

# THIS IS ME

Getting to know yourself and others better

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This is Diego.

Sometimes Diego is  
**OVERSENSITIVE.**



Sometimes  
Diego is  
**PERCEPTIVE.**



Isabella gets very touchy if someone doesn't like her clothes.



Philip is inconsolable. He's taking his defeat particularly badly today.



Ada's new teacher is perceptive. She understands that everyone is nervous when they start a new class.



Frankie has decided that hot tea will make his mother feel better. He's very perceptive.

What is oversensitivity?

Every day, Diego gets bothered by many different things: like when a stranger frowns at him on the tram, when his friends argue, when he reads a sad story, or when he hears a silly joke. What upsets Diego most is that while he feels overwhelmed, his friends seem perfectly fine.



Here's another movie making Diego cry. Why isn't anyone else in the theater crying?

There's no need for Diego to worry, though. He just feels things a bit more deeply than others. We're all born with different levels of sensitivity – and any level is totally fine.



Sometimes a hug is all that's needed, sometimes kind words. And sometimes just a smile and an offer to help is enough.

Even so, Diego sometimes wishes he wasn't so sensitive. Being very sensitive – which we call oversensitivity – can sometimes make him feel helpless and sad. And if you're sensitive like Diego, you can learn to handle your sensitivity. It's not easy, but once you do, you'll see that it helps you notice the world's finer details.

**WHAT TO DO IF YOU ARE FEELING TOO SENSITIVE:**

- Remember that whatever you are feeling now will soon pass.
- Keep in mind that your friends maybe don't mean to hurt your feelings. Try to explain to them why you feel hurt.



In childhood, dealing calmly with sadness and disappointment can be especially hard. Sometimes, even a small thing, like a balloon popping, can feel overwhelming.

## What is perceptiveness?

Sensitive people are often very perceptive. Sensing how others feel is a wonderful gift. It allows us to treat others the way we'd want to be treated.

If your friend were to bump his knee against something hard, you'd definitely notice his pain. But he might also be feeling a lot of emotions: shame because others saw the accident, disappointment because he wanted to do a new trick on his scooter like his brother, and maybe even anger because a big rock was in the way. Understanding this can help you support your friend better.

Being perceptive can be challenging, but we all learn to become more perceptive throughout our lives.



It's wonderful to have someone close who helps us when we have trouble dealing with our feelings.



Even if you fail at something, try not to be sad – you'll succeed in the end.



It's really fun to burn off energy at the playground!

It's easy to let yourself go, especially when you're having fun or trying to be less bored. The problem is, what we find funny might bother others.

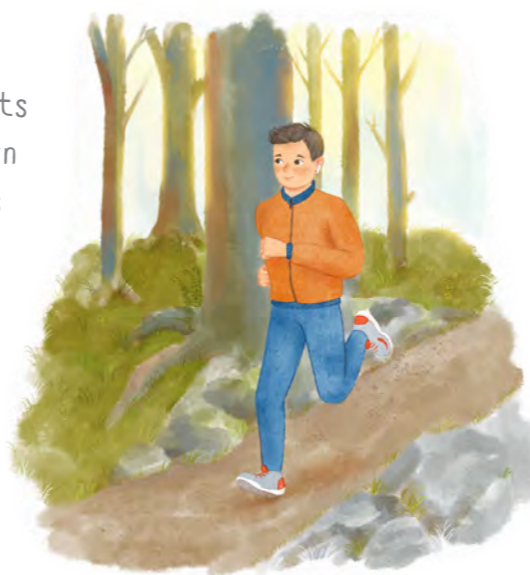
## What is being energetic?

For someone with a lot of energy, it's really hard to sit still and do nothing. The trick is to channel it into something fun that doesn't bother anyone. What can you put that energy

### HOW DO YOU KNOW YOU'RE BEING UNRULY?

- You run, jump, shout, or fight without holding back.
- People try to stop you but can't.
- Your behavior is dangerous – you could break something or hurt someone.

Some adults like to burn off excess energy by getting exercise.



into? Baking cakes, solving puzzles, hiking in the countryside, or building blocks – whatever sounds fun to you! If you feel you're about to lose self-control, pause for a moment and look around: How do others see your behavior? Is it bothering them? Could you hurt someone? If so, try sitting

down and taking a deep breath. Having lots of energy can actually help us improve the world around us. How about organizing a litter clean-up or brightening your classroom with colorful drawings? Or maybe painting a hopscotch court in the park for other kids to play on?



Some people go hiking in the countryside to burn off their energy.

## ARGUMENT

- We don't accept the other person's opinion.
- We insult and criticize each other.
- We both want to get our own way.
- We both end up losing.



Rex and Rocky fought so much over the toy that they destroyed it. Now they both have nothing to play with.

## WE SHOULD ...

- Listen to and respect other people's opinions.
- Talk to each other politely.
- Look for a solution that suits both of us.



Rex and Rocky decided to play tug-of-war with the toy. What a grrrrreat game!

When we're in an argumentative mood, we fight over silly little things. Later, we might regret it because, in our anger, we sometimes say hurtful things to the people we love.

If you want to keep good relationships with others, treating them politely and respectfully.



Aaron is getting angry. He thinks his friend has not shared the candy fairly.

## What does it mean to enjoy discussions?

During an argument, each person tries to win. In a discussion, though, both sides look for things they can agree on. Exchanging opinions, ideas, and experiences helps us better understand the world.

Friendly discussions can help us understand each other better. Even when we disagree, we can stay friends. For example, if you love sunlight but your friend hates the heat, you might both enjoy swimming and have a great time together at the pool.

Instead of getting into unnecessary conflicts, you can deepen your friendships through meaningful discussions about different topics.



Aaron and his friend are figuring out how to make things from paper. When one of them can't think of anything, the other comes up with an idea.

## HOW DO YOU KNOW YOU'RE BEING BOSSY?

- You make up rules and tell others what to do.
- You don't explain your ideas or talk things over with others.
- You don't let others share their own ideas.
- People often leave your games or stop listening to you pretty quickly.

Richard has a knack for leading others, which is a great gift! It's not easy, though, as he's learning. He wants to be a great leader, but sometimes he seems too . . . well, bossy.

Someone who acts bossy towards us often wants to be friends but may not know how to show it. Their bossiness might come from feeling unsure of themselves. What advice would you give them?



Since Richard is both courageous and kind, he was a natural leader on the field trip.



A proper leader never forgets that everyone can be involved in decision-making.

## What is a leader?

If you want to lead others, you need to be more than just determined. A good leader also needs to have natural authority – which is when people listen closely to you because they trust your confidence.

If you have natural authority, that's great! And if you want to become a leader, you'll need to make an effort and gain experience.

You may find others naturally starting to follow you. If so, congratulate yourself! It shows you're becoming a kind and responsible leader. Leadership is a skill you can improve over time – more experience means it will come more naturally to you.

Richard dreams of becoming a movie director someday. Directing a team of actors and artists to create a blockbuster film requires focus, courage, and patience with others.



Jenny is a responsible Scout leader. She carefully records the requests and ideas of the kids in her troop to look at later when she has more time.

So what are  
any of us  
really like?

Everyone is different, with their own mix of good and bad traits, moods, and days when they're not at their best. Our actions are influenced by how we feel, what we've been through, and our natural tendencies. Sometimes we show our not-so-good side, and other times we show our best – that's totally normal!

When we see that we've done something wrong, it takes courage to say we're sorry. This means overcoming fear or shame. Saying "I'm sorry" can make a big difference! Take a look around and think about why people act the way they do.

What do they want and need? As we "people watch" everyone in this park – and throughout our journey in life – let's get to know each other better. Great idea, don't you think?





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Elias is shy, but he's also very thoughtful. Olivia is hasty, but she's also really brave. Can you figure out what makes you unique? It's not easy to describe yourself in just a few words – and this book won't try to do that. Through stories about kids just like you, you'll explore all the different ways people can be amazing. You'll learn how to recognize your unique qualities, understand yourself better, and appreciate everyone around you. Whether you read this book in a cozy corner by yourself or share it with friends, don't be afraid to be yourself!

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