

ON THE WAY TO LEARNING NEW THINGS AND FULFILLING YOUR DREAMS

Make a note of what you dream about, what
you want to achieve, what you want to learn:



Be your coach every day
and remember:

1.

When emotions arise in you, notice and name them, remember it's natural that they are there, don't fight them.

2.

If you feel tension rising, use a technique in advance to help you calm down (e.g. a breathing exercise).

3.

Notice what thoughts occur to you when you are facing difficulties, are they helpful? Take pride in noticing them. If these thoughts are not helpful, say something to yourself that helps you. Ideally, come back to the difficult situation once you are calm and write down on a piece of paper: your feelings, your thoughts and what you can do differently next time. Read what you have written, you can ask someone close to you (e.g. a parent) to talk to you about it.

4.

Say no to 'distractions' – the time for the task, is the time for the task and for nothing else. Put your phone away, let it not be on your desk when you are doing homework, and when you are working on the computer have only the program or website you are using running.

6.

Practice regular breathing exercises, e.g.

- 'Square' breathing – imagine a square while breathing out, and counts inhaling to 4, stopping to 4, exhaling to 4, stopping to 4.
- Exhalation lengthening: inhale through the nose at 3, exhale through the mouth at 6.

8.

When you don't know, don't understand or don't know how to do something, ask for help, but first write a specific question about what you have a problem with.

10.

Ensure that you sit for a while each day in silence, without devices or even other people (start with one minute).

5.

Remember to take breaks (e.g. 5 minutes after 20 minutes of study or a break after a task).

7.

Remember about exercising and other forms of activity:

- walking, jumping, dancing, juggling, others, write down which ones:

9.

Reward yourself when you have completed a task (e.g. play after homework, not before).

11.

Your ideas:

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