**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: My Personal First Aid Kit
3. Purpose: help to formulate a plan of action that one can use when faced with an emotional distraction (personal challenge)
4. Duration/Time frame: 1 hour
5. Participants: n.a.
6. Group size: individual, small group
7. Material: cardboard paper, pencil, colored pens or/and computer graphic applications (own manual)
8. Methods: self-reflection, mind map
9. Description:
10. Creating Self-Care Kit with following questions:

* Who can I turn for support when I am upset? (Who comforts me, make me feel safe, and allows me to have my feelings?)
* Who do I need to avoid? (Who adds to my stressful level, cannot listen without interrupting, offering advice, overwhelms me with questions,:.?)
* What exactly I need to feel strong, nurtured, comforted, healthy?
* How can (will) I best express my feelings?
* What can I do when I need to take a break from the emotional stress? (my best healthy distraction)

1. Group discussion/Sharing
2. Make a poster, postcard, cartoon, strip,..

and keep it in your emergency “box”

1. Advice for Trainer:
2. Source/Literature: Sonja Bercko, Integra Institute
3. Handouts : example of the strip
4. Contributor (partner): Integra Institute (Sonja Bercko, NLP spec. neurolinguist, Psychosynthesis Therapist)