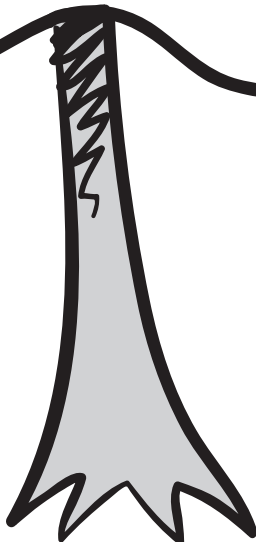


## WORKSHOP No. 1

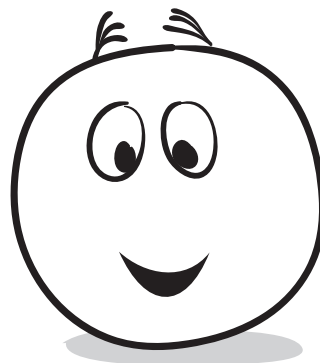
### THE INTRODUCTORY MEETING OF STUDENTS, THEIR PARENTS AND WORKSHOP LEADER(S)

#### THE WORKSHOP SCHEMA

1. Presentation of the **basic features** of the method of work
2. Parents say their names and one thing they like about themselves
3. Children say their names and one thing they like about themselves
4. What parents remember as pleasant/unpleasant from their school-days
5. What children find pleasant/unpleasant about school
6. Children propose what could be done to make school more pleasant for them
7. Overview of the Smile Keepers Program
8. Questions about the program
9. A **stretching game**



## WORKSHOP No. 1



### THE INTRODUCTORY MEETING OF STUDENTS, THEIR PARENTS AND WORKSHOP LEADER(S)

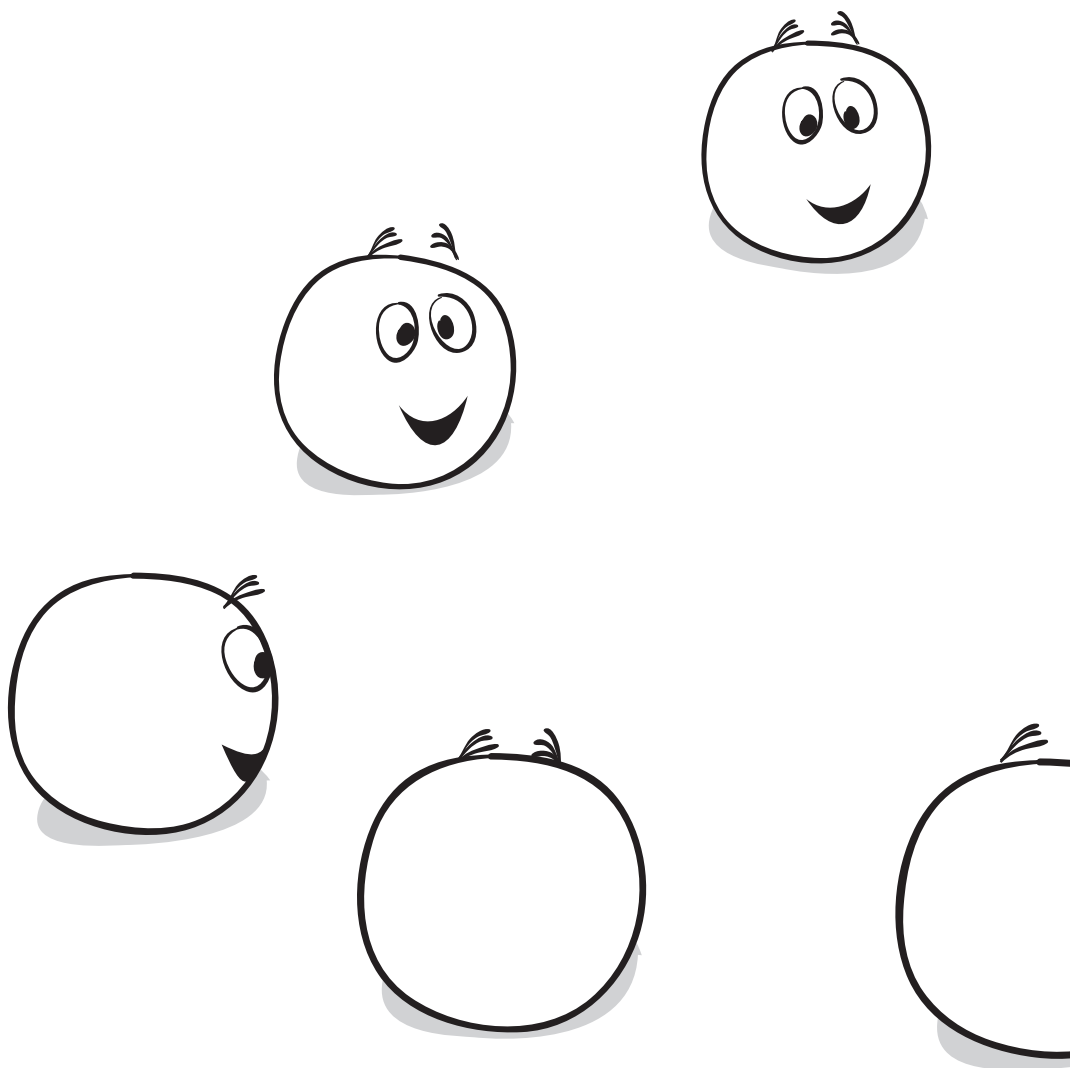
This scenario is just a suggestion. The workshop leader could design this part in a way they like. It is only important that the children and parents get insight into WHAT the program is about and HOW it will be done.

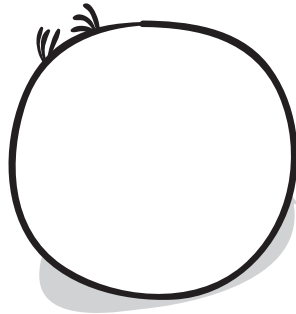
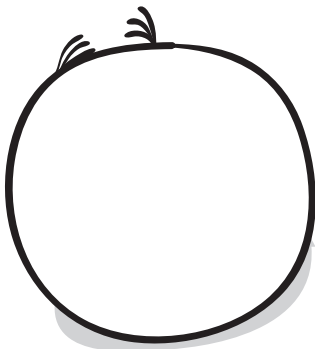
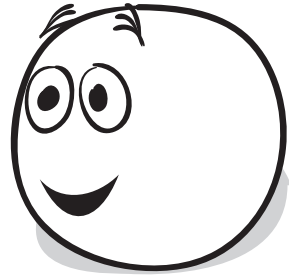
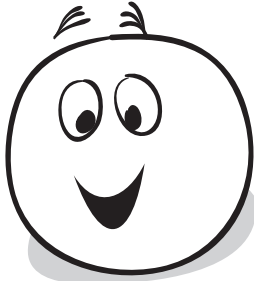
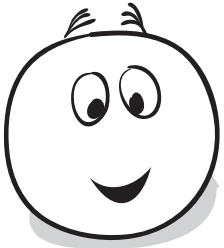
1. Workshop leader (WL) is asking children and parents to sit in two semi circles, facing each other. After greeting them, WL briefly presents the **basic features** of the method of the workshop (learning as pleasant, playful activity of sharing, getting to know themselves and others through sharing around the circle, etc.)
2. WL asks parents to say their name and one thing they like about themselves (if they are hesitant to start encourage them by saying something like: it is important for all of us to be aware of our qualities and to feel free to speak about that). **Sharing around the circle of parents.**
3. WL asks children to say their name and one thing they like about themselves. **Sharing around the circle of children.**
4. WL asks parents to remember something from their first schooldays, which was pleasant/unpleasant for them. **Sharing around the circle of parents.**
5. WL asks children to say what they find pleasant/unpleasant about going to school. **Sharing around the circle of children.**
6. WL asks children to propose what could be done to make them feel more pleasant in the school (**Sharing, who wants to**).
7. WL briefly presents the Smile Keepers Program.

8. WL invites parents and children to ask questions about the program.

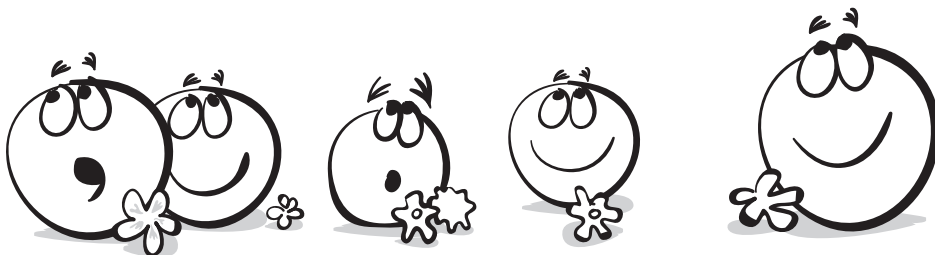
9. **Stretching game:** all participants (parents and children) are standing so that they can have enough space to move hands up and down. WL is asking them to touch their toes with their fingers (or if they cannot reach their toes, to touch their legs where they can reach). Then WL starts to count slowly from 1 to 10 and participants are supposed to raise their hands up, so that at 10 they are above their heads. They also need to remember the position of the hands for each count from 1 to 10.

Then the game starts - WL is randomly saying the numbers, and participants need to put their hands in the position corresponding to that number.





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## **OTHER BOOKS AVAILABLE IN ENGLISH:**

**Smile keepers 2** - program for promoting self and social awareness development psychological workshops for children 11-14 years of age. The content of the program is designed to help children to develop strategies to cope with emotional experience (fears, sadness, grief, anger), conflicts and to develop self and social awareness; contact: [book@krnvc.org](mailto:book@krnvc.org).

## **"SMILE KEEPERS" EDITIONS IN OTHER LANGUAGES:**

- **Smile Keepers 1, 2 and 3** in Serbian (1993, 1995, 1997); contact: [cncsmilekeepers@gmail.com](mailto:cncsmilekeepers@gmail.com)
- **Smile Keepers 1 and 2**
  - in Polish (2009), under the title "Strażnicy uśmiechu 1 & 2"
  - in German (volume 1, 2015), under the title "Smile Keepers, Bd. 1: Hüter des Lächelns"; volume 2 to be published; contact: [www.synergia-verlag.ch](http://www.synergia-verlag.ch)
  - in Korean (2013); contact: [book@krnvc.org](mailto:book@krnvc.org)
  - in French (2017); contact: [sg@girasol.be](mailto:sg@girasol.be)
  - in English (2018); contact: [book@krnvc.org](mailto:book@krnvc.org)
  - in Chinese, to be published; contact: [book@krnvc.org](mailto:book@krnvc.org)

