

THE EMOTIONAL FIRST-AID KIT PROGRAM

The aim of The Emotional First-Aid Kit is to develop children's social and emotional skills as well as to prepare them to deal with difficulties. Building on the basis of positive psychology, defined by an American psychologist Martin E.P. Seligman, it was assumed that optimism can be learnt and an optimistic attitude may lead to a happy and satisfactory life.

The implementation of this programme should boost children's ability to cope with stress and difficulties by creating positive convictions, self-belief and understanding of others.

In case of getting hurt you reach for a first-aid kit in order to dress the wound or apply painkillers. And what happens when we happen to have emotional wounds?

The Emotional First-Aid Kit is essential not only for healing the soul's wounds but also for regaining a good mood, hope and mental resistance.

This programme was inspired by 10 Rules for keeping sanity and the Emotional First-Aid Kit project for children presented by Sigrun Danielsdottir from Iceland during international workshops for Zippi's Friends coordinators. However, this is a proprietary programme with its own vision of executing ideas which were tested in Polish schools by Polish teachers. It was implemented in the environment of students' own experience, diagnosed needs and interests.

In The Emotional First-Aid Kit Programme following topics are discussed with children:

First-Aid Kit of treasure – how to heal a soul's wounds?

Optimism – positive thinking makes it easier!

Friendship – express love and friendship!

Creativity – learn, explore and develop your talents all lifelong!

Perseverance – do not give up, life success is a long distance race!

Physical health – take care of your health and work out – this will lift your mood!

Sincerity – do not make your life more complicated than it really is!

Kindness – try to understand and support others!

Gratitude – be grateful for anything that happens to you!

Dreams – have dreams and follow them!

