



## "HOW DO OTHERS SEE ME?"

<b>Target group:</b> Children between 8 and 12 years old (Primary Education)	
<b>Method</b> EMOTIONAL INTELLIGENCE activity	<b>Required time</b> 60 minutes
<b>Background information for the teaching session:</b> <ul style="list-style-type: none"><li>• Consider each person as unique and special, respecting and welcoming differences.</li><li>• Respect the qualities of others.</li><li>• Gain confidence in one's abilities.</li></ul>	
<b>Learning Outcomes:</b> <ul style="list-style-type: none"><li>• Being able to express yourself and express emotions.</li><li>• Learning to listen to each other.</li><li>• Learning to live together. Based on non-violent education (NVC)</li></ul>	
<b>Short description of the lesson:</b> <p>When we talk about other people, we describe the positive and negative aspects, but it is essential to do so with respect. However, sometimes we forget to give more importance to the positive aspects of others and ourselves. With this activity, children will learn to identify and value the abilities and qualities of others, as well as their own.</p>	
<b>Equipment needed:</b> (describe concretely what equipment will be required at the lesson) <ul style="list-style-type: none"><li>• Computer and a projector</li><li>• A bag (for the cards)</li><li>• Cards with the names of the students (on each card, one name).</li><li>• Card size colored cardboard.</li><li>• Pens, markers, etc.</li></ul>	



- Different materials to decorate (ribbons, stickers, shapes, etc.)

**How to use:** (describe concretely how to use the method)

1. In a bag, we will put the cards with the names of all the students we have previously prepared.
2. Each student will take a card out of the bag without their partner seeing it. If they take their name, they have to go back to leave it and take another.
3. Each student will choose cardboard of any color and write a positive message about the classmate they have on the card. The message will consist of answers to the following questions about that person:
  - What do you like about that partner?
  - What things are they good at?
  - Congratulate them on something.
4. Students should put their name on the card along with the message to show clearly who wrote it. In addition, we will give them the opportunity to decorate the message card with different materials which we will provide.
5. Then, the students will fold the message and put the classmate's name to whom it is addressed on the back.
6. Each student will put their messages in the bag.
7. After collecting all the writing, the students sit on the floor in a circle.
8. The teacher will take out the messages one by one and give them to the student to whom it is addressed.
9. Students will decide if they want to read the message privately or share it with the group. The times and feelings of the students will be respected so that everyone feels important, unique, and understood.
10. Students will be given the option to approach the person who has written the message and discuss it among themselves.
11. To complete, there will be a reflection at the individual level through a questionnaire that will be passed to the students. On the other hand, we will give them the opportunity to share a comment or reflection in the group about how they have felt or what has surprised them.

**Additional information** (pictures, links, forms, etc.)

Questionnaire for reflection.