

Material List



Workshop 1

- Print the worksheet (1 per student): *Stressful or not?*
- Print the *Physical Sensations* and *Managing Stress* posters available on the [website](#) in the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Bring small cut pieces of paper (1 per student), placed in a container. Reuse these same pieces of paper for activity F.
- Have a chalkboard or interactive whiteboard (IWB) available.

Workshop 2

- Print the 3 worksheets (1 per student): *Sacha's situation*, *My level of intolerance*, *Strategies for exposure to intolerances*.
- Print the *Comfort zone* and *Intolerances* posters, available on the [website](#) in the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.

Financial contribution:



Public Health
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Workshop 3

- Print the worksheet (1 per student): *Explore your inner weather!*
- Print the *Emotions and needs* and *Asking for help* posters, available on the [website](#) in the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Bring:
 - Three large poster boards for activity C (reuse the same poster boards for all groups participating in the workshop);
 - Permanent markers;
 - Three packs of sticky notes
 - A stopwatch.
- Have a chalkboard with chalk or interactive whiteboard (IWB) available.

Workshop 4

- Print the 2 worksheets (1 per student): *Three wishes* and *Between me and myself!*
- Print the *Comparison and choices* poster, available on the [website](#) in the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Bring 3 to 6 inflatable balloons, not yet inflated.
- Have a chalkboard with chalk or interactive whiteboard (IWB) available.

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Workshop 5

- Print the *Resist the squeeze! Scenarios* worksheet (1 copy for you only).
- Print the *Strategies to be assertive* poster, available on the [website](#) in the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Cut out the steps from the *Resist the squeeze! Scenarios* worksheet.
- Have a chalkboard with chalk or interactive whiteboard (IWB) available.

Workshop 6

- Print the *Exploring your self-esteem* worksheet (1 per student).
- Print the *Real me and ideal me* poster, available on the [website](#) under the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Have a chalkboard or interactive whiteboard (IWB) available.

Workshop 7

- Print the supplementary *Kindness Meditation Script* (1 copy for yourself).
- Print the *Be kind to yourself* poster, available on the [website](#) under the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Have sticky notes available (1 per student).
- Have a chalkboard or interactive whiteboard (IWB) available.

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Workshop 8

- Print the following worksheets (1 copy of each worksheet for each student): *Conflict resolution* and *Emotions and needs*.
- Print out the supplementary *Scenes for the interactive theatre exercise* sheet (1 copy for yourself).
- Print the *Communication is the key!* poster, available on the [website](#) under the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Have a chalkboard or interactive whiteboard (IWB) available.

Workshop 9

- Print three copies of the sheet *Secret missions* and cut them into six pieces.
- Print the *Friendships* poster, available on the [website](#) under the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Have one large sheet of paper per group of six students for exercise A: *Twelve skilled hands*.
- Have enough coloured felt-tip pens (for drawing) on hand.
- Have a chalkboard or interactive whiteboard (IWB) available.

Workshop 10

- Print the *Critical thinking* poster, available on the [website](#) under the section: First cycle / Workshops and tools for students / Classroom posters to support your explanations and reinvest learning in class.
- Have a stopwatch on hand.
- Have a chalkboard or interactive whiteboard (IWB) available.

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