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TALANTED CHILDREN MEAN A STRONG UKRAINE!
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PRACTICAL WORKSHOP: My boundaries - my rules

Materials designed by Piznayko children's magazine in cooperation with GIZ's Civil Peace Service Programme in Ukraine, Brigitte Foeller.

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To children with love!

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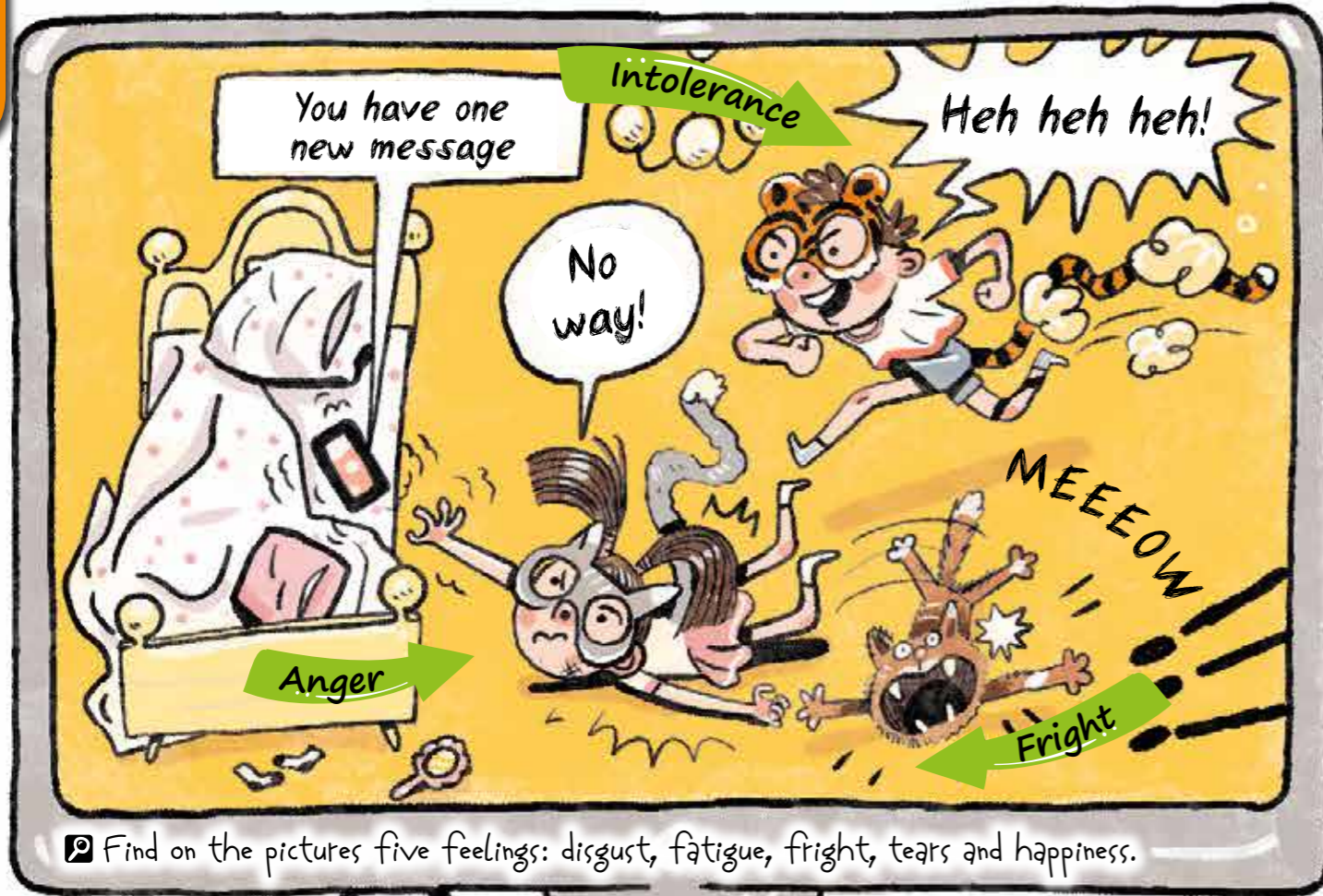


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MY FEELINGS ARE SO DIFFERENT

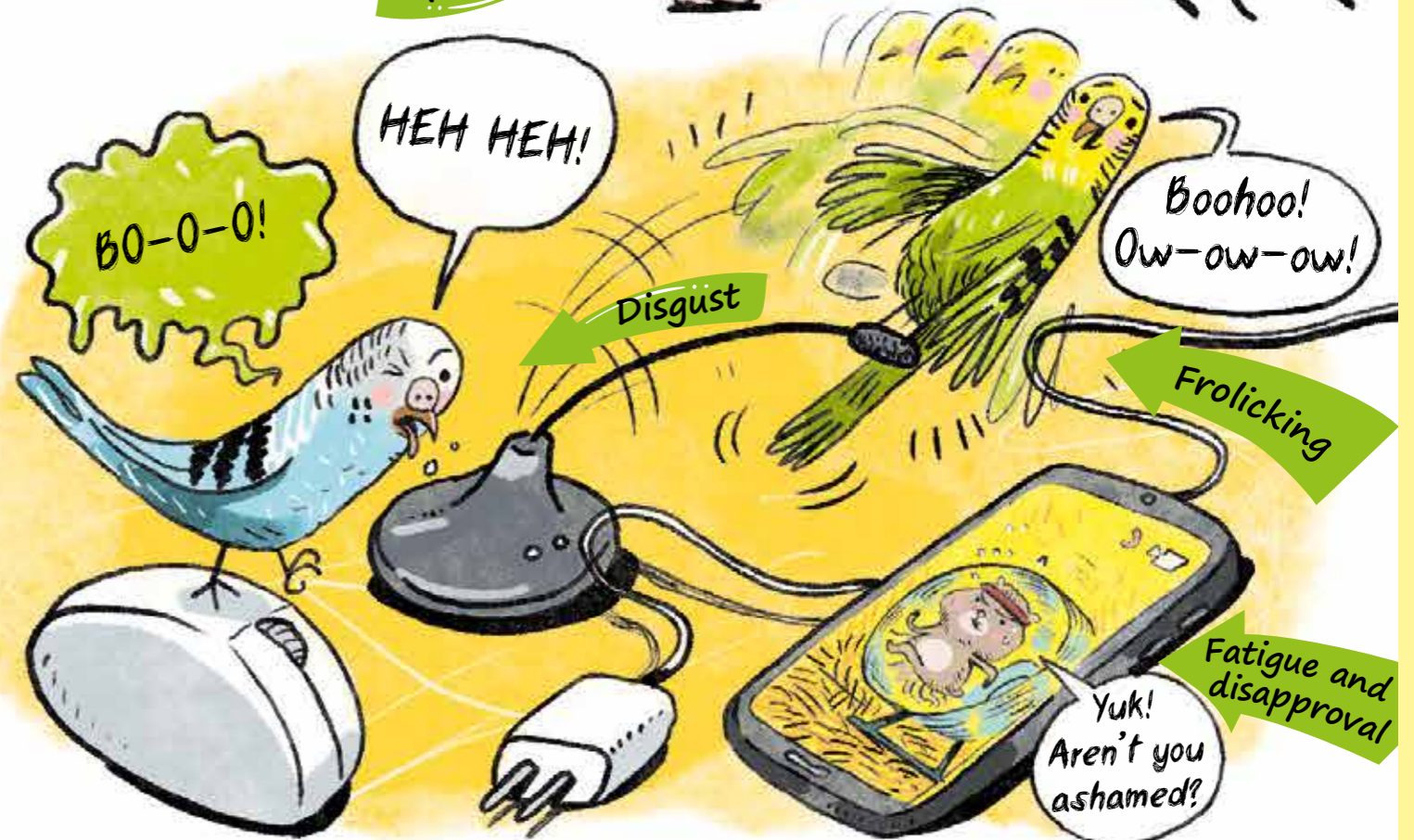


Find on the pictures five feelings: disgust, fatigue, fright, tears and happiness.



Print out or draw on a sheet of paper shame , anger and happiness .

Artist Oleksandr Shatokhin



What feeling do you like to feel most? Think of many other feelings and send them to the editorial office at posnayko.web@gmail.com Piznayko will announce a winner on Facebook.

IT'S MINE. FINGERS OFF, EYES TOO! OR NOT?

Find three types of touches in the pictures:

- ✓ pleasant;
- ★ unpleasant, but needed;
- ✗ unpleasant and unnecessary.

Find the pictures of when to undress is:

- ✓ fine and nice;
- ★ unpleasant, but needed;
- ✗ unpleasant and unnecessary.



Artist: Olha Smirnova

It's nice to undress to go swimming or take a shower. Or when you get wet in the rain and need to change quickly. Sometimes you have to take off your clothes at the doctor's to examine you

Trust your feelings. There are unpleasant and unnecessary touches. A person should stop them immediately. Just say it. Speak clearly and loudly.

But no one can force you to show yourself naked. Never! If someone touches you against your will or forces you to be naked, this is sexual violence and a serious injustice.

Artist Olena Ostrohiad

SAY «STOP» TO THE ABUSER

We have unpleasant feelings and emotions:

- sadness;
- anger;
- fear;
- shame;
- disgust;
- contempt;
- guilt;
- anxiety.



Learn to trust your feelings. So you can protect yourself.

You can say "No" in different ways: say it, turn around, shout, go away.



If you don't want something and you don't like it, don't be silent.

It is better if you choose someone who is neutral towards the abuser first.

6 tips on how to keep someone from getting too close to you:

- Say «no» clearly.
- If you have a strange feeling about someone, trust that feeling and stay away.
- Do not be alone with someone who wants to get close to you.
- Tell someone you trust about your strange feeling.
- Learn the places beforehand, where you can get help. It will make you feel safe.
- Do not go to strangers' houses.
- Do not walk alone with strangers.



parents



How can you protect yourself? Speak to...



teacher



or shout



police



psychotherapist

Talk to someone, when somebody crosses your boundaries and commits violence.

I am afraid to be abandoned, not loved, and disrespected.



psychotherapist

If someone really abandons you or does not love you because of what you say, then that person is also treating you unfairly.

You are right, and the man acts like a criminal. He is doing the wrong thing, not you. It is important to protect yourself from injustice!!



...I feel shame and guilt.

If it is dangerous to shout loudly and no one can hear you, then use tricks. You can say that you will come again tomorrow, but now you are in a hurry.

All these feelings are normal. Talk about them. There will always be people to help you out. You are not alone, remember that!

GAME "THE WORLD OF EMOTIONS"

Simple rules: The game is designed for 2 to 4 participants. Players take turns throwing the dice and answer the question "What am I feeling when...?" and "What can I do about it?" Each answer receives a score of 2 points. You can find them in the center of the game next to the "Feelings thermometer." Your version is scored 4 points. You can come up with other emotions or actions not available on the "Feelings thermometer" (e.g. offended, ashamed, guilty etc.) You have to complete 4 rounds. The player who gets most points is the winner.

... a family member wants to hug (kiss) me but I don't want to?

...I am not allowed to go outside and hang out with friends?

...I have no appetite but I am made to eat?

...my wish has come true?

...a family member takes away my phone and I haven't finished messaging a friend or playing a game?

...I get no pocket money?

...someone enters my room (or a bathroom) without permission (knocking)?

...someone takes my stuff without permission?

...I see classmates (friends, family members) arguing in front of me?

What am I feeling when...?

Anger
Outrage

Resentment
Irritation

Disappointment

Nervousness
Worry
Sadness
Anxiety

Happiness
Calm
Satisfaction
Excitement
Joy

What can I do?

Practice positive thinking:
• I can
• I will make it
• I've done a good job
• We think together an option with grown-ups or friends

• Take a break
• Count to 10
• Ask for help
• We think together an option with grown-ups or friends

• Deep breathing
• Shift focus to something else (a game)
• Go to a "safe place"
• Find an adult and tell about it
• We think together an option with grown-ups or friends

...I receive a long-awaited gift (or parents take me to a movie theater or entertainment center)?

...I am called bad words?

...I am overwhelmed with an emotion but I am prohibited from showing it?

...haven't done my homework but a teacher called on me?

START

FINISH

...a family member asks me for an advice about some issue?

• Say "STOP" to the situation
• Go outside
• Stop communication (interaction)
• We think together an option with grown-ups or friends

...I really want something but cannot get it?

...my friend starts spending time with other friends and does not take me with him/her?

...I think it's unfair towards me?

...I want to share a good news but my family or friends have no time to listen to me?

...I feel the emotions depicted on all 5 scales of the "Thermometer"

...I am accused of something I haven't done?

My boundaries: physical, material, emotional, mental.

✓ pedagogical counselor in Lviv;
✓ positive therapy consultant (N. Pezeshkian);
✓ candidate psychotherapist;
✓ and psychotherapist;
✓ Jungian consultant;
✓ member of the National Psychology Association.



Facebook page



Materials by Lidiia Bozhenko

By Natalia Lashchyk, fairytale psychologist, @natalia_lashchyk

UNSAFE SAFETY

A droplet of morning dew was slowly running down the stem to the ground.

"Tee he, it tickles," Daisy smiled.

Meet Daisy: a happy and beautiful flower. She has a friendly smile, it is always interesting to play with her and her singing is sweet. When the gentle rays of the Sun playfully touch her leaves, Daisy feels the loving care of Mother Nature. That's why the little flower's heart is open and sincere. It is always ready to help and comfort.

Nature's little daughter was growing up friendly and caring to the neighboring plants and even to little bugs. She played hide-and-seek and had fun with them. During one of these fun games while

Daisy was looking for a good place to hide, she entered the unknown dark thickets.

The inhabitants of the thickets were strange. They had thorns and frowning faces and looked unfriendly. One of them approached Daisy and asked,

"Did the pretty lady get lost?"

Daisy got scared at first but her trusting little heart wanted to believe only in good so she replied confidently:

"I am from the nearby meadow. I was playing with my friends and looking for a place to hide. I think I might have gone too far."

"No, no. It is not far at all. We have lots of places to hide and I will help you to find the best one here."

The little flower was happy, she imagined the delight with which she would tell her friends about her new adventures. She leaned towards the cactus but suddenly started to hesitate. The little girl remembered her mother's advice: Don't talk to strangers. Daisy backed up and said:

"Thank you for help, but I'd better play with my friends."

"I will not let you go," the cactus whispered angrily and caught Daisy by her little leaves.



The thorns cut into a fragile stem and injured it.

A little blondie cried in pain and fear:

"Don't touch me. It hurts."

But the evil stranger continued to wreath himself around her. Then the girl started to cry out loud:

"Somebody, help!" Grasshopper heard the child's plea and courageously jumped to the rescue. The little beetle resolutely pushed the cactus away and gently led Daisy out of the dark thickets.

He saw that the girl was scared and upset so he did not ask any questions.

Mother Nature gently hugged her daughter with breezes like with hands and the little flower calmed herself down a little.

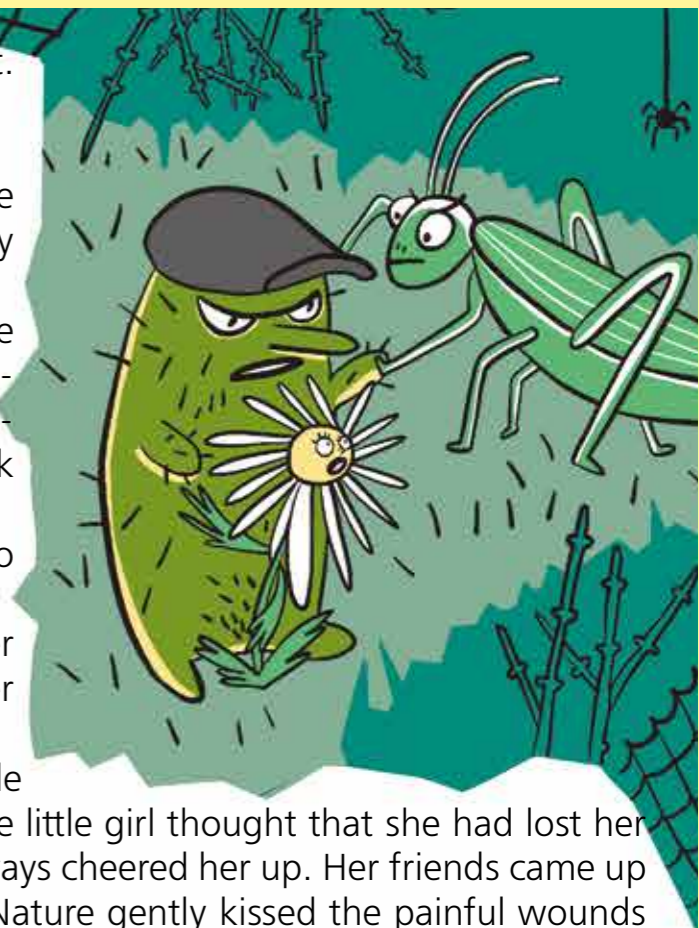
But the torn leaves and wounds on the little stem reminded her of the terrible incident. The little girl thought that she had lost her significance and beauty. But her close ones always cheered her up. Her friends came up with surprises and fun activities and Mother Nature gently kissed the painful wounds every evening. One day, when she was playing by the lake, Daisy saw her reflection in the water. In the reflection, there was a charming girl with new gorgeous leaves smiling at her. Happy Daisy started waltzing.

"Mother Nature, look. I am a perfect flower again!"

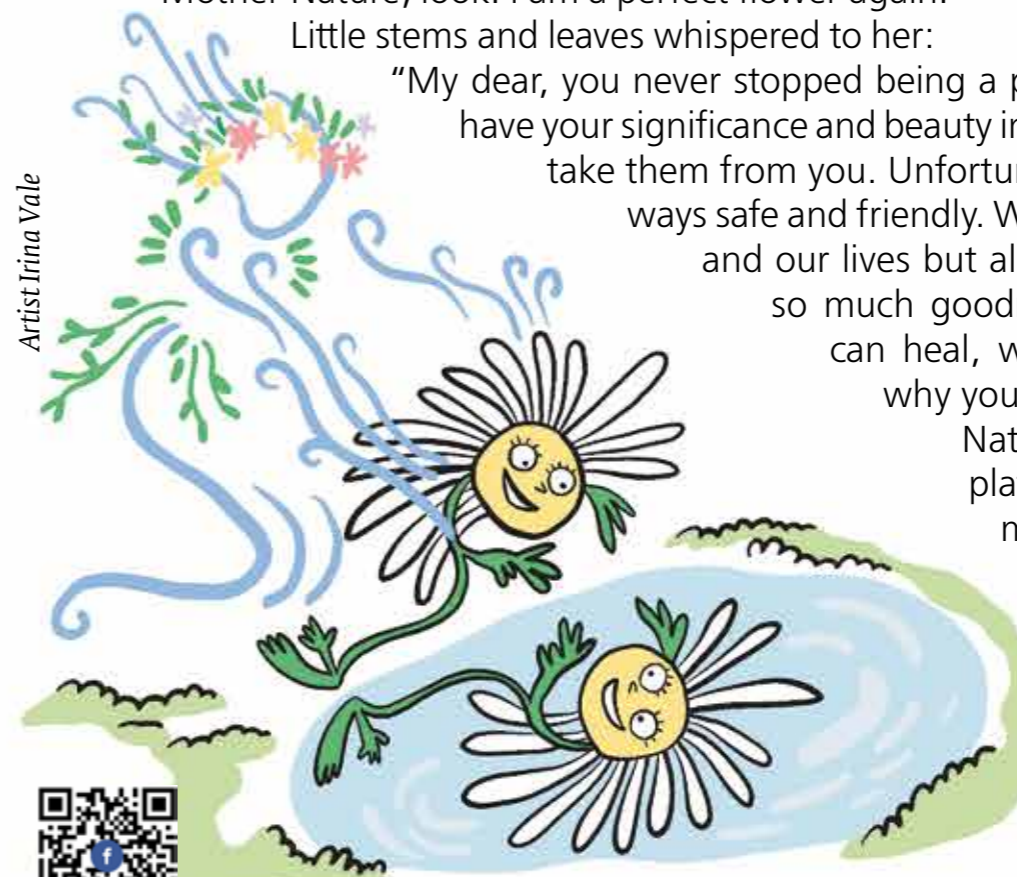
Little stems and leaves whispered to her:

"My dear, you never stopped being a perfect flower! You always have your significance and beauty in your soul, and no one can take them from you. Unfortunately, this world is not always safe and friendly. We should protect ourselves and our lives but also remember that there is so much goodness around us. Kindness can heal, win and give hope. That's why you are beaming!"

Nature's daughter contemplated a bright and fresh morning. The young lady understood that not everyone is safe and harmless. From now on, the little girl will protect herself, but her confidence and determination will not falter her faith in good...



Artist Irina Vale



Prepared with the help of Lyudmyla Pidlypna, psychologist and psychotherapist.