



Student Workbook

Grade 5



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KEY PARTNERS:



Today I will learn to:
Breathe mindfully.

Dreamy and Captain Mindful

At another school not far from here, there was a boy called Dreamy. He loved to go to school and learn many new things. His teacher, Rita, taught him to multiply and divide, and to read and write and many other fun things.

Dreamy arrives home every day, eager to do his homework. He opens his book and starts working: "25 divided by 5 is... Oops! I just remembered the joke about the little chicken that Diana told us today! It was so funny... But after that, Diana didn't want to play with me... Could she be mad at me for something I did? And now that I think of the little chicken... the other day I saw one when I was walking to school... And that day my shoes were really dirty, how were my shoes today? Should I clean them? Mmm... I think I better check if my shoes are dirty. Or should I write a letter to Diana asking her if she's mad at me?"

And so, Dreamy was worried because he hadn't cleaned his shoes, because Diana was probably mad at him... Anyway, he would put aside the multiplications and divisions to do other things. When he realized it, it was already time to go to bed and he had not started his homework! How it worried Dreamy not to finish his homework!

The same happened every day and Dreamy was often anxious and worried about things that had happened the day before or about others that he had to do for the following day. And worst of all: He couldn't manage to concentrate and do his homework! He was even not very happy about going to school any more.

One day, he was walking back home and a man that looked very funny greeted him: "Hello, I'm Captain Mindful and I'm here to show you a trick that will make you feel better".

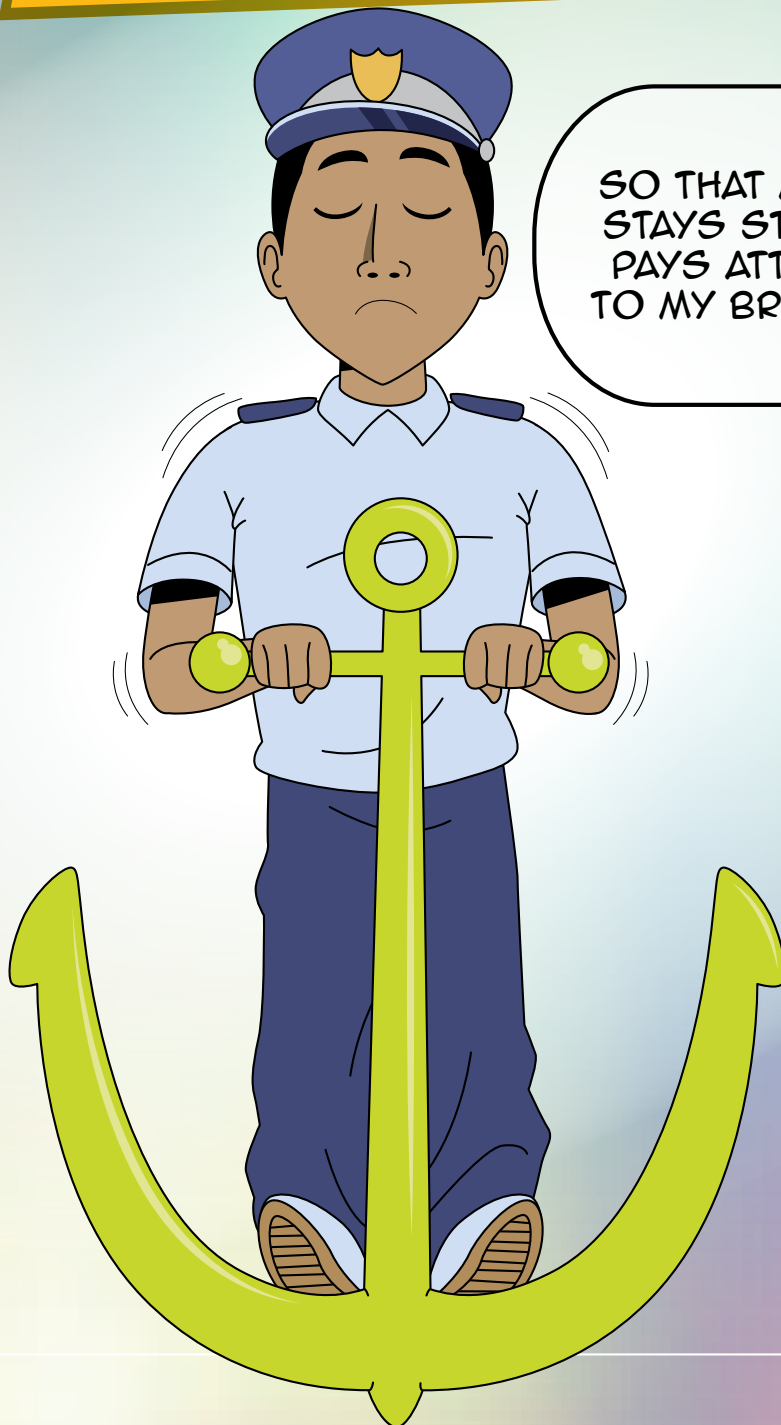
Dreamy was very happy. He really needed some help!

Captain Mindful told him: "Something like that used to happen to me too. My mind traveled like a ship on the sea, always from one thought to another. It was then that I thought: 'I have to breathe deeply and be alert about what I am doing right now'. When I want this to happen, I imagine I am putting an anchor to my mind to make it still and concentrate in my breathing. When I do this my mind stays still and pays attention only to the present. Now I feel much better!"



WHEN I FEEL WORRIED AND TROUBLED,
I IMAGINE THAT

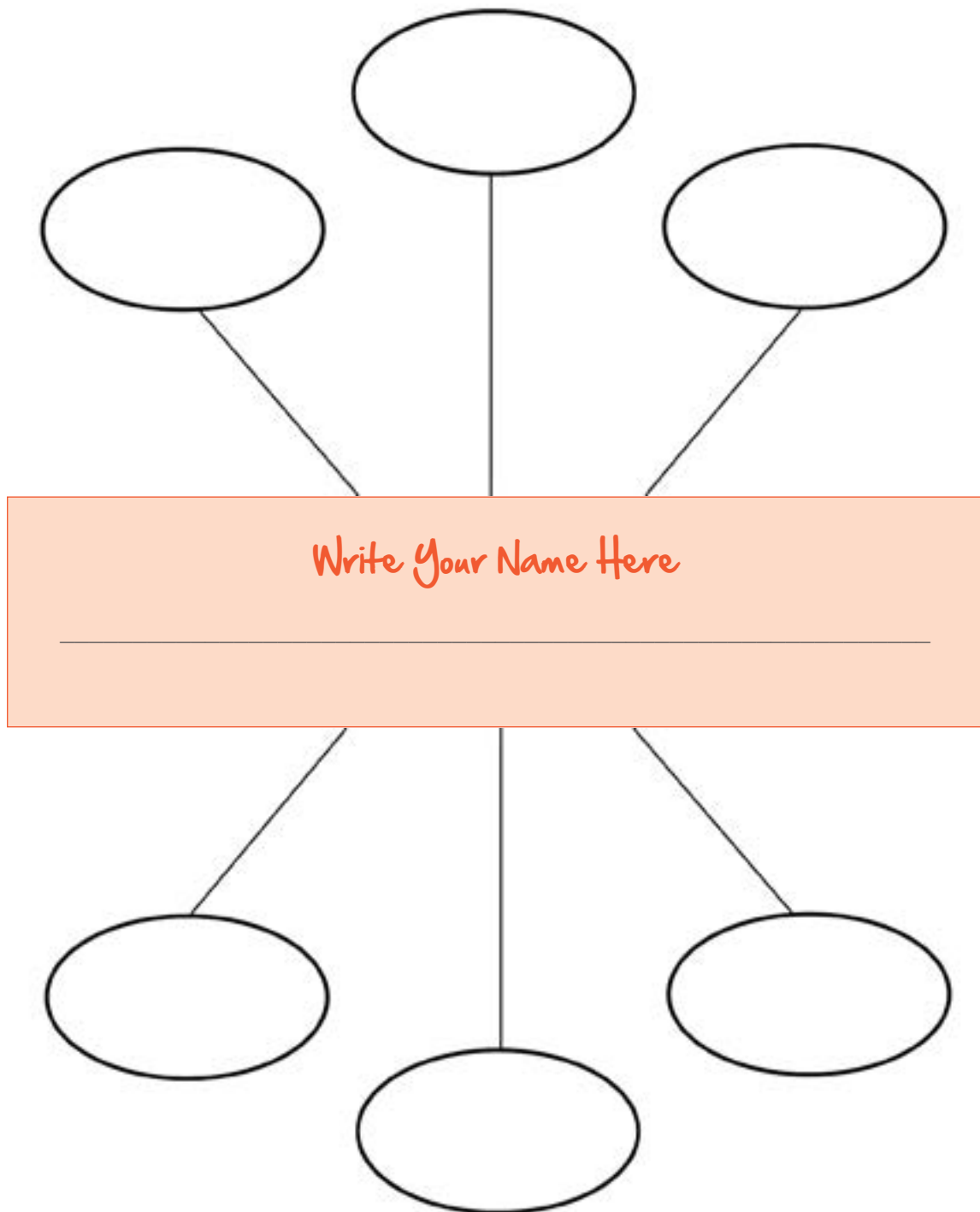
I HAVE AN ANCHOR



SO THAT MY MIND
STAYS STILL AND
PAYS ATTENTION
TO MY BREATHING.

Today I will learn to:
Understand what my peers like about me
and how I feel about it.

What do You Like about Me?



Today I will learn to:
Trust my own skills even if others don't.

Letter to Myself When Someone Doubts Me

Dear (write your name here), _____

I know you want to learn something and you've made a lot of effort but you haven't achieved it yet. I also know that there are people who don't believe you can do it. That's why I wanted to remind you that you succeeded in learning... (write something you've learned) _____

even though it was difficult and it took you a lot of work and time.

Remember that when people doubt you, you can:

That way, you can feel confident and succeed in learning what you want to learn, even if others doubt you. You can succeed just like Shakira and many others have done.

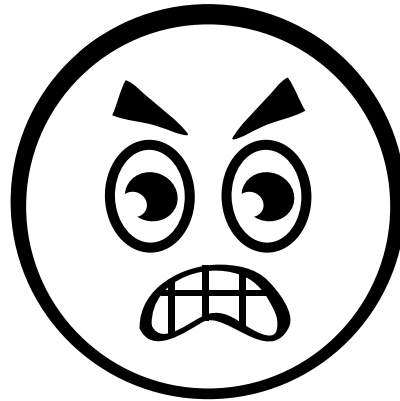
Sincerely,

.....

(signature)

Today I will learn to:
Rate my anger.

Which are my activators?!

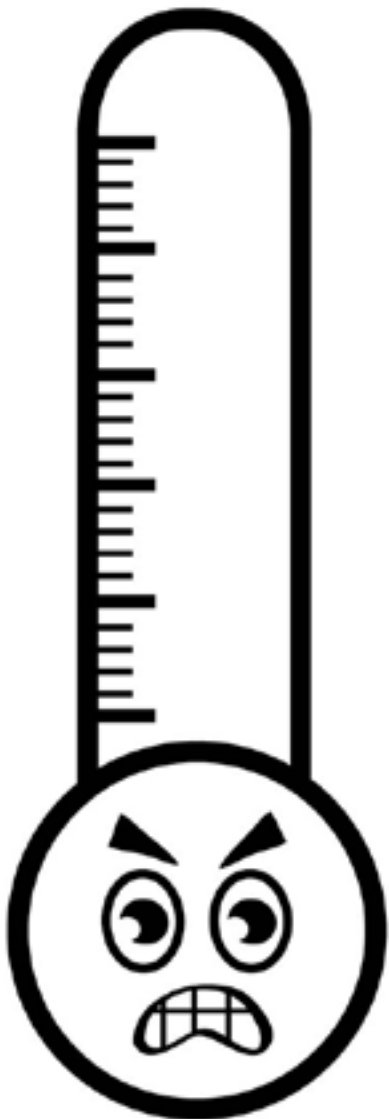


1

2

3

Different intensities of angry



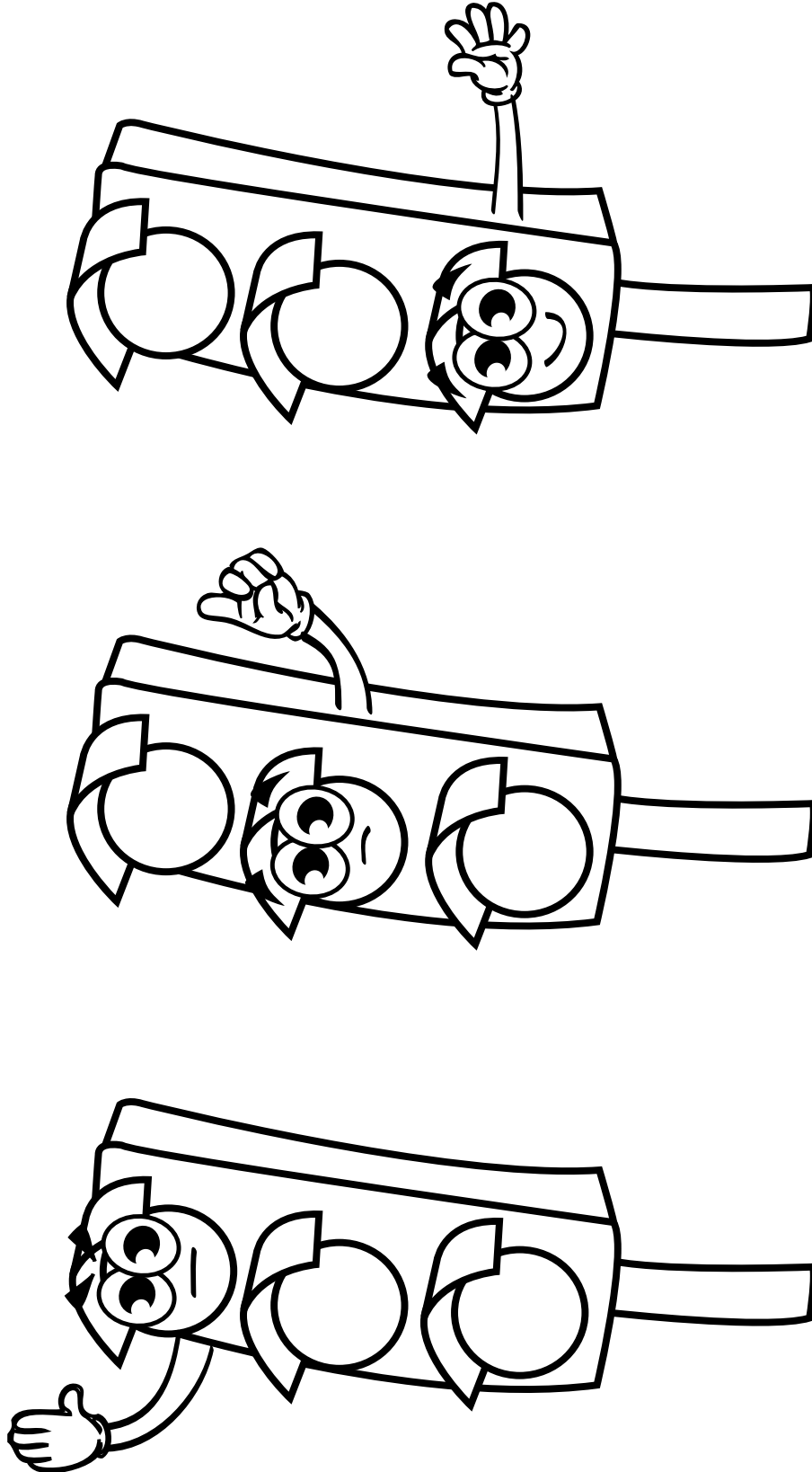
HIGH

MODERATE

LOW

BRINGING DOWN THE ANGER

Today I will learn to:
Deal with my anger in a healthy way.



CONTINUE

KEEP COOL

STOP!

Today I will learn to:
Control the impulse to do whatever I want.

The secret message

My secret message for you is that:

I want to invite you to...

Congratulations...



I thank you for...

Today I will learn to:

Stay calm when there is nothing I can do to fix it.

Role playing

(Cut out along the dotted lines)

<p></p> <p>Role 1 You represent WILMA: I THINK AND ANSWER THE QUESTION: WHAT CAN I CHANGE AND WHAT CAN'T I CHANGE IN THIS SITUATION?</p>	<p>Role 2 You represent PAT: I CALM DOWN AND ACCEPT THE THINGS THAT I CANNOT CHANGE</p>	<p>Role 3 You represent COREY: I GATHER COURAGE TO CHANGE SOMETHING THAT I DON'T LIKE</p>
<p>Your partner will be in a situation where she was unable to achieve something she wanted, despite all the efforts made. Your role is to help her think what things she can or cannot change. To do that, you can ask her questions such as:</p> <ul style="list-style-type: none"> • What can you change in this situation? • What can't you change? 	<p>Your partner will be in a situation where she was unable to achieve something she wanted, despite all the efforts made and where there is no solution. Your role is to help her calm down and accept it. To do that, you can:</p> <ul style="list-style-type: none"> • Suggest ways to calm down. • Help her find ways to accept the situation as is and make the most of it. • Focus on being patient with things we can't change now, they may change in the future. 	<p>Your partner will be in a situation where he was unable to achieve something he wanted, despite all the efforts made. Your role is to help him focus on his goal and encourage him to think of ways to solve the situation and take action. To do that, you can:</p> <ul style="list-style-type: none"> • Ask him if he has thought about achieving what he wants some other way and encourage him to do it. • Ask him about other ideas he thinks could work to solve the situation and encourage him to take action.
<p>The frustrated one Situation 1</p>	<p>The frustrated one Situation 2</p>	<p>The frustrated one Situation 3</p>
<p>You want to go out and play during recess but, first, you have to finish several math exercises. All your friends finish theirs and go, but you can't because you have not finished. You feel very angry because you like very much going out and playing during recess and you think that you will not be able to do it again. Your role is to:</p> <ul style="list-style-type: none"> • Tell your story. • Act angry and desperate because you were unable to do what you wanted. • Say: "Now I won't be able to ever go out again during recess." 	<p>Your dream is to join the school dance group. You practice for a long time, but when the time comes you are not chosen. You feel awful and you think you lost your time practicing all the steps because in the end, you were not chosen. There will be a new selection process next semester. Your role is to:</p> <ul style="list-style-type: none"> • Tell your story. • Act sad and bored because you were not chosen. • Say: "I wanted so much to join the dance group." 	<p>Your neighborhood friends invite you out, but you can't go because you have to help your mother with the house chores and although you tried hard to finish on time, you didn't make it. When acting this out, your role is to:</p> <ul style="list-style-type: none"> • Tell your story. • Act angry because you couldn't finish on time and now you can't go out. • Say: "How embarrassing, I was the only one who couldn't go out." <p></p>

Today I will learn to:

Consider every point of view when making a group decision.

Let's Build a New Playground!

1. You will be the **principal**.

You are a school principal and your school has just received a cash donation. 5th grade children have asked you to use it to build a new playground. However, you know this could be very expensive and you think this donation should rather be spent in sporting goods for students to play with during recess.

You must try to convince the others that the money available should not be used to build a new playground, but to buy other things.

2. You will be the **person responsible for cleaning**.

The school you work for wants to build a new playground. You do not agree with this decision because you know children always leave waste and mess in the existing playground, and you and your colleagues will have twice as much work if a new playground is built.

You must try to convince the others that it is not a good idea to build a new playground because you do not want to do twice the work.

3. You will be a **5th grade student**.

Your school has just received a cash donation and you and your classmates want to suggest building a new playground. You think that in the existing playground older students cannot run fast because there are smaller students you may crash into. You and your classmates are bored with the situation and want to suggest building a new playground in a place available next to school. It would only need a fence or wall to close the area and that's it!

You must try to convince the others that the 5th grade children need a new playground to run and play freely.

4. You will be the **teacher**.

The school you work for has received a cash donation. The children in your class will suggest using these funds to build a new playground, as the existing one seems to be very small for big and small children. You think this is a good idea, because if they build a new playground you will not have to chase fifth graders all around, asking them to be careful with the small kids when they run.

You must try to convince the others it is a good idea to build a new playground, so that you will not have to spend your break time watching that the big children don't hurt the small ones.

HOW DOES IT FEEL?**Today I will learn to:**

Put myself in the place of people living with disabilities.

Edwin Bejar

Edwin Bejar is a young Peruvian who lost his sight completely when he was 17 years old. In 2000, he received his Law degree and wanted to apply for the position of "Deputy Prosecutor" in Cuzco, but the jury of the selection process denied his right to participate arguing that he was blind. Prosecutors are responsible for presenting the evidence when discussing a crime. As the exam had to be in writing, the jury decided to reject Edwin's participation because of his disability.

Edwin filed his case before the Peruvian Ombudsman Office and the Ombudsman officers helped him defend his rights. It was difficult because many persons around Edwin considered that a blind person could not exercise the position of Deputy Prosecutor. However, the National Council of the Judiciary and the jury of the selection process were convinced to adapt the exam, enabling Edwin to apply as every other citizen, without being discriminated for his condition as disabled.

After applying, Edwin won the process and obtained the position. Since then, he has proved to be a good professional and, furthermore, he has shown that contrary to what the jury of the selection process believed, his disability did not prevent him from being an excellent prosecutor.

My letter to Edwin Bejar

Write a letter to Edwin Bejar following the suggested guide below:

Date:

Dear Edwin Bejar:

Today we did an exercise in class, where I learned that being unable to see, (write down what you learned about sight from the initial exercise)

While I was unable to see, I felt (write down the emotions you felt while you were unable to see)

Then we learned about your story regarding the selection process for the Prosecutor position in Cuzco and I felt (write down how you felt when you heard Edwin's story)


Finally, I would like to congratulate you for (write down a congratulations message for winning the selection process) _____

Yours truly,

RÉSUMÉ

Today I will learn to:
Help in things I am good at.

My Résumé: My Strengths and Qualities to Help Other People




(My photo) _____
(My name)

1. I am good at _____ and I can help you if you need it.
2. I like to share this: _____ and when I do it I feel _____.
3. I remember a situation when I helped or shared _____
4. Sometimes I need help, particularly to _____

Please do not hesitate to call me if you are interested in my résumé.

(My Signature)



The Mystery¹

Read the following paragraph in silence. This is what happened:

Last night, when your mom got home, she called all the family members to tell them that her salary payment was being delayed and, therefore, the family would have to save money until the next payment was available. Your dad was very upset because they were considering using both salaries to pay some urgent pending household accounts. Your mom and dad had an argument and that worried you very much. Also, you are very sad because your mom had promised to take you to the amusement park, but now it would not be possible. As your parents were arguing, you decided not to say anything; however, you were still feeling bad. The next day, you tell your friends as soon as you get to school.

Then, read aloud to the whole class the underlined text and try to look sad:

Yesterday I had a problem at home and I feel sad and worried.

NOTE: *When they ask questions, you will have to answer with the information given in the above paragraph. Just give the information you are asked for and try not to give much detail, unless they ask you specific questions. Remember, your classmates must have a hard time discovering the mystery!*

1. Case and activity adapted from Aulas en Paz (www.aulasepaz.org).

Today I will learn to:
Stand up for myself without hurting others.

Oswald and Tiger²

Tiger is the biggest and strongest student in the fifth grade. He has many friends and his classmates do whatever he says. For example, the other day Tiger was hungry and forced Oswald to buy him food at the school store. Oswald didn't have much money, but he couldn't say no and did what Tiger ordered.

Oswald, on the other hand, is a small, shy and quiet student. He doesn't have many friends, and some people say he is weird because he is always by himself during recess.

Tiger thinks Oswald looks funny and he makes fun of him all the time, saying, "Oswald is a dweeb!"

He feels very frustrated. Going to school has become a nightmare, as he knows Tiger will make his school-day unbearable from beginning to end.

2. Story adapted from the Aulas en Paz Program (www.aulasenpaz.org).

Pipe and Rosina

Rosina is the most popular girl in the fifth grade. She has many friends and all her classmates want to be with her during recess.

However, she is not always kind to other people. She finds it particularly amusing to bother Pipe, a silent and lonesome student that always seats in the back row in the classroom.

Rosina knows he is very intelligent and every week threatens him with something to make him do her homework. She tells him: "Be careful, Pipe. You know that if you don't bring my math homework tomorrow, I will tell everybody you want to be Lorena's boyfriend."

He is embarrassed and cannot defend himself as he knows Rosina is very popular and all her classmates will do whatever she says. He feels frustrated and angry, and doesn't know what to do to make her stop threatening him.

Each group will make two lists in their workbooks. In the first list you will write down assertive (non-aggressive) actions Pipe may use to defend himself in this case. In the second one you will write down assertive actions you could use to defend him if he were your classmate.

1. _____
2. _____
3. _____
4. _____
5. _____

What could we do to defend Pipe so that Rosina stops threatening him? Come up with as many assertive, that is, NON-aggressive, answers as possible.

1. _____
2. _____
3. _____
4. _____
5. _____

Facing a Conflict...

1. **Calm down.** Calm down, especially if you are angry. Find the way to calm down in order to solve the situation.
2. **Evaluate.** Analyze the situation: what is the problem? What do you want to achieve?
3. **Resolve.** Do some brainstorming with all that comes to your mind to solve the situation.
4. **Act.** Choose the best option for everyone and act without being aggressive.

Today I will learn to:
Self-monitor my contributions towards a group goal.

Progress Chart

1. Write down your group's goal.
2. Write down your own goal (just one). This is what you can do to help your group achieve your goal.
3. Every day, mark the chart with an (X) to indicate whether you worked toward the goal, didn't work toward the goal, or only worked toward the goal a little. If you want, you can write ideas about how to improve and do better the next day.

My group's goal is:				
To achieve it, I have to:				
	I didn't do it	I did it a little	I did it!	How can I improve?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

You can repeat the process another week if you haven't achieve your goal yet.

MISTAKES DIARY

Today I will learn to:
Try again and try harder in the face of failure.

My Mistakes Diary

I'll use this diary every day to write down a mistake that helped me learn and make an effort to be a better person.

DAY 1		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

DAY 2		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

DAY 3		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

DAY 4		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

DAY 5		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

DAY 6		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

DAY 7		
What did I learn today?	What mistake helped me learn this?	How can I make more effort?

Today I will learn to:
Replace negative thinking with realistic assessments.

From Negative to Positive



Negative to Positive Change



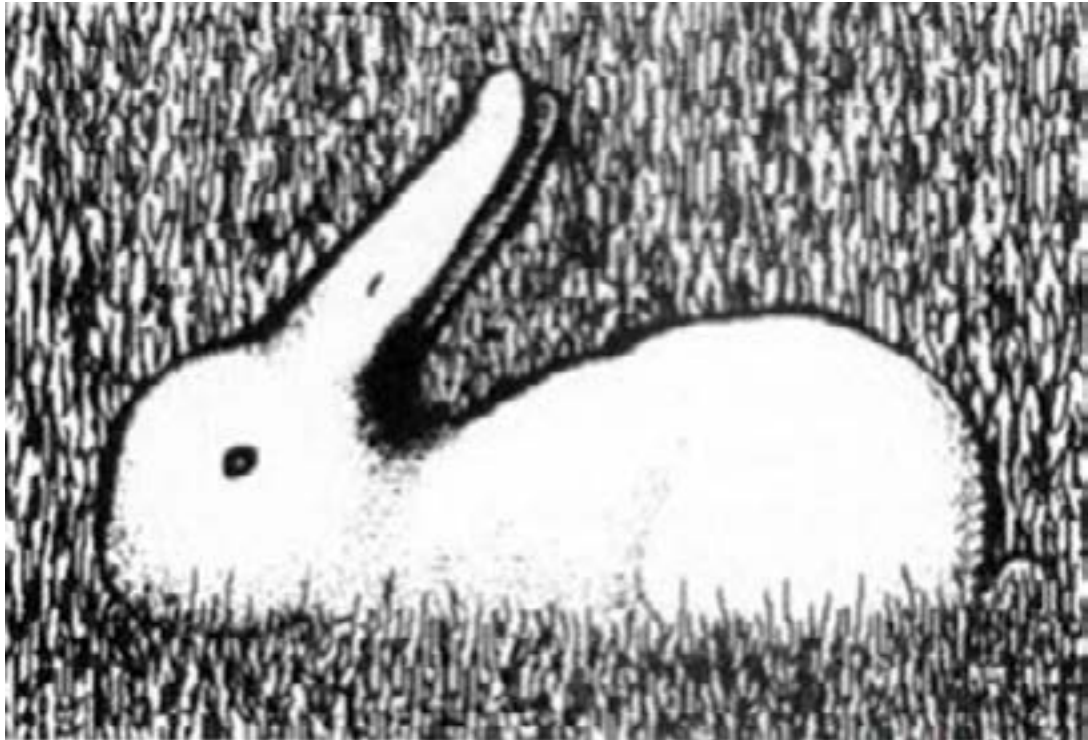
Situation	Negative Thought	Positive Thought
A friend did not want to speak to me today	<ul style="list-style-type: none"> • Maybe I deserve it • It must be that people don't want to talk to me • He'll never talk to me again • _____ 	<ul style="list-style-type: none"> • He may have a bad day • I'll give him time and tomorrow I'll ask him what's wrong • _____
All my friends passed the exam except I		
A student from another grade called me silly		
My own example: _____ _____ _____		

OTHER VIEWS

Today I will learn to:

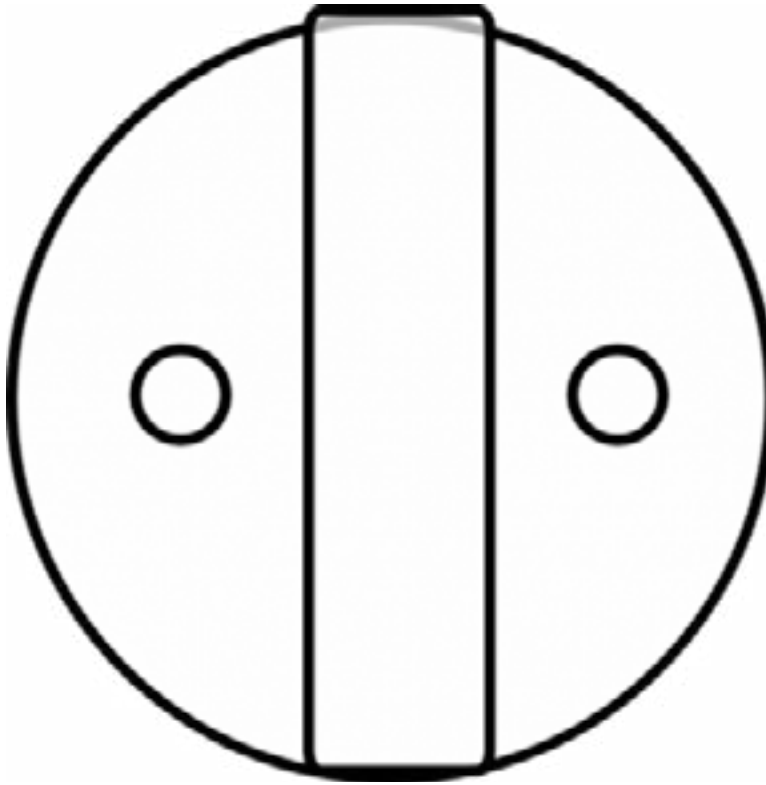
Assess the problem calmly and brainstorm solutions.

What Do You See?³



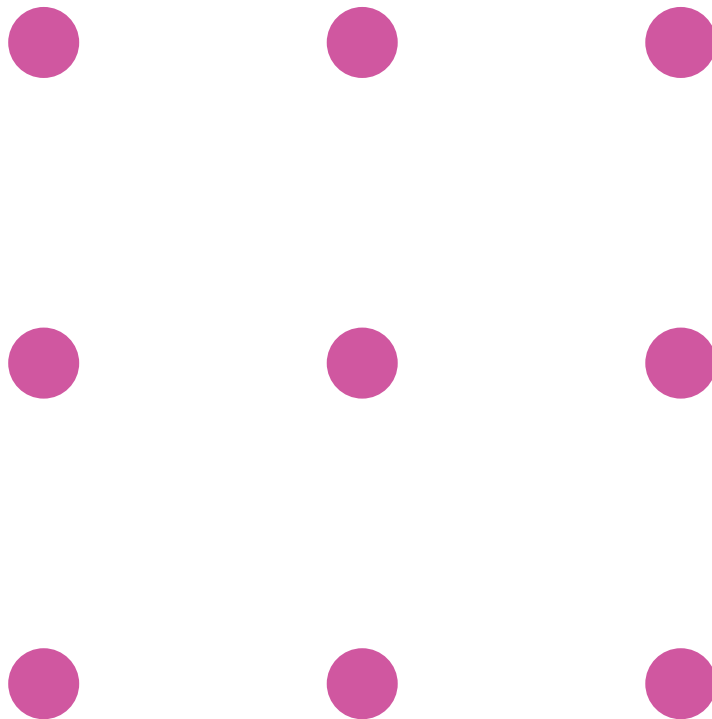
3. Eddy, S. (2007) Patonejo [illustration]. Retrieved in November 2015 from <http://blog-sheila.blogspot.com.co/2007/07/imagenes-ambiguas.html>

What Do You See Here?



Nine Dots

Connect these nine dots using four straight lines. You can't lift the tip of your pencil from the paper, and you can't cross over a line that you've already drawn.



Teresa's Different Perspectives

In what other ways could Teresa look at this situation? How could she respond?

MY FAVORITE CHARACTER⁴

Today I will learn to:

Question what I see in the media to form my own opinion.



4. Image taken from <https://plus.google.com/photos/+GuilleSGOTTLOSEN/albums/5762293820782841553>

