

Teaching materials for primary and special education · 41st ONCE School Contest

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PREVENT

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SETTING THE SCENE

DESCRIPTION OF THE ACTIVITY:

In this first activity, the students' intrapersonal skills will be worked on.

These types of skills help students to get to know and value themselves better, facilitating, in turn, relationships with others.

Through self-knowledge and internal reflection, this activity will help students to define themselves, highlighting their character, as well as their tastes and hobbies.

The statement on the sheet places students in a gamified context that will allow them to open up and expose their personality.

Ask them not to write their real name on the sheet, since at the end of the activity all the sheets will be shared and it will be interesting to check how much the students know each other, as well as the hobbies they share.

What are skills? Intrapersonal skills:

Intrapersonal skills are the attitudes that a person has to understand their own emotions, identify them and regulate them effectively, such as self-knowledge, confidence and self-esteem.

These abilities make it easier for a person to know themselves, to better understand their own character and personality, so that it helps them, in turn, to relate to others.

These are related to soft skills or **Soft skills**, which are the skills that a person has to **express themselves, understand and make themselves understood**.

Active listening, understanding others and inspiring confidence are some soft skills.

EDUCATIONAL OBJECTIVES:

- Promote self-discovery and recognition of personality, consolidating self-esteem.

- Recognize one's own abilities and qualities in order to be able to present oneself to others, in order to discover affinities that reverse situations of isolation or unwanted loneliness.

DURATION OF THE ACTIVITY:

15 minutes.

GUIDELINES FOR COMPLETION:

1. Hand out the sheet to each student; it is important that they do not write their name.
2. Ask them to silently fill in the text fields provided on the sheet and characterize their avatar: they can draw some accessory or characteristic with which they feel identified.
3. Share the ideas to discuss the tastes and hobbies of the students.
 - Exchange the cards so that the students can try to recognize each other.
 - Write the hobbies that have emerged on the board and highlight those that are common to the class group.
4. Discuss the diversity of tastes and hobbies that have emerged after completing the card and agree on what activities you could offer as a class group.

[DOWNLOAD DATA SHEET](#)

EDUCATIONAL PURPOSE ADJUSTED TO THE PARTICIPATION WORK:

- Recognition of the individualities of each student
- Reinforcement of the feeling of belonging to the group-class.

ALTERNATIVES TO THE DEVELOPMENT OF THE DYNAMIC:

Depending on the maturational age of your students, you can do these previous activities to help them define themselves:

- Brainstorm in which the vocabulary that the children come up with to define personality traits (happy, fun, creative, etc.) is written on the board
- Give them a list with the personality traits in which they must mark their number (from 1 to 3) that best defines them.

RESOURCE LIBRARY

If you have more time in class or if you want to go deeper, we leave you these gamified resources to continue forming a team!

Soledad.es Resources