



TODAY I CHOOSE FOR MYSELF

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A game to learn autonomy within humanistic psychology approach



An educational proposal to facilitate in children the ability of choice and autonomous decision through a process of expression of feelings and emotions.

To promote self-respect, of his own body and that of others, by helping the child to be aware of himself in the surrounding environment

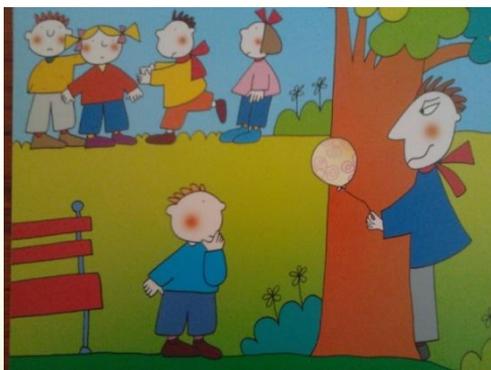
Final goal: violence prevention through personal empowerment

The tool

The game kit contains:

A billboard with 12 squares, 10 show scenes and places of child's everyday life

1 square shows a partially open treasure chest, 1 square is empty to enable the child to complete it



12 cards to match with the squares of the billboard; the cards are illustrated on both sides

A game to learn to say: “NO..!”

The setting is based on “**circle time**” (any time when a group of people is sitting together for an activity involving everybody...),



The facilitator concludes the activity by suggesting psycho body games aimed at promoting contact with oneself, the environment and the other

The **facilitator**:

- encourages children to communicate emotions related to an image
- uses empathetic active listening
- makes use of the "I message" (message in first person)



A game to learn to say: “NO..!”

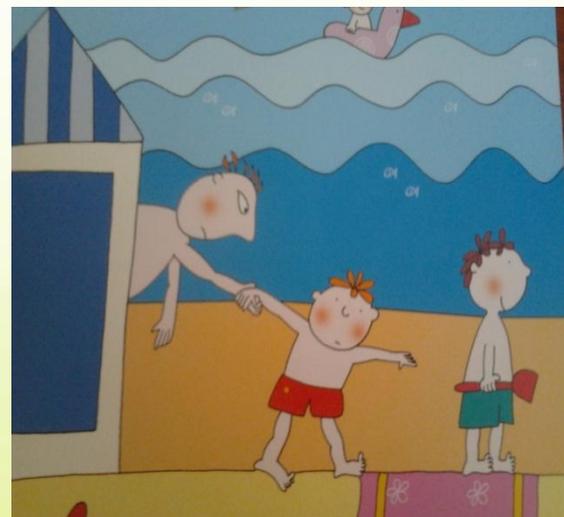
From a facilitators’ report referred to this picture :

Raul says, “a teacher in the house is taking a child by the hand ... the teacher is angry because the child wants to go with his little brother, then the teacher takes him by the hand to bring him into the house ...

Priscilla chooses the same card and says that she can see a small house from where something pops out ...

Suddenly she stops...

While observing the cards to explain, Priscilla strokes the teacher’s hand and does not want to play anymore ...



A game to learn to say: “NO..!”

The child more exposed to violence is a subject who lacks **basic trust**, appears to be extremely dependent on others and experiences autonomy as dangerous and wrong

This game encourages **self-esteem** and helps to discriminate between chosen or imposed activity.

It enables children to express properly **YES and NO**, gives a meaning to the rejection of the child, by empowering and promoting the development of **autonomy**