

HAND-OUTS

Set 1: Dealing with difficulties (learning difficulties, failure in school, life challenges) by showing courage, persistence and optimism

Subtheme 1 (Courage, Persistence, Optimism)

Set1: Dealing with difficulties

HAND-OUT 1 ACTIVITY 1

Draw your favourite scene from the story:

“The rabbit and the turtle”



Subtheme 1 (Courage, Persistence, Optimism)

Set1: Dealing with difficulties

HAND-OUT 2 ACTIVITY 7

WRITE DOWN THE WORDS AND DECORATE
THEM IN A FANCY WAY

(P:PERSISTENCE, O:OPTIMISM C:COURAGE)

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Subtheme 1 (Courage, Persistence, Optimism)

Set1: Dealing with difficulties

HAND-OUT 3 ACTIVITY 7

MAKE A DICE & WRITE OPTIMISM, PESSIMISM, COURAGE, BE COWARD, PERSISTENCE, GIVING UP ON EACH SIDE OF THE DICE



Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 4 ACTIVITY 1

**DRAW YOURSELF DOING SOMETHING YOU
ARE GOOD AT**



Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 5 ACTIVITY 2

DRAW ON FIRST COLUMN SOMETHING YOU
CANNOT DO AND ON THE SECOND COLUMN
SOMETHING YOU CAN DO

| I CANNOT DO... | BUT I CAN |
|----------------|-----------|
| | |

Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 6 ACTIVITY 3

CUT THE FOLOWING MOTTOS OF ENCOURAGMENT

I ACCEPT MYSELF AS IT IS

I LOVE MYSELF AS IT IS

**THERE ARE THINGS THAT I
CANNOT CHANGE BUT OTHERS
THAT I CAN CHANGE**

**I NEED TO FOCUS ON THINGS I
CAN DO**



Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 7 ACTIVITY 5 & 6

**DIFFICULTIES BOCHELLI MAY HAVE FACED IN
HIS LIFE**



Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 8 ACTIVITY 6

CUT AND THEN FILL EACH BOX

| RESILIENCE SKILLS | PERSONS TO CONNECT | RESILIENCE THOUGHTS |
|-------------------|--------------------|---------------------|
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Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 9 ACTIVITY 8

WRITE DOWN WHAT KONSTANTINOS FYKAS NEEDS
TO HAVE IN HIS BACKPACK IN ORDER TO TAKE THE
PATH OF ACCEPTANCE.



Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 10 ACTIVITY 8

CUT THE CARDS & WRITE DOWN ON ONE SIDE
OF THE CARD AN OPTIMISTIC SENTENCE AND
ON THE OTHER SIDE A PESSIMISTHIC SENTENCE

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Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 11 ACTIVITY 9

WRITE DOWN WHAT NICK NEEDS TO HAVE IN HIS
BACKPACK IN ORDER TO TAKE THE PATH OF
ACCEPTANCE.



Subtheme 1 (Courage, Persistence, Optimism)

Set 2: Dealing with disability

HAND-OUT 12 ACTIVITY 9

CUT NICK'S QUOTES

“There are some things you cannot change and other things you can change”

“You need to see where the obstacle is”

“Visualize yourself overcome obstacles”

“Focus on the positive things you do”

“Using everything you can do”

“Use the best of your ability”

“Never give up”



Subtheme 1 (Courage, Persistence, Optimism)

Set 3: Dealing with discrimination & injustice

HAND-OUT 13 ACTIVITY 6 & 7

FINISH SONYA'S STORY



Subtheme 1 (Courage, Persistence, Optimism)

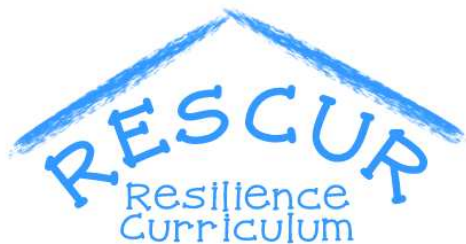
Set 3: Dealing with discrimination & injustice

HAND-OUT 14 ACTIVITY 8

CUT MANDELA'S QUOTES

“I learn that courage is not the absence of fear, but the triumph of over it. The brave man is the not the one that does not feel afraid but the one who conquers that fear”.

“The greatest glory in living lies in never falling but in rising everytime we fall”



Subtheme 1 (Courage, Persistence, Optimism)

Set 3: Dealing with discrimination & injustice

HAND-OUT 15 ACTIVITY 9

WRITE DOWN YOUR OWN INVICTUS LIKE POEM



