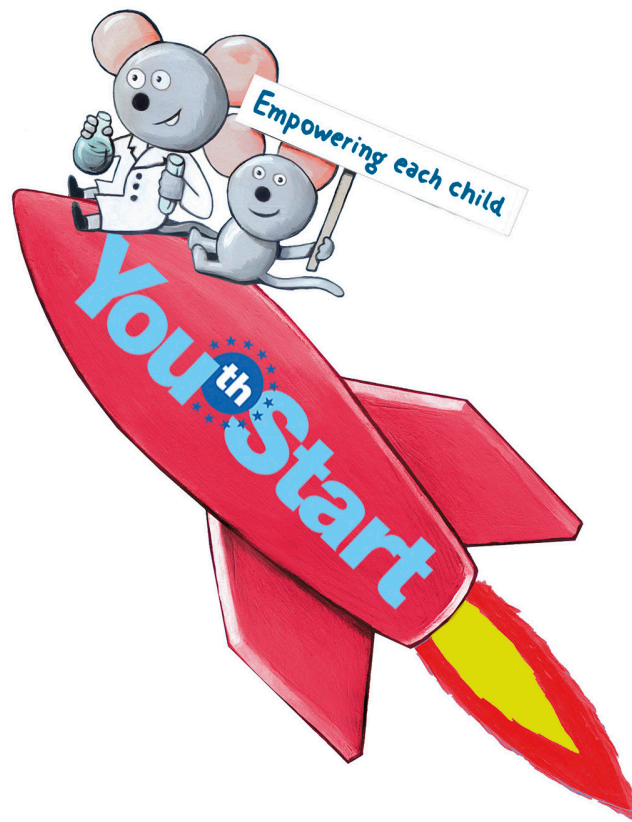




A1 Be A YES Chal-
Concentrate on what is
good for you!

Student Manual



Ingrid Teufel (with Eva Jambor)

All Challenges of level A1 are also available in a printed version in German. You can find them at www.jedeskindstärken.at (Jedes Kind stärken, volume 1 - 4).



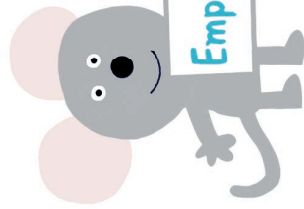
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Bildung, Wissenschaft
und Forschung



KIRCHLICHE
PÄDAGOGISCHE
HOCHSCHULE
WIEN/KREMS





Empowering each child



with the Youth Start Entrepreneurial Challenges Programme

LET'S DEVELOP
AND IMPLEMENT YOUR IDEAS!

DON'T BE AFRAID TO TRY NEW THINGS!
ALSO ENCOURAGE OTHERS!

USE YOUR IDEAS
TO HELP OTHER PEOPLE!



IDEA CHALLENGE
Get your ideas moving forward!
Let's create value!


☐ ☐


HERO CHALLENGE
You're my role model


☐



EMPATHY CHALLENGE
My feelings –
Your feelings


☐


STORYTELLING CHALLENGE
Creative storytelling


☐




BUDDY CHALLENGE
Empower others!


☐


MY COMMUNITY CHALLENGE
Solving problems together


☐


MY PERSONAL CHALLENGE
What's it worth?


☐


LEMONADE STAND CHALLENGE
Selling is fun


☐


PERSPECTIVES CHALLENGE
Tracking 20 Euros


☐


TRASH VALUE CHALLENGE
Recycling adds value


☐


OPEN DOOR CHALLENGE
Discovering clues


☐


DEBATE CHALLENGE
Let's talk to each other!


☐


REAL MARKET CHALLENGE
Becoming a "junior manager"


☐




START YOUR PROJECT CHALLENGE
I'm off to a flying start!


☐




EXTREME CHALLENGE
Assessing oneself


☐



BE A YES CHALLENGE
This is good for me


☐


EXPERT CHALLENGE
Learning holistic learning


☐


VOLUNTEER CHALLENGE
I can volunteer


☐


The Youth Start Programme "Empowering each child" promotes the self-initiative and entrepreneurial spirit of children at the primary school level. All teaching materials are available at www.youthstart.eu. A mindfulness programme with video clips is provided in the "Mind & Body" section.



Challenges with a **yellow icon** instruct the children in entrepreneurial thinking and acting. **Pink** stands for personal development: these challenges focus on empathy, teamwork and self-confidence. **Green icons** indicate that social competences are trained: the children learn to assume responsibility for themselves, others and the environment.

Empowering each child ...

... refers to the title, the goal and the content of a practise-oriented, holistic learning programme which was developed for **primary school children**.

Bigger and smaller challenges form the key element of the programme. They function as learning prompts from three key areas that play an important role in empowering our children:

- entrepreneurial thinking and acting,
- personal development and
- social commitment.

Each key area is assigned a different colour to help differentiate between them. A diagram of the entire programme is included on the previous page.



Empowering each child is part of the „Youth Start Entrepreneurial Challenges“ Programme, which aims to foster personal initiative and the entrepreneurial spirit of young people. It was developed in Austria for both primary and secondary school students, and it has been translated into six languages.

The objective of the **A1 Be A YES Challenge** under the slogan „*Concentrate on what is good for you!*“ is to enable the students at the end of the challenge to say “Yes” to themselves and their environment and to have a positive attitude towards themselves and life in general.

The challenge is based on scientific findings in the field of positive psychology – the study of factors that lead to a successful and purposeful life. Relevant background information on the exercises is included in the article *From Positive Psychology to “Positive Pedagogy”*, which forms part of the additional materials for teachers.

This challenge can and is meant to be used over the course of **multiple school years**. By working on the challenge, each child develops his/her **individual strengths and happiness portfolio** during primary school: The exercises and games enable the children to learn more about themselves, recognise their strengths and learn about what elicits happiness. They play “happiness games” and agree on rules on how to live together peacefully. Finally, they are invited to reflect on and to discuss the challenge and to determine personal learning objectives.

The additional materials for teachers contain explanations of the exercises, copy templates, and a **Strengths Treasure Hunt**, which was developed by the author Ingrid Teufel for the initiative “Jedes Kind” (“Each child”, www.jedeskind.org) as an inspiration for a number of projects focusing on personal strengths that extend over different subjects and classes.

The „Youth Start Entrepreneurial Challenges“ Programme supports children in developing their potential.

This was proven by a scientific field study which was carried out from 2015 to 2018 in Austria, Slovenia, Portugal and Luxembourg with about 30,000 children and teenagers. The research results demonstrate that by working with the programme in primary school, the children's self-esteem is improved and teamwork, creativity and lateral thinking are fostered. The children learn empathic communication and how to be sensitive to their own and others' needs, and they improve their vocabulary.

We wish each child working on this challenge to experience a joyful quest uncovering their personal strengths as they strive to lead a life of fulfilment!

Eva Jambor and Johannes Lindner, editors

www.ifte.at | www.youthstart.eu










Be A YES Challenge

Concentrate on what is good for you!

Saying YES to yourself and those around you – this is what you learn in the *Be A YES Challenge*.

Explanatory video: www.youthstartchallenges.eu/A1BeAYesEN

7 steps to the finish line:






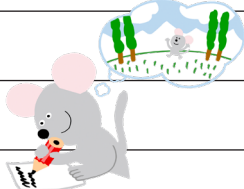


- | | | |
|---|---|---------|
|  | 1 Getting to know myself | page 6 |
|  | 2 Going on a treasure hunt for my strengths | page 10 |
|  | 3 Learning what makes me happy | page 15 |
|  | 4 Training happiness | page 27 |
|  | 5 Playing happiness games | page 32 |
|  | 6 Getting along well together | page 37 |
|  | 7 Thinking things over | page 45 |



I can say “yes”
to myself and those around me.



1 How much do you enjoy the following activities?

Colour in the box below the appropriate smiley.				
Looking after plants				
Reading 				
Learning another language				
Acting				
Singing and making music				
Finding out new things on the computer				
Drawing and painting				
Making up and telling stories				
Listening to music 				
Writing				
Thinking about questions				
Solving puzzles				
Exercising 				
Cooking and baking				
Doing maths				
Dancing				
Doing crafts 				
And what else?				



Start this chapter with the "Happiness Corner Game" contained in the Teacher Guide.

How well do you know yourself? 2

This makes me happy:



This makes me cheerful:

This makes me content:



This makes me calm:

This makes me excited:



This makes me thankful:

This makes me unhappy:



This makes me angry:

This makes me anxious:

This makes me sad:



This makes me nervous:



3 Relaxation, calm, peace, quiet – do you enjoy this too?

What's the best way for you to relax?

Where is the best place to find calm?

How does relaxation feel in your body?

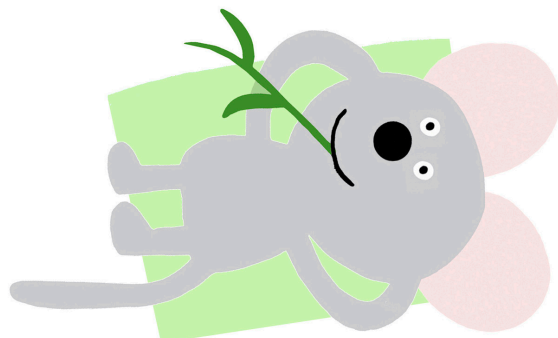
How does it change your breathing?




Tell others about how you like to relax.



Draw a relaxation poster together with other children.



How do you feel when ... 4

Colour in the box below the appropriate smiley.		
... someone is helping you?		
... you are helping others?		
... someone takes something from you?		
... you take something from someone?		
... someone pushes you?		
... you push someone?		
... there is a lot of noise?		
... you are making a lot of noise?		
... someone talks badly about you?		
... you talk badly about someone?		
... you are interrupted while you are working?		
... you interrupt someone while they are working?		
... people are friendly to you?		
... you are friendly to others?		
... someone screams at you?		
... you scream at someone?		
... you feel that others don't like you?		
... you make others feel that you don't like them?		



1 My Strengths-ABC



- Write down these adjectives in your Strengths-ABC List.
All the words beginning with the same letter go in one line:

diligent, helpful, modest, reliable, attentive, friendly,
independent, witty, sensitive, cheerful, talented, strong,
good-natured, intelligent, creative, caring, curious, tidy, just,
thoughtful, thrifty, considerate, imaginative, easy-going, sporty,
peaceful, fair, confident, loveable, ambitious, optimistic, open,
calm, disciplined, clever, respectful, dependable, inventive,
affectionate, happy, smart, interested, warm, prudent, capable,
patient, thankful, responsible, popular, honest, funny, mindful,
brave, humorous, positive, lively, shrewd, persistent



- Read through the ABC List.
If you don't know a word, ask what it means!



- Think about which of your characteristics others like about you.
Look for them in the ABC List. If you are missing some, add them to the list.



- Next, circle YOUR good characteristics:
RED: Strengths you have.
GREEN: Strengths you want to work on.



My Strengths-ABC List

a	
b	
c	
d	
e	
f	
g	
h	
i	
j	
k	
l	
m	
n	
o	
p	
qu	
r	
s	
t	
u	
v	
w	
x	
y	
z	



2 My talents – this comes easily to me!

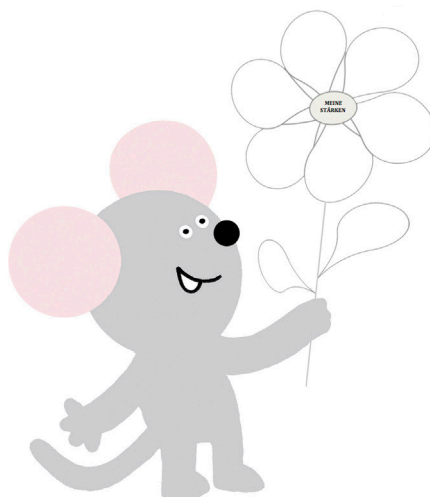


Write down the things that come easily to you and that you are good at. The words in the box below written in “small print” may give you some ideas.

My talents ...

Ideas in “small print”:

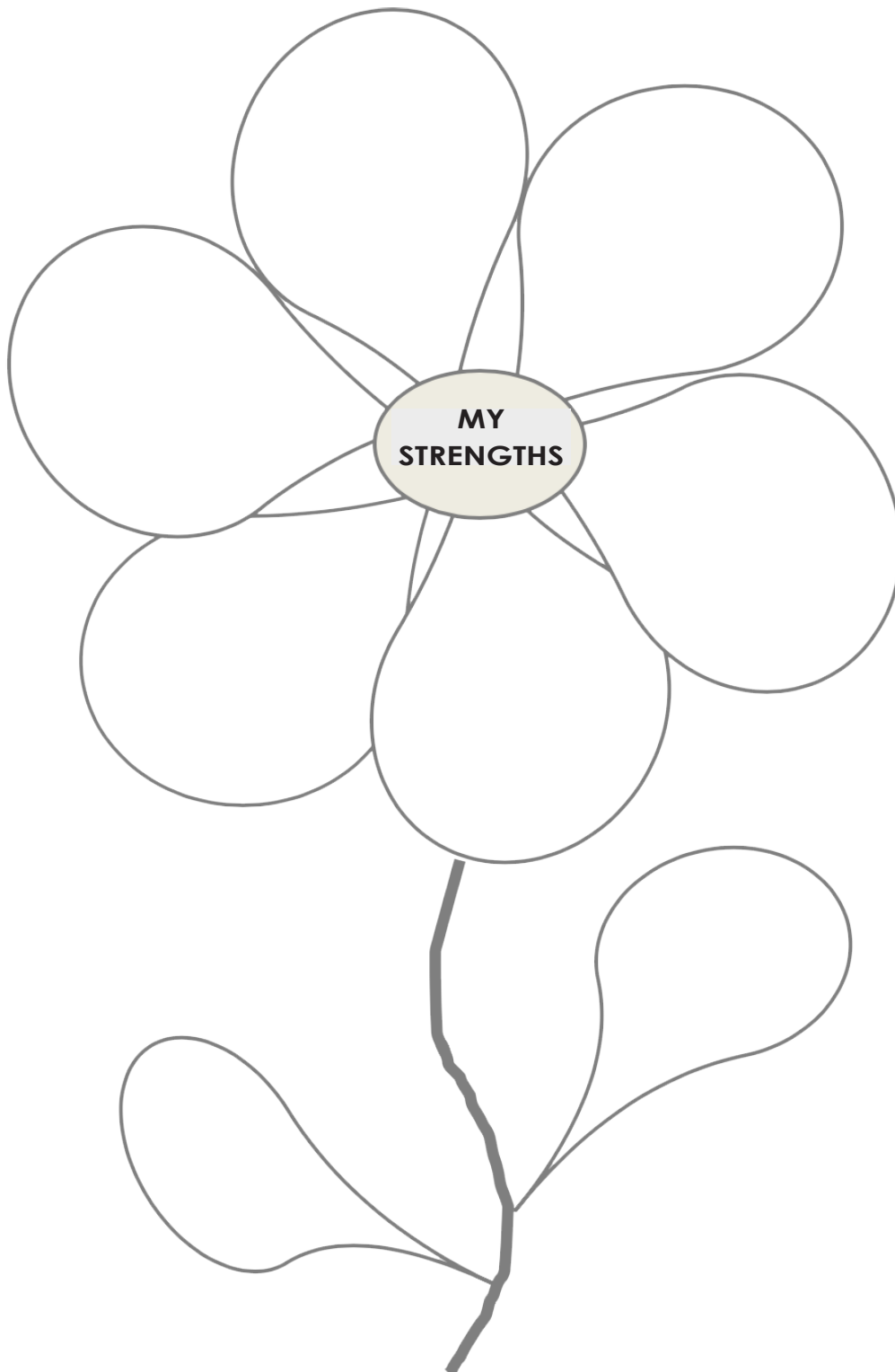
empathising with others, always being aware, working well, tidying up after myself, laughing, being happy, exercising, swimming, reading, painting and drawing, writing neatly, writing stories, doing maths, having good ideas, singing, dancing, making music, thinking, making up games, making others happy, working as a team with others, helping someone...





My “I CAN DO THAT” Flower 3

Now you'll already know some of your strengths. Write them into the petals of your “I CAN DO THAT” Flower. Make your flower look really pretty.





4 My strengths in the future



Think about your special ABILITIES, STRENGTHS and TALENTS. Is there something you'd like to be better at?

Close your eyes and imagine yourself in the future:

What do you feel if you can do it?

What do you see?

What do you hear?

What do you smell?

What can you feel with your hands and feet?

Think once more about everything you have just experienced in your imagination and then open your eyes.



Draw here or on a separate sheet the beautiful picture from your imagination.

It shows the strengths you will have in the future.



You'll find ideas for strengths projects in the Teachers' Handbook. Ask about them!

Learning what makes me happy 1

What are you thankful for? You can't think of anything straight away? Then imagine you are living in a very poor country, where people don't have enough to eat and there is no clean water. Or even in a country where there is war. What would you be thankful for then?

There is definitely a lot you can be thankful for. And if you know what it is you are thankful for, you will surely feel happier and more content straight away.

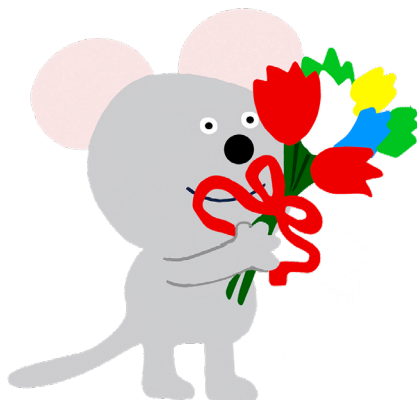
How thankful are you for your life? Colour in the box on the happiness scale that corresponds to how you feel between 0 (= not at all) and 10 (= very).



0									10
---	--	--	--	--	--	--	--	--	----

What are you thankful for? Don't only think about "big" things.

WHO are you thankful to and WHAT FOR?



Say thank you to the people you are thankful to.



Either write a thankfulness letter or a thankfulness card or make a thankfulness visit. You will see that this will make you very happy.



2 Helping others makes you happy

There are many situations at school in which we can help each other. Make sure that you are sensitive and caring when you help others.

When someone helps you, say "thank you".

Always bear in mind:

Helping others and being thankful makes you happy!



When have you helped others?

Why did you help them?

What have others helped you with?



Think about this together: When can you help others? How can you make life in class better together? Write down your ideas.



Make a "Thank You Poster" together. Attach notes to your poster that say WHO thanks WHOM and WHAT FOR.



Mindful eating makes you happy **3**

Lia and Leo are really looking forward to the next break. Leo has made his special sandwich for both of them: wholemeal bread with cream cheese and strips of pepper. Yummy!

Lia is hungry and greedily devours her sandwich without enjoying it. She doesn't realise that she is actually already full. So she also eats a doughnut and some crisps.

Leo, on the other hand, enjoys every mouthful. He chews properly and really savours the taste. When he has finished his sandwich, he feels full, fit and refreshed. How does Lia feel?

How do you eat? More like Lia or Leo?

Who enjoys their food more?

Who feels fit after eating? Who feels tired and flat after eating?

What have you eaten too quickly and too much of – and how did you feel afterwards?

Draw with a pencil what it is you eat and drink often. Colour in the things that make you fit and healthy.



Keep in mind:

- Fruit and vegetables have lots of vitamins.
- Water is much healthier than sweetened drinks.
- Burgers and other fast food dull your taste buds because they are heavily seasoned. This makes you crave them more and more, and makes you find vegetables and other healthier foods boring.
- If you eat very quickly, you don't realise that you are already full. This makes you eat too much, which makes you put on weight.





4 Being in a good mood makes you happy

There are days when you are in a very good mood. But there are also days when you are in a bad mood. This bad mood acts like grey-tinted glasses and you notice (nearly) only the things that make your bad mood even worse. This is completely normal.

Think about what you can do to improve your mood on “bad days”. A “Good Mood List” can help.

What puts you in a bad mood?

What puts you in a good mood?

What can you do to help if someone else is in a bad mood?



Put together your best “good mood” tricks with others.

Write down your best tips and tricks on a large “Good Mood Poster” and hang it up in class.

You will be surprised how many good ideas you can come up with together.



Being friendly makes you happy 5

Do you know the feeling? Someone is unfriendly to you, you get angry, and it is very, very hard for you to stay friendly.

Stay calm and keep in mind that unfriendly people may be acting that way because they are unhappy. Unfortunately, they cannot handle their anger very well and let it out on others. But you can help them. Stay patient, show understanding and infect others with your calmness and friendliness.

It may be that you won't be able to do this straight away. Stay friendly anyway.

Colour in the appropriate box on the happiness scale between 0 (= never) and 10 (= always).



Are you easily affected by someone else's bad mood?

0										10
---	--	--	--	--	--	--	--	--	--	----

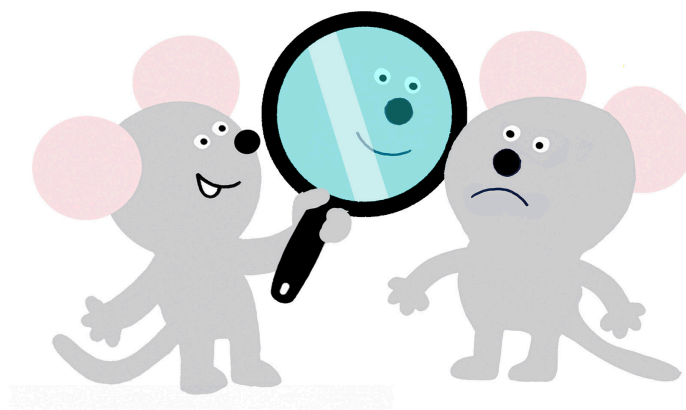
Do you stay calm and friendly even if someone annoys you?

0										10
---	--	--	--	--	--	--	--	--	--	----

Imagine a situation in which you manage to pull yourself together and stay in a good mood even though someone annoys you. You do not let them infect you with their bad mood and stay friendly.



Tell others this "happiness story".





6 Staying calm makes you happy

Tanya and Tony make a great team at school. Both are smart, curious and overjoyed if they do well at something.

Tony is sometimes so hyper that he becomes hectic. Then he makes a lot of mistakes. Tanya, on the other hand, always stays calm and collected. If she gives Tony good advice, such as "don't be so hectic", he gets upset – and how! Secretly, he knows Tanya is right, though, and is working on staying calm.

How does Tony do that?

Well, he counts from 30 down to 20. (Sometimes, it even takes him counting down from 30 to 1.) This allows him to slowly calm down and to avoid reacting rashly. Sometimes, it also helps him to simply take a few deep breaths.

When do you become hectic and nervous?

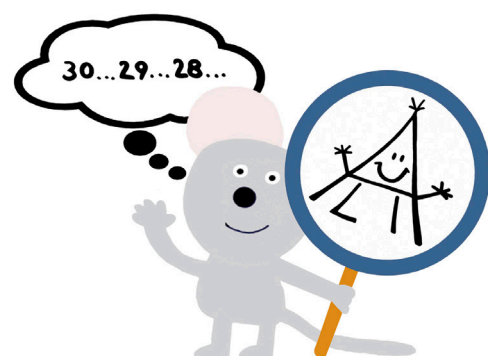
What is likely to happen to you when you are hectic?

What can you do to calm down?



Re-read the text (in the box above).

Think about whether you are more like Tanya or Tony.

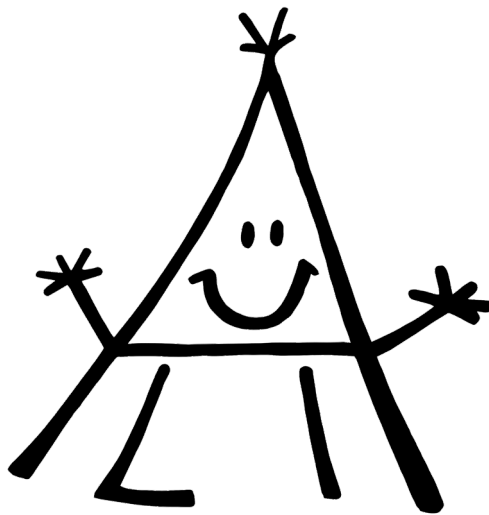


ALI helps you stay calm and collected **7**

Do you know someone who is often hectic and in a bad mood? Do you also feel stressed sometimes – or even often?

Then it is especially important to train how to stay calm and collected in stressful situations. Only then can you avoid reacting rashly, something that may harm you or others.

ALI is happy to help you with this.



ALI

is a smart little creature and a great friend to have. ALI can help you be just as smart. How?

Whenever you can't think straight and feel like "exploding", remember ALI's magic:

AIR (Take a deep breath!)

LAUGHTER (Smile!)

INNER PEACE (Pause and think!)



8 Encouraging someone makes you happy

Jana has been sick and has missed several weeks of school. When she returns, she has a lot to catch up on and is faced with a massive “backlog” of homework. She is discouraged and thinks she will never get it done.

Her friend Leni, however, helps her and encourages her: “You know what, we are going to make a plan together how much you can get done every day, step by step.”

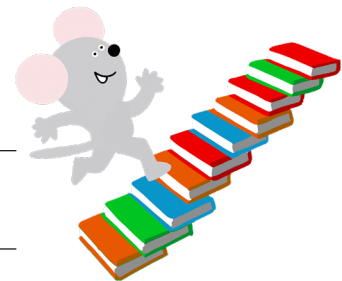
This helps Jana a lot. She no longer sees the great mountain of work, but only small, individual tasks that she can manage. Leni encouraged her not to give up.

Have you ever been discouraged?



How did you manage to take courage again?

Have you ever encouraged someone? How?



Together, think of encouraging and discouraging sentences. The encouraging ones help you get through difficult situations and to carry on.

Write them down in your most beautiful handwriting on a piece of drawing paper and decorate it. The drawings can be hung up in class or outside to encourage other children.

Not giving up pays off and makes you happy 9

Wilma hasn't had much success of late. Willi, on the other hand, is more and more successful.

What is going on here?

1. Willi is always lucky and Wilma always unlucky.
2. Willi keeps going if something doesn't work out straight away.
3. Wilma gives up if something doesn't work out straight away.

Which two answers do you think are correct?

Write down the numbers of the two correct answers: _____

Do you know someone who keeps going even if something is hard? Who is your role model with this?

In which situations do you keep going?

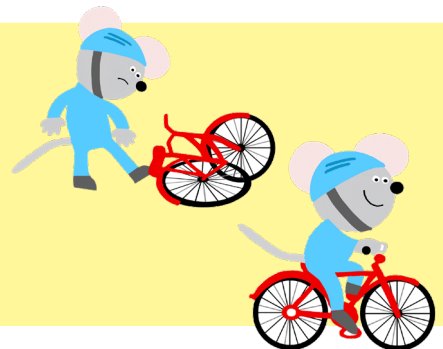
In which situation will you carry on next time and keep trying?

Read this text together with another child:

Some people are discouraged by mistakes.

But mistakes can be our friends.

Why? Because they tell us what to practice and learn next. Isn't it great when you find out (almost) by yourself how to get better?




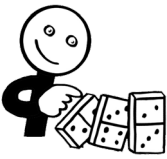

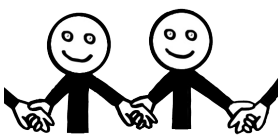

What does this mean? Talk to the other child about this.



10 This makes me happy when I ...

... think about it:		
... do it:		
... see it:		
... hear it:		
... taste it:		
... smell it:		
... feel it:		
... make others happy with it:		
... am together with others:		
... have done it:		

Collect moments of happiness 11

<p>What have I learnt of late?</p> 	
<p>What were my successes?</p> 	
<p>I was thankful for this:</p> 	
<p>I could help others with this:</p> 	
<p>I was able to “infect” others with this:</p> 	
<p>I was happy to spend time with this person because:</p> 	



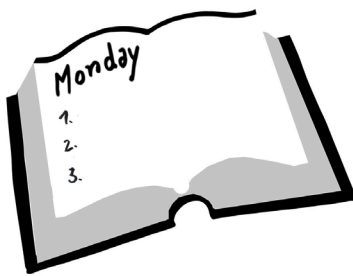
12 Happiness diary



- Take a notebook and make it into your own happiness diary. Place it next to your bed with one of your favourite pens.

Every night, write down or draw at least three moments of happiness in your happiness diary:

- What nice things did you experience?
- Who were you able to do something good for?
- What were you good at?
- What were you pleased with?
- What are you thankful for?



It doesn't matter if they are three big or small things. What matters is that you learn to become aware of your happiness moments. This will make you more and more thankful, content and happy.

Your happiness diary is a really magical book.



- Read it when you are a bit down. You'll see that you will quickly feel better.



- At www.youthstart.eu, in the section "Mind & Body", you will find a short video that tells the story of the "Beans of Bliss". Like the happiness diary, it helps you recall the happy moments of your day.

The Chinese symbol for happiness 1

What does this symbol look like? What do you see?



Learn to recognise this symbol and to write it.

Think about what helps you memorise something:

- Looking at it closely and then playing the image back in your head
- Listening closely and then playing it back in your head
- Through movement and “rhythm”

Practise drawing the Chinese symbol for happiness from memory.
Do it in the way that is easiest for you.



This short exercise will help you concentrate:



Stand up, keep your back straight and put your hands on your hips. Tilt your head backwards as far as possible while breathing in deeply. Then tilt your head forwards pulling it towards your chest while breathing out. Relax and start from the beginning. Repeat the exercise ten times.

Find the short video “Neck Exercise” and other videos for “Activate & Concentrate” in the section “Mind & Body” at www.youthstart.eu).



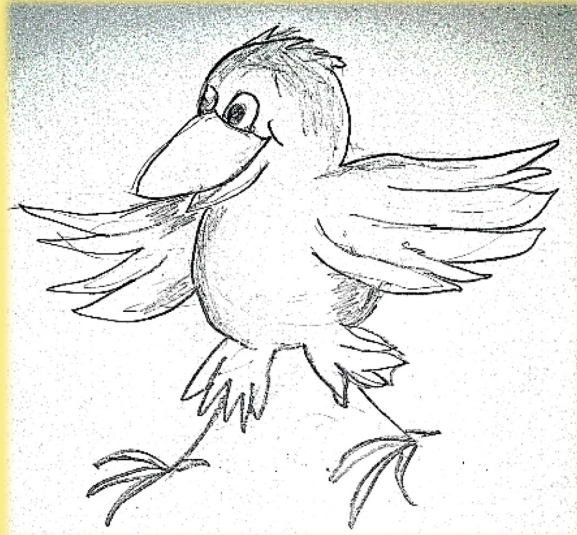
2 Rudy, the Lucky Raven

Once upon a time, there was a raven named Rudy. He was tired of him and his friends always being called “unlucky ravens”. This is why he decided to be a happy “lucky raven”.

He smiled at others and helped out wherever he could.

Soon, everyone was always happy to see Rudy and to hear his croak, which sounded like a merry laugh. He infected everyone with his good mood and helpfulness.

Since the others were now also in a good mood, they treated each other with more kindness and had a lot of fun together.



This is how easy it is for an unlucky raven to become a lucky one. You only have to be prepared to work on your happiness. Why not try it for yourself?



Create your own “lucky raven” pictures!

You'll need:

- a cut-out of a raven made from black paper, fabric, leather, etc.
- a small twig
- a background onto which you can paste your raven and twig. This may be a large, colourful picture from a magazine, wrapping paper, coloured drawing paper, etc.



Hold a “lucky raven” exhibition in class or in the hallway. If you add happiness stories or happiness poems to your ravens, your presentation will surely encourage others to think about happiness too.

Write a happiness poem 3

What I Like to Do

1. Lying in the grass and dreaming
2. **this is what I like to do.**
3. Playing and laughing with my friends
4. **this is what I like to do**
5. Doing things that interest me
6. And learning more about them
7. **this is what I like to do**
8. What do you like to do?

This is a poem made up of 8 lines that do not have to rhyme.

The only thing that's important is that one sentence, which relates to the heading, has to be repeated three times, in the 2nd, 4th and 7th line.

Write your own poem with the title "This Makes Me Happy" in beautiful handwriting. Write what comes to your mind and create some drawings to go with your poem.



„This Makes Me Happy“

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



4 Word family happy

happiness	happy	unhappy	make happy
happily	happier	unhappier	made happy
happy ending	happiest	unhappiest	happy memory
Happy holidays	Happy birthday	Happy New Year	happy surprise



Write five sentences using at least one of the words or phrases from the word family “happy” given above. You can also use words from the word family “happy” that are not listed in the table.

1. _____

2. _____

3. _____

4. _____

5. _____

Choose a happiness poem 5

Here are some happiness poems. Which do you like the most? Write it down on a piece of paper and make it look so pretty that you'd like to hang it up in class or at home.



"To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness."

Mary Stuart

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

Buddha

"Just because you are happy it does not mean that the day is perfect but that you have looked beyond its imperfections."

Bob Marley

"The world is so full
of a number of things,
I'm sure we should all
be as happy as kings."

Robert Luis Stevenson



1 Dice game “Identifying and Exercising Your Strengths”

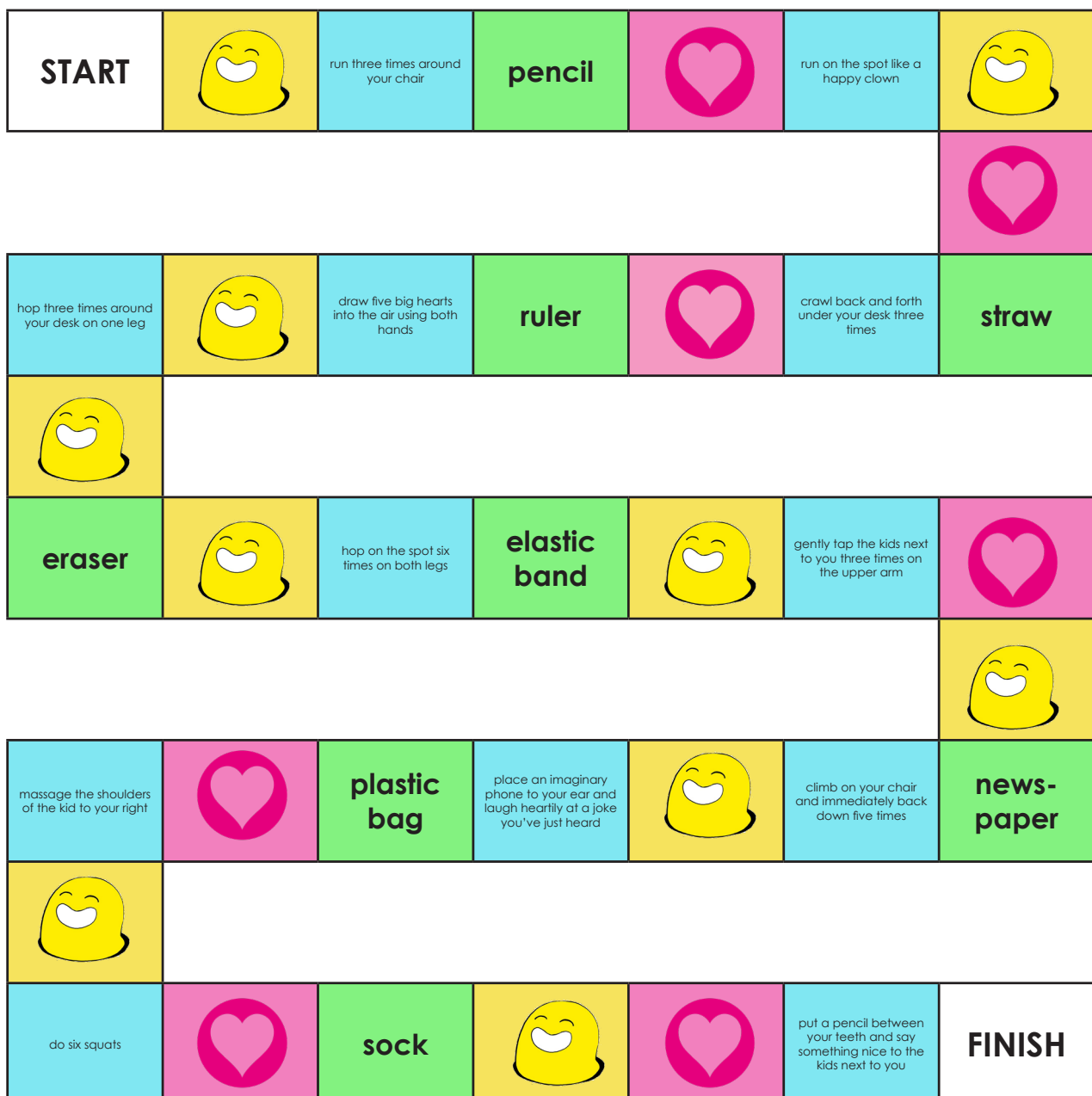
- ✓ Fetch small stones as playing pieces and a die. Place the stones on the START square and roll the die. Advance your stone according to the number on the die. Then act according to the colour or the instruction on the square. The colours mean the following:

YELLOW (humour): Make others laugh.

BLUE (exercise): Follow the instructions given in “small print”.

GREEN (creativity): List the things one can do with that object.

PINK (empathy): Tell others what you like about them.









Dice game “My Resolution for the Day” 2

Fetch a die. Every day, roll the die for your resolution of the day. Think about what it says on the square and resolve to do it.

Talk to others about it.

Think about what you are already good at and what you want to improve.




 <p>We can only reach big goals together.</p>	 <p>Always keep on task with joy and commitment.</p>
 <p>Don't give up when things get difficult.</p>	 <p>Treat everyone with the same respect you wish to be treated with.</p>
 <p>Be happy about the successes of others as if they were your own.</p>	 <p>Be honest – to others as well as to yourself.</p>

The Teachers' Handbook contains the game “Dance into Happiness” – ask about it!

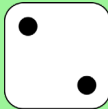






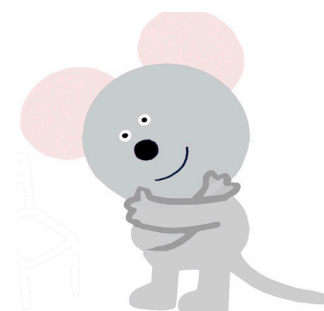
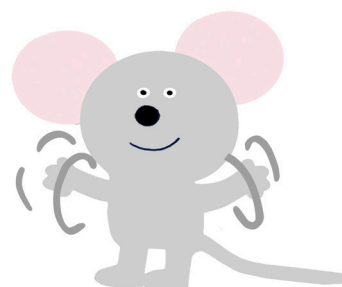
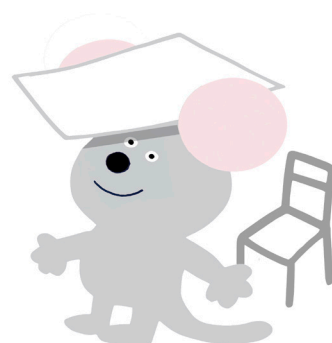
**3 Exercise game**

Fetch a die. Roll the die and then carry out the exercises described for that day.

	Monday	Tuesday	Wednesday
	Do 10 jumping jacks.	Shake your body while counting to 10.	Touch your left knee with your right elbow.
	With your right hand tightly press your left hand.	Support yourself against a wall with your hands and push away from the wall 5 times with your arms.	While standing, twist your upper body alternately towards the right and the left 10 times.
	Only move the right side of your body.	Spread your legs and look through them.	Trace 10 big circles with your arms.
	Massage your left arm with your right hand.	Touch your left foot with your right hand 3 times.	Swing your arms backwards and forwards.
	Touch your left shoulder with your right hand and your right shoulder with your left hand.	March on the spot and lift your knees up 10 times as high as you can.	With your left hand tightly press your right hand.
	Run on the spot while counting to 20.	Only move the lower part of your body and keep the upper part perfectly still.	Fold your hands above your head while standing on one leg. How long can you hold this position?

Additionally, you can also do exercises from other days of the week. The exercise game can also be played at school during breaks. Create a poster together with all the exercises and hang it up in class.

Thursday	Friday	
Jump 10 times on the spot.	Massage your right arm with your left hand.	
Place a piece of paper on your head and walk around your chair 3 times without it falling off.	Touch your right foot 3 times with your left hand.	
Jump sideways 20 times over a pen on the floor without touching it.	Hug yourself affectionately for 10 seconds.	
Turn around yourself 5 times.	Trace 10 big circles with your arms.	
Only move the left side of your body.	Alternately touch your right foot with your left hand and your left foot with your right hand 5 times.	
Do 10 squats.	Deeply breathe in and out 10 times.	





4 ABC-Happiness!



A child says “A” and then silently goes through the alphabet until another child calls out “stop”. The first child then tells the others which letter they stopped at. All the children now look for suitable words beginning with this letter to complete the list below. There is space for two rounds.

This makes me happy when I ...		1 st letter	2 nd letter
... think about it:			
... do it:			
... see it:			
... hear it:			
... taste it:			
... smell it:			
... feel it:			
... make others happy with it:			
... am together with others:			
... have done it:			

Getting to know others well 1

Find a child that you would like to get to know better. Do an interview with them. Write down the answers here.



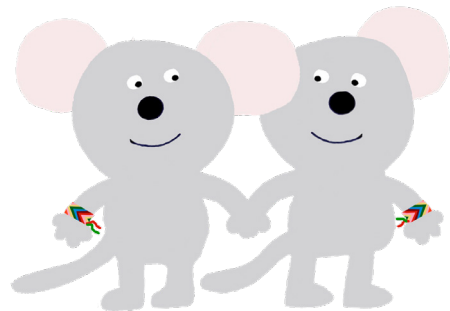
Name of the child: _____

Age: _____ Date: _____

What is your favourite game?

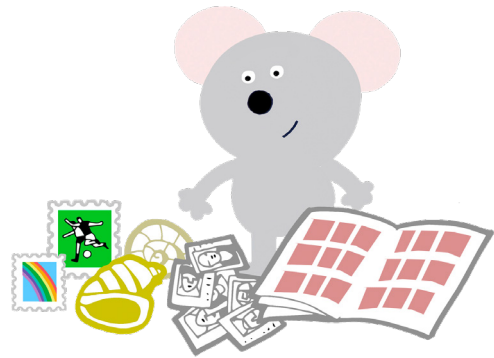
Who do you like playing with best?

Do you have a special friend?





What do you like to collect?



What are you especially good at?

What would you like to be better at?

What do you like doing best at school?

What do you like most about school?

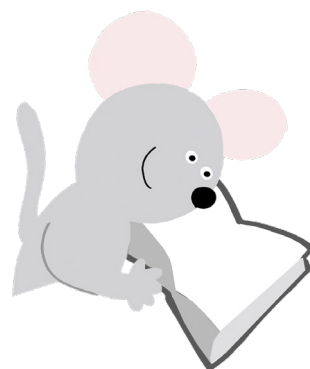
What is difficult for you at school?

Is there something that annoys you sometimes?

What is especially important to you?

What is your favourite book?

What do you like most about it?





What would you like to learn?

Write down or draw something that you have managed to do and that you are really proud of.

What would you like to be when you're grown up?

You meet a fairy who knows everything about life and the world. What would you like to ask her?



Think first – then act 2

Ask yourself the following question before you do something:



Talk with the other children about what would happen if everyone ...
... was unfriendly.
... thought of no one but themselves.
... threw their trash on the floor.
... talked over one another without listening.

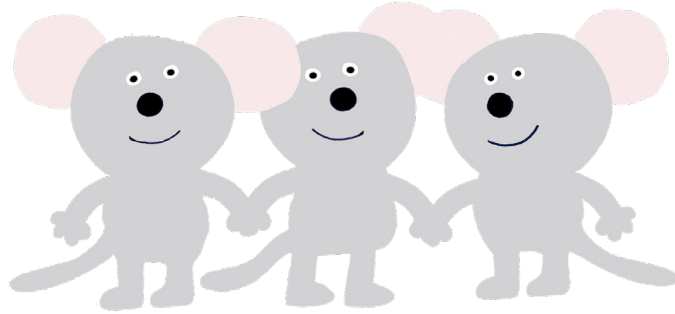


Find other examples:



3 Working on these strengths

If many people have these strengths, we will live together well and peacefully.



Find the right noun to go with each of the following adjectives. Use the nouns written in "small print" in the box below.

courageous	
humble	
responsible	
sensitive	
good-natured	
reliable	
peaceful	
thoughtful	
honest	
fair	
thankful	
optimistic	
tolerant	
friendly	
helpful	

Nouns in "small print":

Humility, reliability, fairness, helpfulness, thankfulness, responsibility, tolerance, good-naturedness, peacefulness, thoughtfulness, courage, honesty, optimism, sensitivity, friendliness

Talking to each other in a friendly way 4

When you use friendly words, you can magically make someone's day better. Give these magic words a try.

Good day!

Greet others, smile at them and show them that you acknowledge and appreciate them.

Thank you!

Say "thank you" more often. This way, you can show others that you appreciate what they do for you.

Please!

Use the magic word "please" when you need something from someone. Learn to ask for something rather than to demand it.

Would you like to sit down?

Offer others your seat if they need it more than you. This way, you show that you are considerate and polite.

May I help you?

Don't look the other way if you see that someone needs help. Think about how happy you are if someone helps you when you need it.

Sorry!

Many people find it difficult to admit when they are wrong and to ask for forgiveness. But apologising is actually a sign of strength.

I like you!

If you tell someone you like them, it makes them happy. Do you do this often enough? Think about it and don't miss any opportunity to show others that you like them.



5 Getting along well together



Make up rules for getting along well and peacefully together. Write them down here. Sign a contract with yourself that you will stick to these rules.

Contract with myself



I promise to stick to these rules.





Date _____

Signature _____

Thinking and discussing 1

In which situations would the following signs be useful so that everyone might feel better? Think about this yourself and then discuss it with the other children in class.



<p>1</p> 	<p>2</p> 
<p>3</p> <p>Please remain outside (for now) and work on your smile!</p> 	<p>4</p> <p>Welcome! Please infect us with your good mood!</p> 

Write down a few ideas you have come up with together:

1. _____

2. _____

3. _____

4. _____

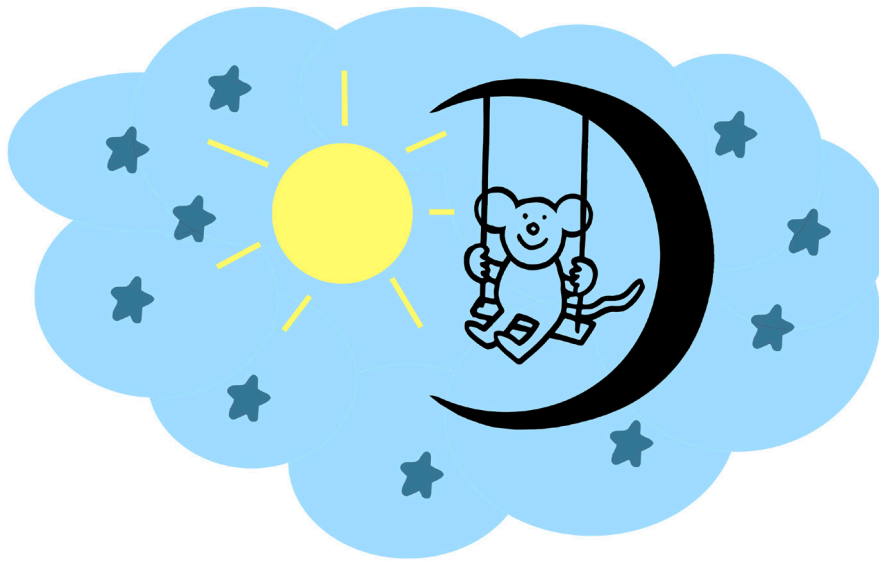


2 Talking to others about it



Read the text below, think about it and then talk to others about it.

You are a very special being!



There are many things you're good at.

It may be doing maths, thinking or singing,
comforting others, laughing or organising ...

It doesn't matter what your specific talents are.

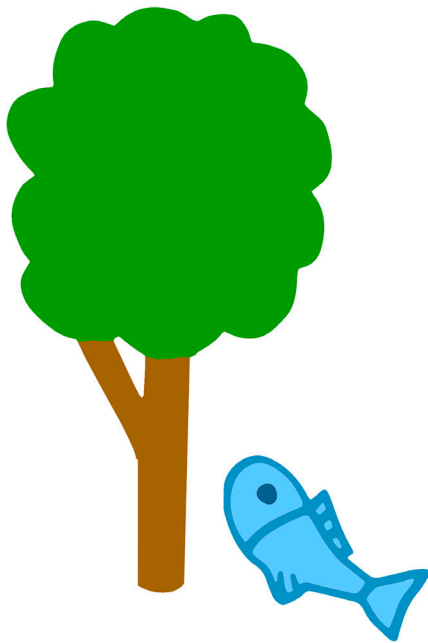
For all your talents work together in everything you do.

Use them as often as possible.

The more you use your talents, the stronger they become.

Talking to others about it 2

Read the text below, think about it and then talk to others about it.

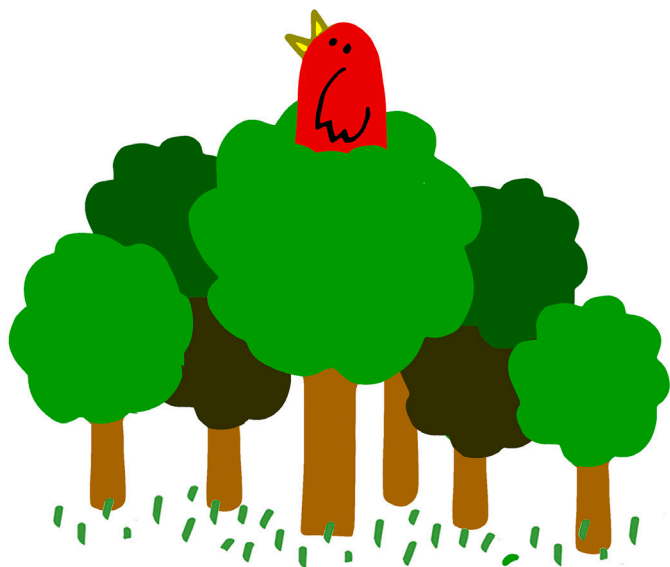


Everybody is a genius

But if you judge a fish
by its ability to climb a tree,
it will live its whole life believing
that it is stupid.
– Albert Einstein

Use what talents YOU possess!

The woods would be very
silent if no birds sang there but
those that sang best.
– Henry van Dyke





2 Talking to others about it

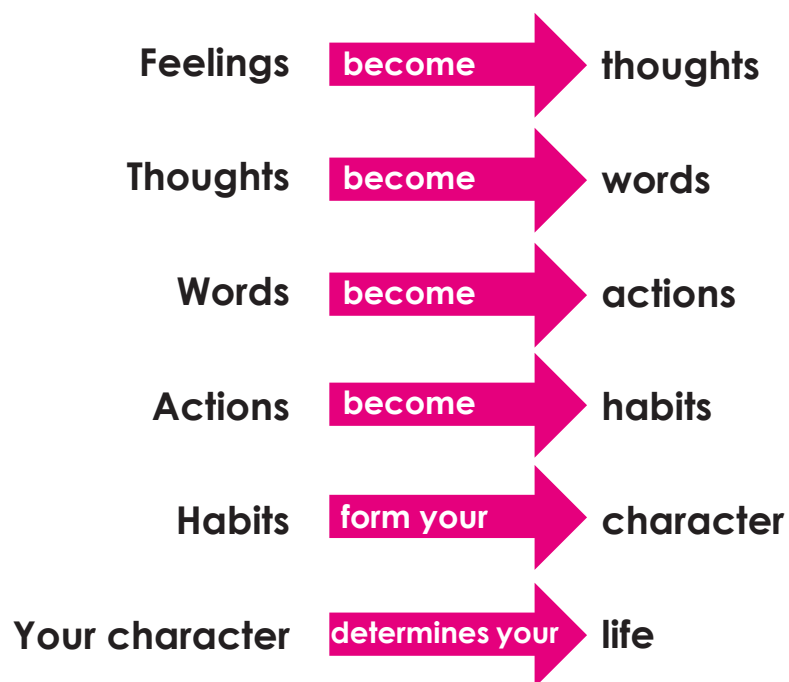


Read the text below, think about it and then talk to others about it.

Be mindful!

Be mindful of your feelings, for they become your thoughts.
Be mindful of your thoughts, for they become your words.
Be mindful of your words, for they become your actions.
Be mindful of your actions, for they become your habits.
Be mindful of your habits, for they become your character.
Be mindful of your character, for it determines your life.

(from the Talmud)









What can you learn from this? Write down what you have come up with yourself or together with others.

Philosophising about happiness 3

Fetch a die and roll it. Read the card with the number that you rolled.
Talk to another child about what the saying may mean.



 <p>You must always have something to look forward to. – Eduard Mörike</p>	 <p>Folks are usually about as happy as they make their minds up to be. – Abraham Lincoln</p>
 <p>We often find happiness in the little things. – Wilhelm Busch</p>	 <p>Happiness is not about not having difficulties but about overcoming them. – Carl Hilty</p>
 <p>The smile you send out returns to you. – Indian proverb</p>	 <p>Give every day the chance to become the most beautiful day of your life. – Mark Twain</p>



4 Inside out – meet emotions



Go online and look for the video titled “Inside Out Meet the Zones: Green, Blue, Red, and Yellow”. Watch the video clip.

<https://www.youtube.com/watch?v=L0e-oMZi000>



Inside Out (2015, film, Walt Disney Studios, Pixar Animation Studios)

Talk to other children about the film.

In which situations did you feel each of these five emotions (joy, sadness, anger, disgust and fear)?



If you enjoy drawing and painting:

- Draw a picture story or a cartoon with speech bubbles on the topic of “emotions”.



If you enjoy writing:

- Come up with questions about the film and write them down.
- Maybe you’d like to do a quiz with the other children. Why not ask your teacher and show your entrepreneurial spirit?
- Make an “Emotions-ABC List”. You already know how this works. Fetch a piece of paper and start. Here is a little reminder:

A	
B	
C	
D	

Questionnaire for “Be A YES Detectives” 5

You have been working on the Be A YES Challenge. You have learnt a lot about yourself and your strengths. You have also thought a lot about happiness and about rules for getting along well together.

1. Which strengths have you discovered in yourself?

2. What would you like to know more about?

3. What can you do to make sure you're happy?

4. What can you do to make sure that you get along well with others?

5. What will you tell your parents so that they might learn something new from you?

Talk to others about your answers.





6 How well can you do that already?

Do you remember what makes people happy and how they can get along well together? There is a summary in the table below. If you learn to act like this, you will make yourself and others happy.

- ☒ Read through the sentences carefully and think about how good you are at these things already. Colour in the box underneath the symbol that fits best.

This is what the four symbols mean:



I have never done this before.



I do this sometimes.



I don't do this often.



I do this very often.

This is how I make myself and others happy:				
I am thankful for many things and express my thankfulness.				
I am in a good mood.				
I don't allow others to infect me with their bad mood.				
I am friendly.				
I stay calm and collected – even when things get stressful.				
I encourage others.				
I keep going – even if I find it difficult.				
I work together with others.				
I treat others with respect.				
I am happy for others when they are successful.				
I eat mindfully.				
I choose my words mindfully.				
Before I act, I ask myself: What if everyone acted like this?				

Reach your personal goal in a few steps ... 7

Choose something from the table on your left that you don't do often or have never done before, but that you would like to make a habit of doing. Pursue your goal step by step.



Write down exactly you want to achieve.



Imagine with all your senses what it will be like when you reach your goal. Write down or paint a picture of your future: How are you going to feel? What will you see, hear, smell, taste and touch?



Tell someone of your plan. Write down who you want to tell about it:



Practise your new strength at least three times a day.



At the end of each day, remember how you practised your new strength and be happy about it.

If you find it difficult to stick to your plans: Imagine how it will be when you reach your goal and look forward to it!



You made it!

Write down how others notice that you've reached your goal and celebrate your success.

Now choose a new goal and pursue it step by step.

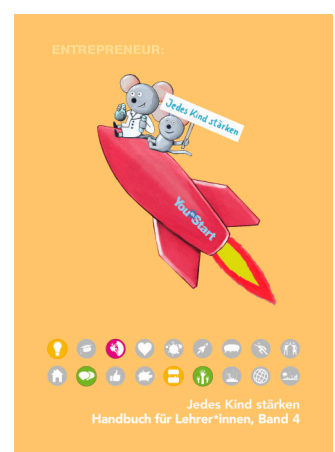
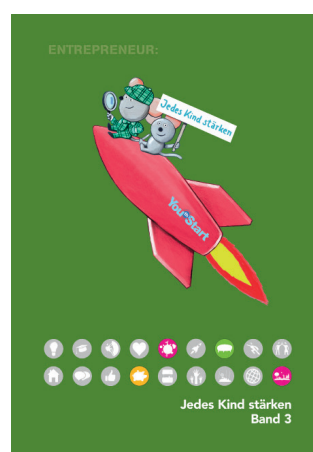
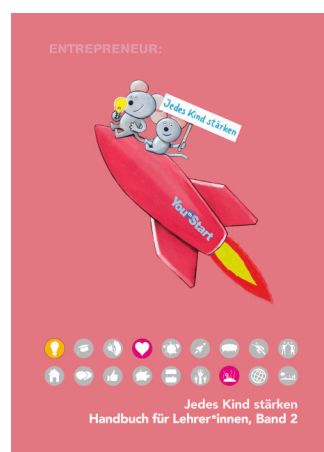
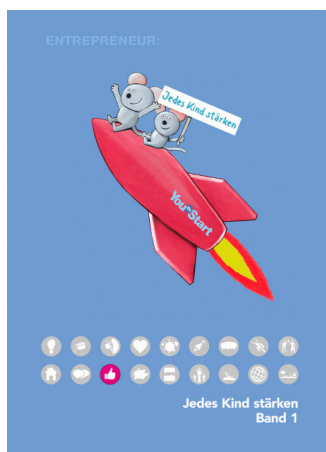
All Challenges of level A1 are also available in a printed version in German. You can find them at www.jedeskindstärken.at (Jedes Kind stärken, volume 1 - 4).

„Empowering each child“ is a holistic learning programme for children at primary school level. It is part of the “Youth Start Entrepreneurial Challenges” Programme.

All parts of the programme are available as Challenges at competence level A1 (= primary level) at www.youthstart.eu including also video clips explaining the challenge.

The “**Mind & Body**” section provides short video clips with physical “activate & concentrate” exercises and the “Youth Start mindfulness programme”.

Video clip explaining the challenge:
<http://www.youthstart.eu/A1BeAYesEN>





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