Ages: 9-11

What was hard - and how did you deal with it?



5 min

Through the frame of resilience and one's own authorship.

Main question: «What was hard in this day? And - most importantly - how did you deal with it? What did you do?»

If one word: «And what in you helped you cope? Which trait?»

If they open up: «If something similar comes up tomorrow - what would you try differently?»

What we practised:

«This question is about YOURSELF as the author of decisions. "I dealt with it" is building the identity "I can cope." Far more powerful than any "praise for an achievement."»