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swedish → material

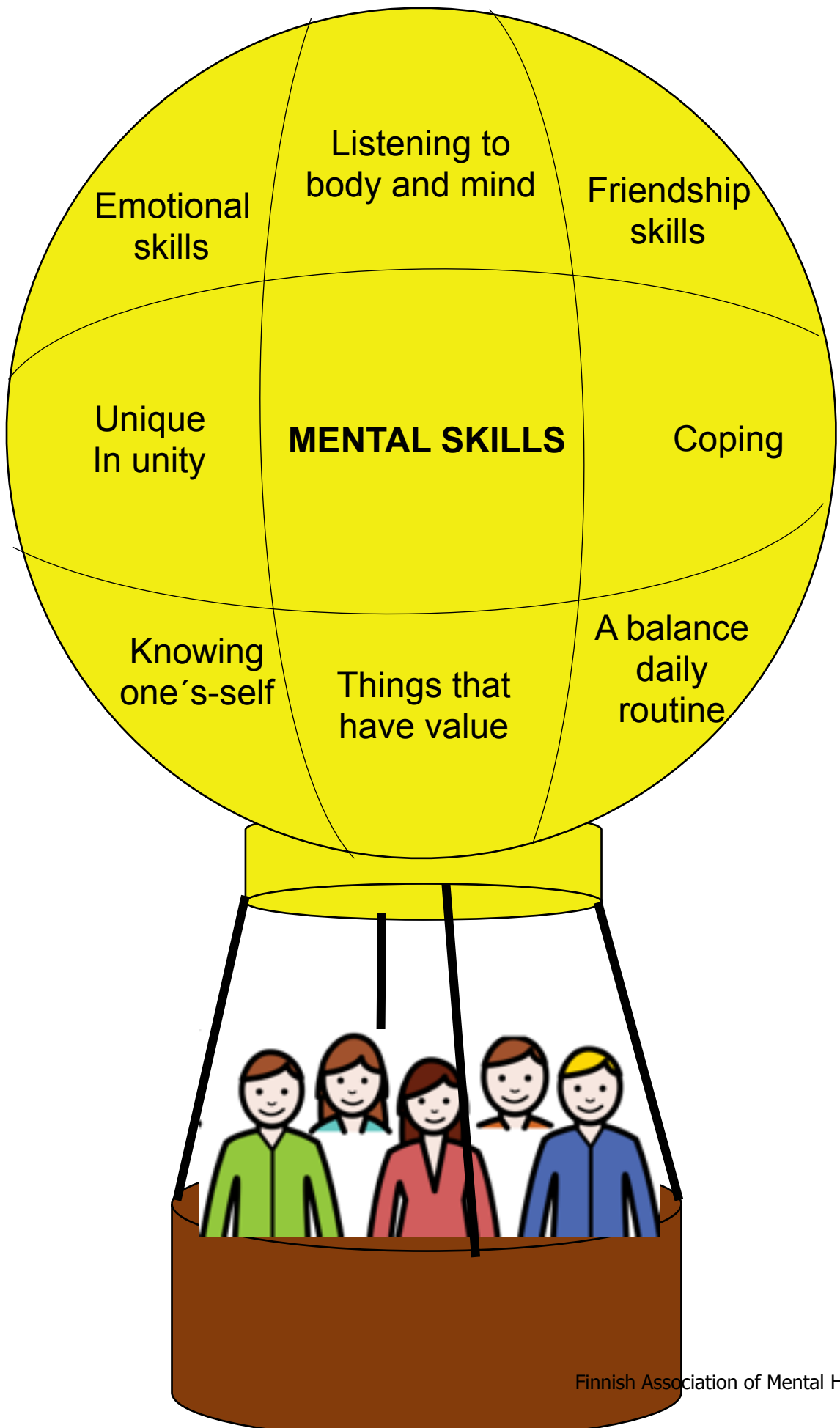
english → materials



HYVÄÄ MIELTÄ YHDESSÄ

# I can! - workshop

# IN GOOD MOOD TOGETHER



# What matters most...



... is how you see your self.

# Self-esteem and Self-knowledge

## How can a teacher help his/her pupils to build positive self-esteem?

- Learn to **know** your pupil. Become aware of his/her temperament.
- Learn to **know** yourself. What kind of adult do you want to be to your pupils?
- Show **respect** to your pupils. **Listen** to what they have to say.
- You can't and you **don't** need to **protect** your pupils from all disappointments.
- **Encourage** and praise your pupils every day.
- Give your pupils tasks that they can accomplish to ensure **success**.
- Don't be afraid of **admitting** your own imperfection.
- Teach your pupils that **all feelings** are ok. Crying is alright, too.
- Be strict about matters concerning **safety**.
- **Accept** also your own feelings and bad moments.
- **Foster** a safe learning environment and team spirit in your classroom every day.

## **SELF ESTEEM**

- feeling that you are good and important to others
- trusting that you can and will make it
- believing that disappointments can be overcome
- ability to appreciate also others




I can!



We'll get through this!



I am important!



Aren't you gifted!

# What are you like? What is your totem pole like?

EMOTIONAL  
ELEPHANT



COOL-HEADED  
EAGLE



ADAPTABLE  
CAMELEON



LOYAL TO HIS WAYS  
BEAVER



BEAMING  
ALBATROSS



UNSOCIABLE  
BAT



JAZZY  
WEASEL



LAIID-BACK  
KOALA



SHY  
HEDGEHOG



CHUMMY  
DOG



PERSISTENT  
ANT



BUSTLING  
FROG



SENSITIVE  
CAT



COOL  
FISH



# ESIMERKKITOTEEMI

"OLEN TUNTEELLINEN JA UJO. TYKKÄÄN TEHDÄ ASIOITA OMASSA TAHDISSANI.  
OLEN HERKKÄ TEKEMÄÄN HAVAINTOJA, HUOMAAN TUOKSUT JA ÄÄNET.  
EN MIELELLÄNI KESKITY YHTEEN TEHTÄVÄÄN KOVIN PITKÄKSI AJAKA.  
TOTEEMIPAAJUNI NÄYTTÄISI TÄLTÄ:"

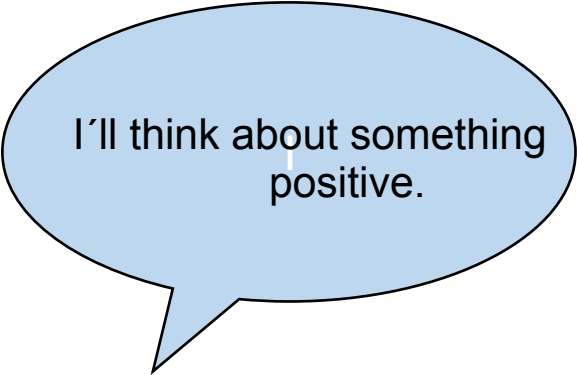
I am sensitive and shy. I like to do things at my own pace. I prefer not to concentrate on one task for a very long time. My totem pole would look like this.






## THE ABILITY TO CONTROL ONE'S EMOTIONS

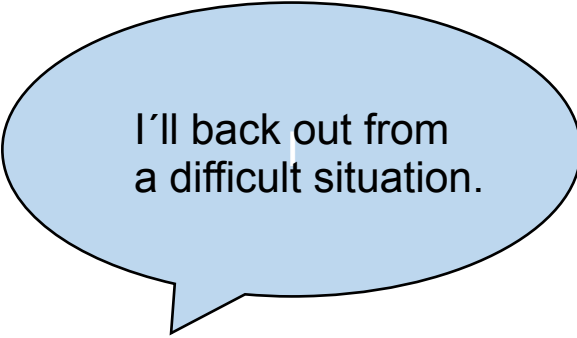
- the ability to control one's own emotion
- skills to enforce and produce positive feelings
- the ability to restrain own behavior



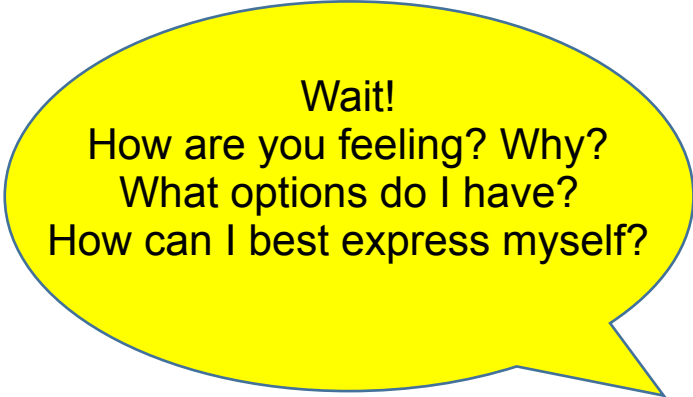
I'll think about something positive.



Stop!  
Take a deep breath  
and count to ten.

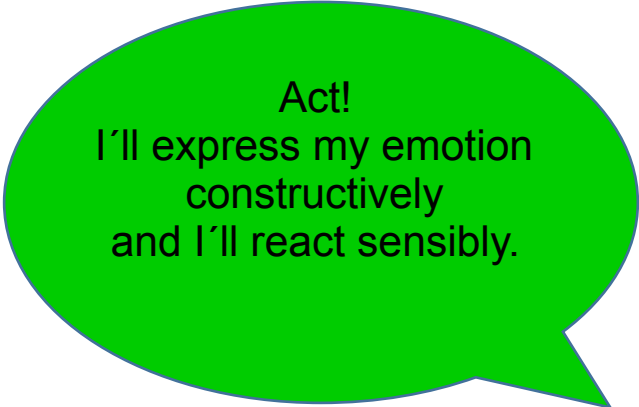


I'll back out from  
a difficult situation.



Wait!  
How are you feeling? Why?  
What options do I have?  
How can I best express myself?

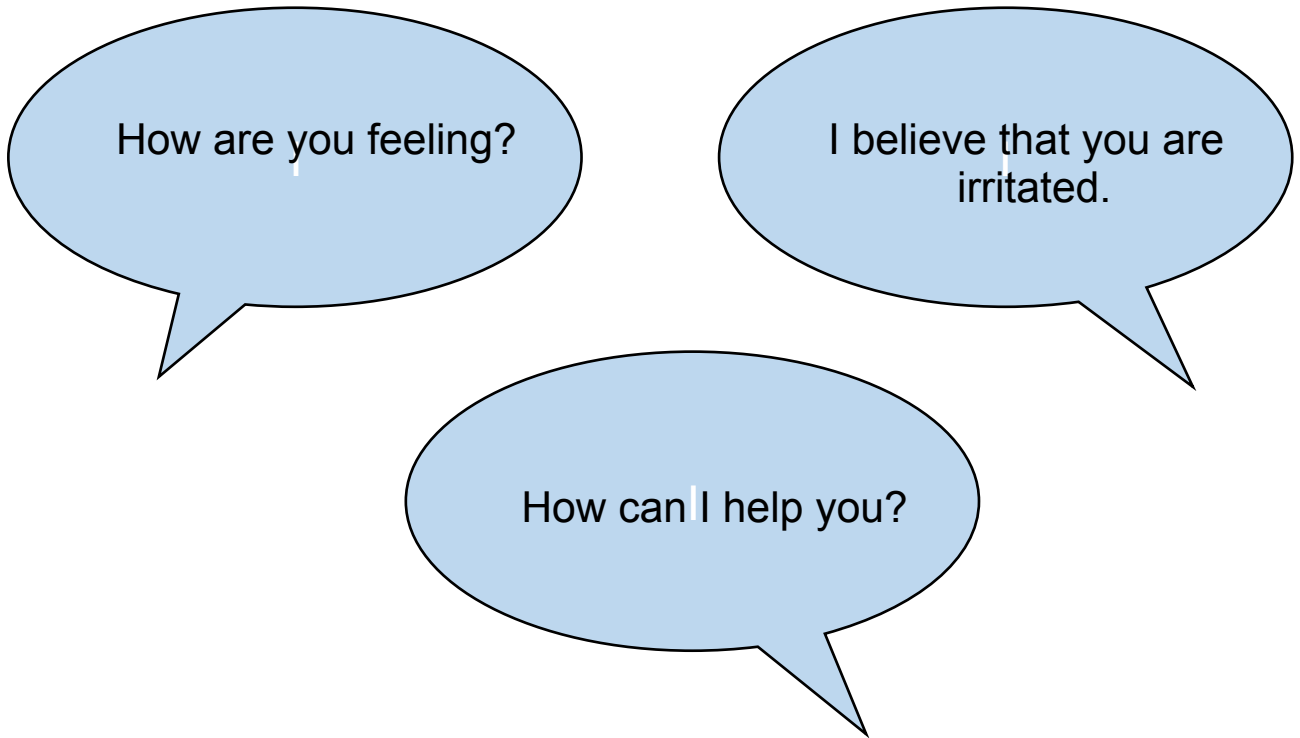
- All emotions will pass.
- All emotions are allowed.
- Don't suppress your emotions.



Act!  
I'll express my emotion  
constructively  
and I'll react sensibly.

## EMPATHY

- the ability to detect somebody else's emotions
- the ability to show empathy to another



### Empathy can be expressed through

- listening
- helping
- comforting
- encouraging

### A good listener

- looks at the speaker
- concentrates on listening
- tries to understand
- doublechecks that you've understood both content and feeling
- encourages by making additional questions

Things you can  
control yourself

# HAND OF MENTAL WELLBEING

## FOOD AND EATING HABITS

- What did you eat during the day?
- Did you enjoy a healthy snack every now and then?
- Who did you share your mealtimes with?
- Were you able to enjoy your meals at leisure or did you have to hurry?

## SLEEP AND REST

- What time did you go to bed?
- Did you get enough sleep?
- Did you sleep well?
- Did you wake up feeling fresh and rested?
- Were you able to take it easy during the day?
- Did you have enough time to relax and rest?

## PERSONAL RELATIONSHIPS AND EMOTIONS

- Who did you meet today?
- What activities did you do with your family?
- How did you feel during the day?
- Did you share those feelings with someone?
- Did you have time to listen to a friend?
- What made you happy or sad?



DAILY  
ACTIVITIES

## EXERCISE AND SHARED ACTIVITIES

- What type of activities did you do during the day?
- Did you have somebody join you?
- What type of exercise do you like best?
- How does exercise make you feel?

## HOBBIES AND CREATIVITY

- What kind of fun things did you do?
- Did you do something creative?
- What kind of hobbies make you feel great?
- What do you find beautiful?
- How long did you spend watching TV or using the computer?
- Did you have somebody join you in these activities?

## PERSONAL VALUES AND DAILY CHOICES IN VARIOUS SITUATIONS

- What kind of choices did you make that made you feel good?
- What do you value and consider important in your own life?

**mieli**

The Finnish Association  
for Mental Health

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Getting to know  
your emotions

# WINDMILL OF EMOTIONS



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