

My Passport



Name:

Passport

MY NAME

EYE COLOUR

HAIR COLOUR

DATE OF BIRTH

AGE

TOWN AND COUNTRY I WAS BORN IN

PEOPLE I LIVE WITH

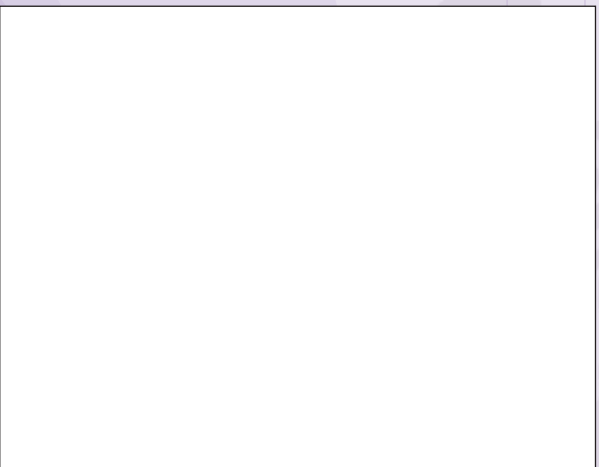
WHAT I LIKE TO DO WITH MY FAMILY

WHAT I LIKE TO DO WITH MY FRIENDS

THINGS I AM GOOD AT

ONE OF MY BEST QUALITIES

A PHOTO OR DRAWING OF MYSELF



MY SIGNATURE



What I have learned

Module 1 - Emotions

Session 1 - Valuing our Differences and Similarities

- We all have characteristics which make us who we are and which make us different from other people.
- The differences between us are a source of strength and we can bring all our talents together.

Session 2 - Understanding and Expressing our Emotions

- It is important to recognise my emotions in order to understand how I feel.
- When I experience troublesome emotions, I can tell other people, so that they can help me.
- It is normal to feel more than one emotion at the same time in some situations. These emotions can even contradict each other.

Session 3 - Recognising Other People's Feelings

- It is not always easy to recognise other people's feelings. People can feel contradictory emotions or several emotions at the same time. Therefore it's helpful to tell others what I think they are feeling, so that I can understand them better.

What I have learned

Module 2 - Relationships and helping each other

Session 1 - Helping Each Other and Coping Strategies

- A coping strategy is something I can do to help myself cope with a new or difficult situation.
- When I think about trying a coping strategy, I must make sure it follows the Golden Rules (see page 5).
- Asking someone else for advice can help me to see a problem differently and to find new coping strategies.

Session 2 - Friendship

- There are many strategies for making and keeping friends.
- No one strategy is always effective and no one strategy works for everyone.
- I can try out different strategies to see if they work for me.
- I must nurture my friendships to keep my friends.

Session 3 - Challenges in Friendship

- It is normal to feel all kinds of emotions when we have to deal with rejection, abandonment or disappointment.
- There are many strategies I can use to improve a situation or to make myself feel better.

What I have learned

Module 2 - Relationships and helping each other

Golden Rules

Coping Strategies must:



Improve the situation or help me feel better
(or both)

AND



Not hurt anybody

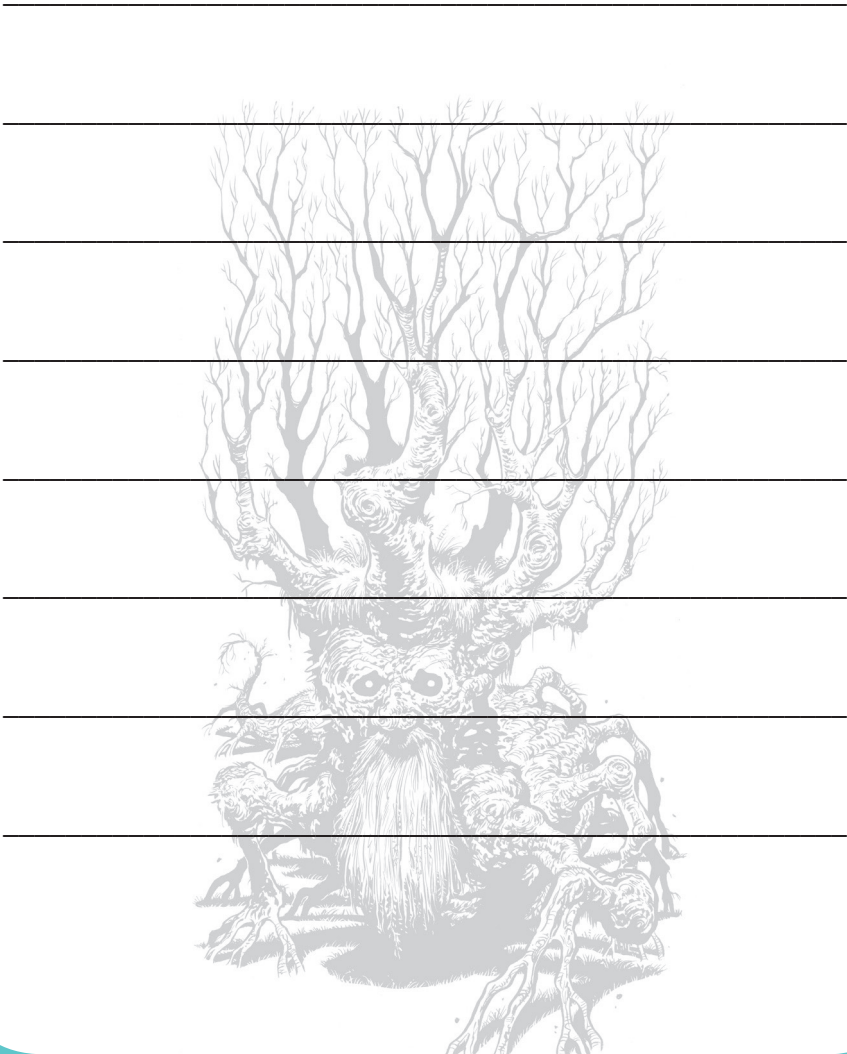
Reminder

- I can think of many different coping strategies and, if they meet the **Golden Rules**, I can use them. No strategy is always effective and no one strategy works for everyone. I can try out different strategies to see if they work for me.

The Friendship Tree

Module 2 - Relationships and helping each other

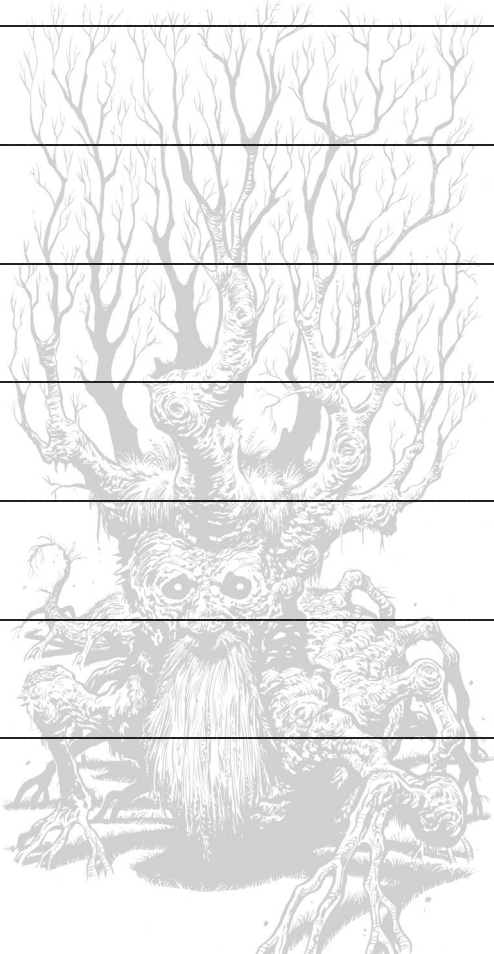
- These strategies can help me to make and keep friends.



My Coping Strategies

Module 2 - Relationships and helping each other

- These coping strategies can help me to deal with rejection, abandonment and disappointment.



What I have learned

Module 3 - Difficult situations

Session 1 - Dealing with Frustration

- It is normal to feel frustrated in some situations.
- Asking for and accepting help from other people can help me to deal with difficult situations.
- I can help other people to cope with their difficult situations too.
- It is important to choose strategies that meet the Golden Rules.



Session 2 - Dealing with Stress

- My body sends me messages to help me recognise when I am feeling stressed.
- I can use the relaxation exercises we practised to relax my muscles.
- I can also use coping strategies to feel better.

Session 3 - Dealing with Conflict

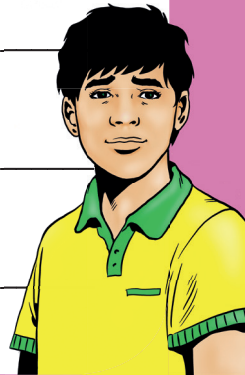
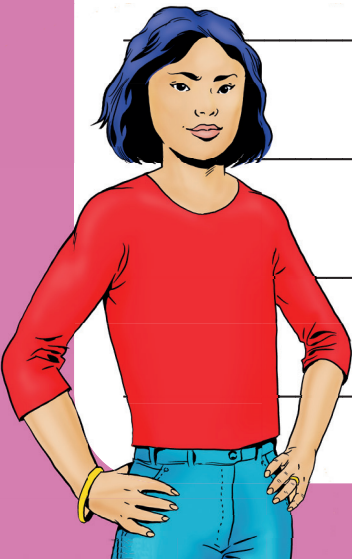
- Conflicts are not always resolved at the first try.
- If one strategy does not work, it is important to persevere and try others.
- If needed, I should not be afraid to ask for advice or help from someone else.



My coping strategies

Module 3 - Difficult situations

- These coping strategies can help me to deal with frustration, stress and conflict.



What I have learned

Module 4 - Fairness, Justice and What is Right

Session 1 - Unfairness in Daily Life

- Even when a situation seems really unfair and I think there is nothing I can do about it, I can still use coping strategies to feel better and hope that the situation will improve.

Session 2 - Dealing with Bullying

- Bullying is ALWAYS unfair and NEVER acceptable.
- If I am a victim of bullying, I should ask for help from an adult I trust.
- If I am a witness to bullying, I should offer my help and talk to an adult.
- Together, we can help reduce bullying.

Session 3 - Unfairness and Injustice in the World

- When I see unjust situations in the world, I may feel powerless, but there may be small steps which I can take to improve the situation.
- Taking small steps and talking about the situation can help me to feel better about it.



My Coping Strategies

Module 4 - Fairness, Justice and What is Right

- These coping strategies can help me to deal with unfairness, bullying and unjust situations in the world.



What I have learned

Module 5 - Change and Loss

Session 1 - Coping with Change

- Changes in my life can have both positive and negative effects.
- Experiencing changes now can help me to feel better equipped to deal with other changes in the future. Changes help me grow!

Session 2 - Coping with Loss

- When somebody we love dies, it can knock us off balance for a while. That is normal.
- With time, using my coping strategies, I can learn to feel better and my sadness will become less and less difficult.

Session 3 - Helping Others in Difficult Situations

- When a friend is going through a difficult change, I can help them.
- Even if the situation cannot be changed, I can help my friend to feel better and can encourage them to come up with coping strategies.

Final Session - My Coping Kit

- The more I practise coping strategies, the easier they will be to use.
- It is good to find new coping strategies, because the more strategies I know, the easier it will be to find the right one for me in different situations.
- My Coping Kit is full of things which can help me to cope with difficult situations.

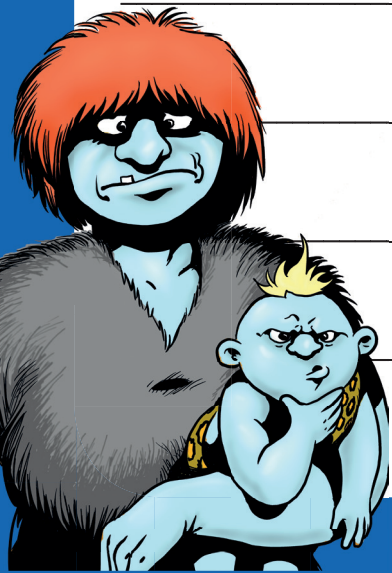
Party - Celebration!

- Learning new coping strategies will help me to deal with difficult situations for the rest of my life!

What I have learned

Module 5 - Change and Loss

- These coping strategies can help me to deal with change and loss.

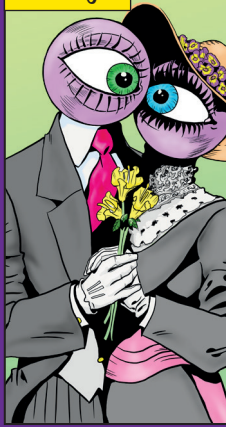


My Own Passport Notes

A large white rounded rectangle with ten horizontal lines, serving as a writing area. The lines are evenly spaced and extend across the width of the rectangle. The corners of the rectangle are rounded.

The 23 Emotions

Loving



Calm



Confident



Confused



Guilty



Discouraged



Disappointed



Scared



Angry

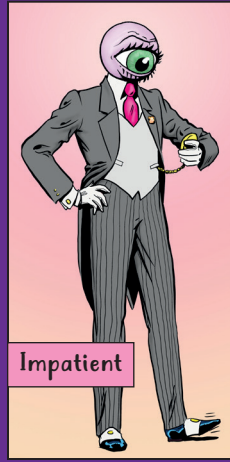


Tired



Proud



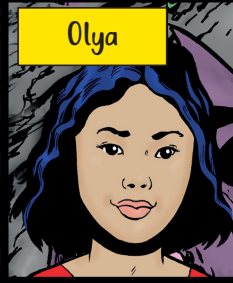


The Characters

Milo



Olya



Elly



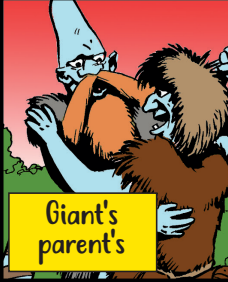
Ogg



Grund



Giant's parent's



Elly's mother



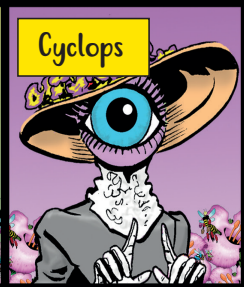
Abner



Willow



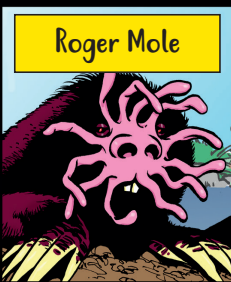
Cyclops



Apple



Roger Mole



Talking fish



Leprechauns



Elves



Griffon



Unicorn



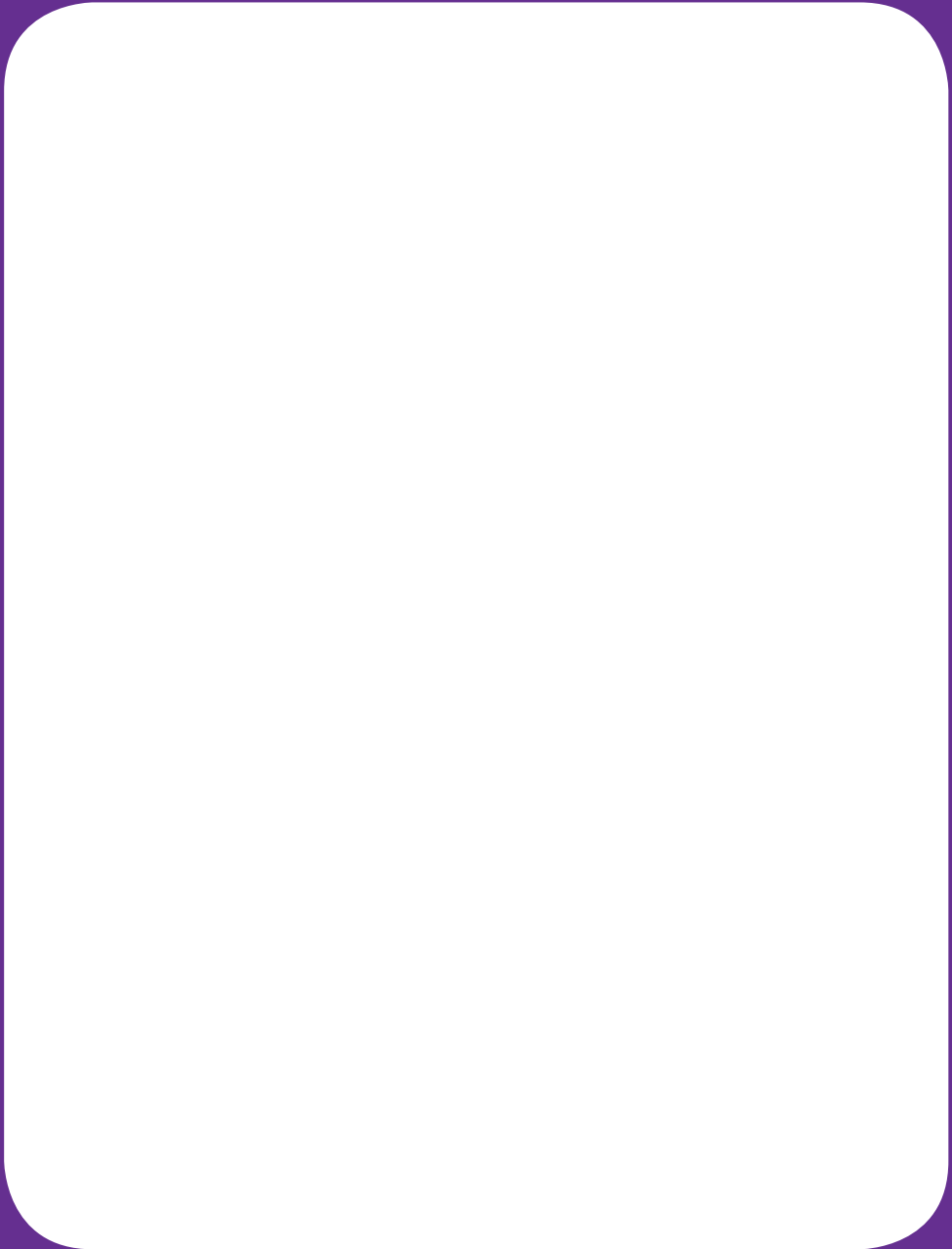
Gnome



Brak the Ogre



Page for drawing



Name of school where this Passport was issued

Date issued



Partnership for Children

Registered Charity Number: 1089810

www.partnershipforchildren.org.uk

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