

GROWING UP WITH VALUES - ANNEX

Calasanz (Good manners):

- When you make eye contact with another person, greet them with a smile.
- Choose an object in the class that can be used to assign the speaker. Whoever has it is the only one who can speak (in case a topic is being discussed).
- Help anyone who may need it in order to cross the street.
- Tidy the classroom up along with your classmates at the end of the day.

Marine (Combating social exclusion):

- If you see a boy or a girl alone in the playground, approach them so you can talk and play together.
- Suggest playing a game or sport that the whole class can take part in.
- Search for the meaning of 'exclusion' in a dictionary and think about whether you could be excluding someone at school for some reason.

Quisap (Environment, sustainable development):

- Encourage your classmates to pick up their litter after break time, and remember to pick up after yourself too - for at least one whole week!
- Make sure you close the taps properly both at home and at school when you're not using them.
- Bring three different colour bags to school in order to recycle and create a poster which shows which materials you can throw in each.
- This week you are in charge of recycling. This means that you have to make sure everyone is doing it.
- Suggest a trip to your household, say to the park, to the beach, to the mountain and go for a walk. On this walk, focus on what you see and on taking care of nature.

Sukal (Solidarity, interculturality):

- If there is somebody from another culture in your class, who shares your break time, is in your leisure time group or in the Calasanz Movement, show an interest in their origins.
- If you get pocket money each week or your parents give you money to buy sweeties, think how you could share that with the solidarity campaign.
- Share your lunch if you see that someone that has nothing to eat.

Bla (Education for Peace):

- Listen carefully to your classmates.
- Pay attention to those who may need you to listen to them or give them a hug, and do it.
- Try not to argue with others, such as your parents, your siblings and your friends. Count to 10 before you get angry or start shouting.

- Always say please and thank you.
- Apologise whenever it is needed.
- Write something positive about every single one of your classmates and let them know about your positive comment.
- Learn how to say 'peace' in other languages.
- Tell your family and friends what you love about them. You could do this by drawing a picture for them.

Jiwa (Local-global relationship):

- Go with your parents to a small local business, such as a bakery, kiosk, grocery store, fruit store, and write down the shopkeeper's or assistant's name, what kind of products they had for sale and the advantages of buying in this establishment.
- Buy a fair trade product and bring it into class to share it.
- Look up news on any world problem and think about a possible solution. Write your solution down next to the news article.
- Do a little research and make a list of objects which are made of materials from other countries. For example, mobile phones which are made of coltan.
- Find out which means of transportation you could use to get to school instead of going by car.
- Whenever you can, go to school on foot or by bicycle and not by car, even though it may be more comfortable.

Elikia (Coeducation):

- Set the table at home for at least a week.
- Play with the toys that belong to your cousins, neighbours, brothers or sisters. It doesn't matter if they are dolls or toolkits.
- Read a story and then think if the main character could be either a girl or a boy. If not, rewrite it so that they could be.
- Get to know your family's jobs, such as what your parents, aunts and uncles, cousins etc. do for a living. At school, share what you have learnt in groups.