module 9

## Critical Thinking

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### Potential Challenges and Solutions:

- Challenge: You might not always know the answers to their questions.
- Solution: It's okay not to know all the answers; the goal is to foster curiosity. When unsure, look up the answers together, turning it into a learning experience for both of you.

### Note:

Encourage a positive and open learning environment by praising your child's curiosity and ensuring them that it's great to ask questions and seek answers.

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### MORE INFO

#### ARTICLES:

[Activities and games to foster critical thinking](#)

#### VIDEO:

[Critical Thinking Skills for Kids](#)

[What if Kids Never Build Critical Thinking Skills?](#)

#### BOOKS

[The Intellectual Lives of Children](#)

[What to Do With a Box](#)

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# GLOSSARY

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## Educational Terminology

**Emotional Compass:** An Emotional Compass is a tool or concept that helps individuals recognize and understand their feelings and emotions. It guides them in navigating through various emotional states by identifying what they are feeling and why. This awareness is crucial in making informed decisions and handling interpersonal relationships more effectively. It's especially helpful for children in learning how to express their emotions in healthy ways and understand the emotional responses of others.

**Happiness Training:** Happiness Training involves practices and exercises aimed at increasing an individual's sense of well-being and happiness. This training often includes techniques like mindfulness, gratitude exercises, positive thinking, and activities that promote joy and satisfaction. For children, it helps in developing a positive outlook on life, enhances their ability to find joy in various situations, and supports their overall emotional and mental health.

**Learning Styles:** Learning styles are like the unique superpowers your brain uses to understand and remember things. Imagine you have different ways of taking in information – some people learn better by seeing pictures (visual learners), some by listening to explanations (auditory learners), and others by doing hands-on activities (kinesthetic learners). Knowing your learning style helps you figure out the best way to learn.

**Resilience:** Resilience is the ability to bounce back from setbacks, adapt well to change, and keep going in the face of adversity. It involves handling stress, overcoming challenges, and recovering from difficult experiences. For children, developing resilience is key to navigating life's ups and downs, building the strength to face future challenges, and growing into well-adjusted adults.



# GLOSSARY

**Social Awareness:** Social Awareness is the ability to understand and empathize with others, including those from diverse backgrounds and cultures. It involves recognizing and appreciating the feelings, needs, and concerns of other people, as well as being able to see things from perspectives other than our own. This skill is crucial for children to develop healthy relationships, work well in teams, and become compassionate and understanding individuals. It lays the foundation for social skills that are essential throughout life.

## Psychological/Developmental Concepts

**Conflict Resolution:** Conflict resolution is the process that two or more parties use to find a cordial solution to a problem. Conflicts can occur between friends and family members, but also between schoolmates or or within any other social interactions.

**Development Stage:** A stage of development is an age period when certain needs, behaviors, experiences and capabilities are common and different from other age periods. Here are some behaviors you might expect to see at certain stages.

**Effective Communication:** Effective communication is the process of exchanging ideas, thoughts, opinions, knowledge, and data so that the message is received and understood with clarity and purpose. When we communicate effectively, both the sender and receiver feel satisfied.

**Emotional Intelligence:** Emotional Intelligence (EI) is the ability to understand, use, and manage our own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. It involves recognizing our own emotional state and the emotions of others, and using this awareness to guide our thinking and actions.



# GLOSSARY

**Mindfulness:** Mindfulness is the practice of being fully present and engaged in the moment, aware of our thoughts and feelings without distraction or judgment. It involves a heightened awareness of our surroundings, our own emotions, and our thoughts. For children, mindfulness can enhance emotional regulation, increase empathy, and support academic and social success by helping them focus and engage more deeply with their environment and the people around them.

**Positive Outlook:** A positive outlook is a mental attitude characterized by optimism and hopefulness. It involves seeing the best in situations, focusing on solutions rather than problems, and maintaining a general expectation that good things will happen.

**Tools/Methodologies:** Tools and methodologies are like the different ways we use to get things done. Just as a chef has specific tools for cooking, or an artist uses brushes for painting, we have these tools and methods to help us with tasks and challenges. They're our go-to strategies, guiding us on how to do things effectively. So, when we talk about tools and methodologies, we're basically talking about the smart ways we make things happen

## Abstract Ideas

**Adaptability:** Adaptability is the ability to adjust to new conditions and handle change effectively. It involves being flexible and open to new experiences, and being able to modify one's approach or thinking in response to changing circumstances. For children, developing adaptability helps them to navigate new situations with ease, embrace learning opportunities, and deal with challenges in a positive and resilient manner.



# GLOSSARY

**Analytical Thinking:** Analytical Thinking is the ability to systematically and logically break down complex problems or ideas into their components. It involves examining information, identifying patterns, understanding relationships, and using these insights to solve problems or make decisions. For children, developing analytical thinking skills helps them in their academic work and in understanding the world around them, enabling them to tackle challenges in a structured and informed manner.

**Critical Thinking:** Critical Thinking is the ability to think clearly and rationally, understanding the logical connection between ideas. It involves questioning, analyzing, and evaluating information and arguments, rather than accepting them at face value. In children, developing critical thinking skills helps them become independent and effective learners, enables them to make reasoned decisions, and prepares them to navigate a world where they are constantly presented with a wide range of information.

**Emotional Self-Control:** Emotional Self-Control is the ability to manage and regulate one's emotions, especially in challenging or stressful situations. It involves recognizing and understanding one's emotional responses, and choosing how to express these emotions in a healthy and appropriate way. For children, learning emotional self-control helps them to handle frustrations, resist impulsive behavior, and interact harmoniously with others, contributing to their overall emotional and social development.

**Persistence:** Persistence is like having a never-give-up attitude. It means not stopping even when something is hard. Picture learning to tie your shoes – you might find it tricky at first, but if you keep trying, you'll get better. So, when your child sticks with something, like homework or learning a new game, that's them being persistent! It's all about not giving up and giving things another go.



# GLOSSARY

**Reflective Thinking:** Reflective Thinking is the process of thinking deeply about our own experiences and actions in order to learn from them. It involves examining and analyzing our thoughts, feelings, and behaviors, understanding their causes and effects, and considering how they align with our goals and values. For children, developing reflective thinking skills is crucial for their personal development, as it helps them to understand their learning processes, recognize their strengths and weaknesses, and make thoughtful decisions.



# CONCLUSION

**Dear Parents,**

As you come to the closing pages of this guidebook, take a moment to envision the lasting imprint you're leaving on your child's journey of well-being and resilience. Every page you turned, every exercise you shared, is planting a seed that promises to bloom in the days to come.

Your child is on the path to building an unwavering spirit, ready to face life's challenges head-on and turn them into stepping stones. Your dedication sets the foundation for deep-seated well-being, enabling your child to find happiness even in life's simplest moments.

Emotions, once a puzzle, will become your child's strength. They'll navigate feelings with understanding, empathy, and grace, forging stronger bonds and thriving relationships.

We hope that in these pages, you've not just found strategies; you've built memories, shared experiences, and, most importantly, fortified a bond with your child that's destined to stand the test of time.

Thank you for letting us be part of your success - yours and your children's.



# Contributing Organisations

<b>ESOP</b>	<b>Elementary school Otetz Paisii</b>	<b>Bulgaria</b>
<b>JUOS</b>	<b>JU OŠ "Aleksa Šantić"</b>	<b>Bosnia And Herzegovina</b>
<b>LSS</b>	<b>Language school sky</b>	<b>Bulgaria</b>
<b>ASPIRA</b>	<b>Zavod Aspira</b>	<b>Slovenia</b>
<b>SMART</b>	<b>Smart Idea</b>	<b>Slovenia</b>
<b>EDUKOPRO</b>	<b>Edukopro</b>	<b>Bosnia And Herzegovina</b>
<b>JUMPIN</b>	<b>Jumpin hub</b>	<b>Portugal</b>

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