

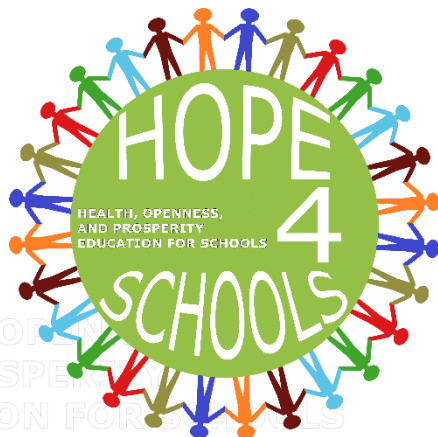


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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Pink and black glasses



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

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GOALS:

Emotional strengthening, help in understanding and solving problems, learning to take responsibility.

Step 1: Students are informed of a "problem situation" close to them (eg I lost a pencil that brings me happiness).

Several of them communicate the emotion and thought that first crossed his/her mind.

If all the mentioned thoughts are negative, we give the opportunity to the student who thinks that the situation is not so terrible to state his thought in accordance with it.

STEP 2: We show black and pink glasses. We connect our thoughts and glasses - a view of the situation. The children have to tell themselves through the glasses what color they looked at when they expressed their thoughts about the situation.

Step 3:

We conclude:

* looking through black glasses creates restlessness, deepens the problem

* looking through pink calms us down, gives us space to understand that the problems are not so terrible and that there is a solution for them.

Step 4:

There are different game variants as a follow-up to the introductory activity. Some of those:

- Children mention situations that bother them. They should first look at the situation through black, and then through pink-colored glasses.



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- We divide the students into two groups, each representing one color of glasses with arguments. They are informed of the situation. The group that gives the last argument wins. More precisely, a positive or negative way of looking at the situation and looking for a solution will win. Repeated statements are not accepted.

Examples of situations:

Parents are arguing.

I am not well prepared for the control exercise.

A friend got mad at me...



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