



Life-skill development

Student workbook



Erasmus+



SUPREM

SUPREM – SUCCESSFUL PREPARATION MODEL FOR SCHOOLS

INTELLECTUAL OUTPUT 1 EDUCATIONAL PROJECT PORTFOLIO

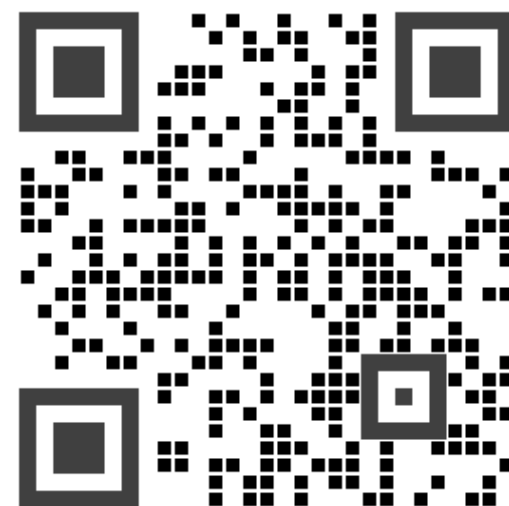
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EDUCATIONAL PROJECT PORTFOLIO 2

DEFINING GOALS



ACTIVITIES

1. How do I tell myself?

Have you ever read any autobiographies? Who are the characters? What is the impression the character would give about himself/herself? Have you ever written a diary? Have you ever allowed anyone to read it? What's the difference between telling a story or writing one?



Tell me how you would like to tell something about you (a few written notes, a drawing, an oral text, etc.).

2. The magic box



Bring 10 objects from home that represent you and put them in a box

(for example: ballet shoes, a photo as a child, a ball, etc.).

Leave your objects in the box, then each of you choose one and on the basis of the objects, try to describe, as accurately as possible, the person who brought you. Everyone will read his/her writing and then compare himself/herself with the person to whom the box belonged.

3. Let's exchange identity

Each of you fill in his own identity card in which you will write down your interests, your favorite sport, what you can do and what you can't do, your favorite food, music, the latest book and movies you have read or seen, etc



The teacher collects the cards and gives a card to each of you at random.

You will have to invent a story taking into account the data of the identity card.

4. If I were ...



Each of you write on a card which animal, object, plant, cartoon character you would like to be, briefly explaining why.

5. The Five Senses



You should describe an event that happened to you through the five senses.

6. Diary of beautiful things



For one week each day, you should write in a notebook the beautiful and positive things that have happened during the day.

At the end of the week the teacher makes everyone read their diary and organizes a discussion on what they have learned. All of you write the most important thing on a poster hanging in the classroom.

7. Describe a family photo



You will choose a photo or a family object and describe it using all five senses to bring your memory to life.

8. The imaginary friend



Let's invent our imaginary friend, so that he/she has all the characteristics we would like to have. Let's draw him/her and describe him/her accurately. Let's think about how he/she would react in some circumstances, when facing problems.

Try to reflect on the exercise, showing that it serves to observe your emotions, not to judge them, not to let them overwhelm us and, if possible, over time turn them into something positiv

9. Write a letter to your teacher

You will be invited to reflect and write a letter to your teacher.



"Dear teacher, here's what I would like you to know about me".

What is the image I would like my teacher to have of me?

What are my positive features? What can I do well? What can I bring to my class?

10. Write your autobiography in 10 sentences



Choose the most meaningful events in your life and try to understand which were the most important steps. Rewrite an event in your life.

11. Build up your family map



Build a poster with the map of your family, enriching the map with all the news you have about relatives (where they live, what work they have done etc ...)

12. My autobiography.

For this exercise you should bring meaningful photos, interviews with parents and relatives, really important for you.



Look at the photos, read the interviews and write your autobiography..

13. I look at you, you tell me your story: from autobiography turns to biography.

Your class will be divided into small groups, in which you are transformed into biographers and "swap" lives.



Write the story of the other student, true or imagined.

MY IDENTITY CARD

	My name is	
	I live in (town)	
	Address	
	I was born on	
	I was born in	
In my family there is		
In my free time I like		
I play (sport)		
My favourite school subject is		
School subject I don't like		
School is important for (according to my opinion)		
My favourite pets are		
My ups are		
My downs are		

When I grow up, I want to be	
My dream	
I can do well	
I can't do	
A name for my class	
This year I hope	
The last book I've read It was about	
The last film I've seen It was about	
My favourite comics	
My best person	
My ideal friend should be	
My ideal teacher should be	
I'd like to go on a trip to	
I've been on holiday in	

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