



Guide to "THAT'S ME" for adults

Dear parent and teachers,

Making children strong for the world of today and tomorrow is an important task for parents as well as for schools.

Above all, this includes ensuring that children and young people acquire the skills they need to cope well with life's challenges.

The digital self-learning module THAT'S ME makes this possible for children aged 8 to 13.

In 30 short and varied units, children and young people learn to develop strategies for self-organization, reduce their fears and better deal with uncertainty. With thoughtful reflection questions and mindfulness exercises, they develop routines for mental balance. In the sequential exercises, they develop what is known as growth mindset. They learn to recognize failures as opportunities for further development. They receive support in coping with their daily tasks and in dealing positively with their environment. After all, those who practice looking out for the positive, being aware of their strengths, and feeling connected to others go through life more confidently and resiliently.



The digital module is designed for children and young people, but can also provide advice to parents and teachers. THAT'S ME can be used both in the classroom and in the home environment, independently or collaboratively.

The idea for the THAT'S ME self-learning module came from the PEN PAPER PEACE Future Lab, our volunteer working group in which our 13-21 year-old activists organize themselves. They have been concerned about their classmates* and siblings since the beginning of Corona. After extended needs interviews with young people and teachers, we want to support children and young people during this time, which is so stressful for all of us.

INTRODUCTION

This is how children and young people use the "THAT'S ME" self-learning module:

The digital module is located on the website <https://lernen.pen-paper-peace.org/starkes-ich/> .

There, children and young people can either receive an introduction as needed or start immediately with the tasks and questions.

To do so, they click on the day they are on - 30 days in total. Ideally, each day is practiced with THATS'S ME for 30 days, but it is also possible to do the exercises regularly over a longer period of time.

Each day includes a reflection question or practical task.

Children can take as much time as they feel is appropriate to complete the questions and tasks. There should be no time



pressure or pressure for completeness or perfection.

The module should be fun and empower the children. Thus, it is important that they know that everything is correct in the way they want to work on it. There is no right and no wrong. Everything is allowed to be. Even multiple answers or uncertainties are always okay. It's just important that the child enjoys being involved with themselves and looking inward. Of course, it is also possible to do the same exercise several times - new ideas and perspectives can emerge.

Children may need guidance during this module. The module can be completed together, in the family or in the classroom, which strengthens the relationship between adults and children. In doing so, the adult learns something about the child, but also about him/herself, which can also be very exciting.

Sometimes the child only needs selective support when filling out the form. Above all, it is important that the child is supported and feels safe if he or she feels overwhelmed or sad at any point.

STRUCTURE "THAT'S ME"

This digital self-learning module guides children and teens through 5 life-relevant topics:

Kindness:

Here's how to develop compassion for yourself and others.

Happy Moments:

In this module, children find what they are grateful for and what they are happy about.



About me:

With these exercises and questions, children and adolescents can discover themselves and become aware of their inner selves.

Emotional jungle:

In this module, children learn to understand and deal with their feelings.

Good-to-Me:

Here, children and adolescents learn strategies for self-care.

At the beginning, children are asked daily how they are currently feeling. The module ends each day with a quote or tip of the day.

We wish you an exciting and enjoyable time together with the children. If you have any further questions or ideas, please do not hesitate to contact us at info@pen-paper-peace.org .