

T.F.A.L. 3

Tfal Favur Ambjent Liberu



Name: _____

Workbook for the Year 3 Primary School
Students
*Ktejjeb għall-Istudenti fl-Iskejjel Primarji
tat-Tielet Sena*

Based on
Ibbażat fuq

BABESWORLD
Beginning Awareness Basic Education Studies

Together with the
T.F.A.L. 5 Programme,
this programme is
accredited at **MQF**
Level 2 from the **Malta**
Qualifications Framework
and requires a total
attendance of 80%

T.F.A.L. 3

Tfal Favur Ambjent Liberu

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Sketched and designed by Amy Taylor.



Welcome to the T.F.A.L. 3 programme.

These are the characters who are going to join us for six lessons.

We have Buttons and Bows, Myth Mary, Early Bird, Recovering Reggie, Donovan Dignity and Rhonda Rabbit.

We encourage you to make good use of this workbook and to share what you're going to learn with the people you trust and those close to you, to support your learning.

Let's embark on this journey together and we hope you enjoy it as we go along.

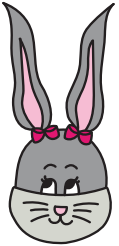
Merħba għall-programm T.F.A.L. 3.

Dawn huma l-karattri li se jkunu magħna matul sitt lezzjonijiet li għandna flimkien.

Għandna lil Buttons u Bows, Myth Mary, Early Bird, Recovering Reggie, Donovan Dignity u Rhonda Rabbit.

Ninkuragguk tuża dan il-ktieb b'mod tajjeb u taqşam dak kollu li se titgħallem ma' dawk li tafda, sabiex ikomplu jgħinuk fit-tagħlim.

Ejja nibdew din il-grajja flimkien u nisperaw li tieħdu gost.

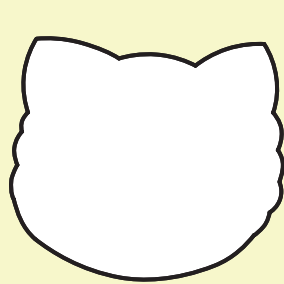


Our friends

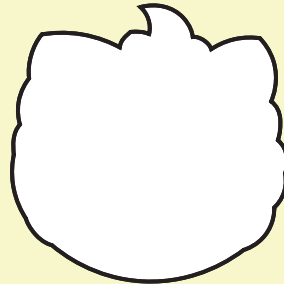
Find the sticker of the character and place it in the correct place

Il-ħbieb tagħna

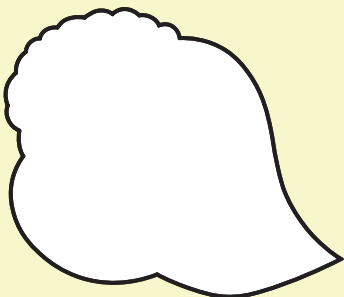
Sib l-isticker tal-karattru u waħħalha fil-post it-tajjeb



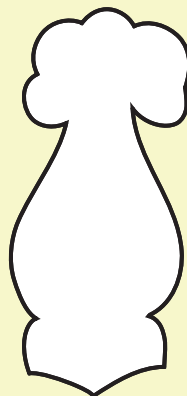
Buttons



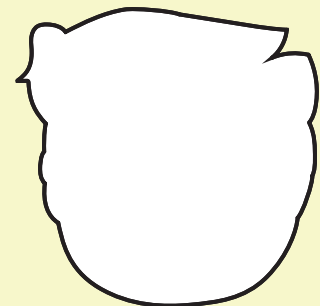
Bows



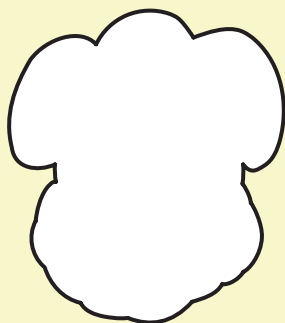
Myth Mary



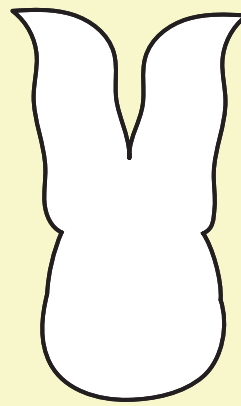
Early Bird



Donovan Dignity







Recovering Reggie

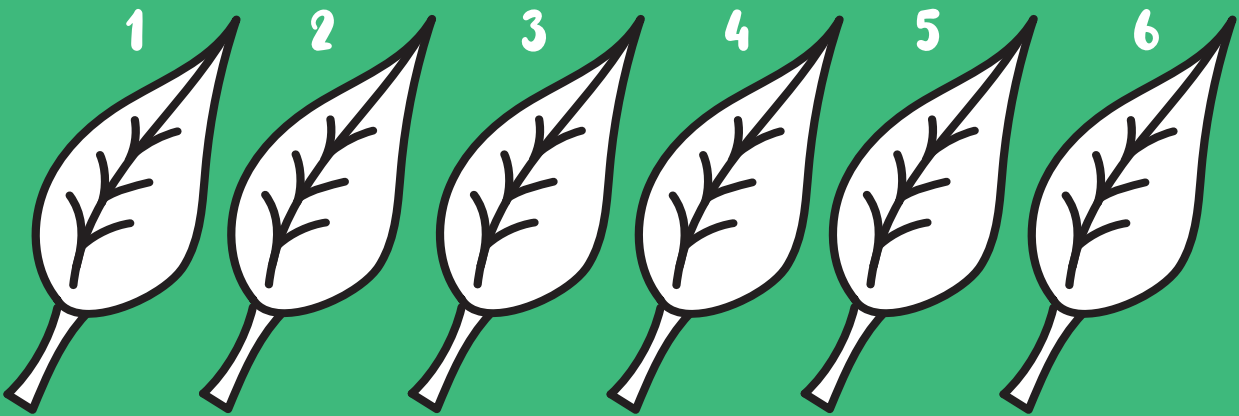


Rhonda Rabbit

All feelings are important
L-emozzjonijiet kollha huma importanti

Fill each leaf with the colour of your feeling
Imla kull werqa bil-kulur tal-emozzjoni li qed tħoss

- | | |
|--|---|
|  Happy
<i>Kuntent/a</i> |  Sad
<i>Imdejjaq/Imdejqa</i> |
|  Angry
<i>Irrabjat/a</i> |  Scared
<i>Imbeżża'/Imbeżżgħa</i> |



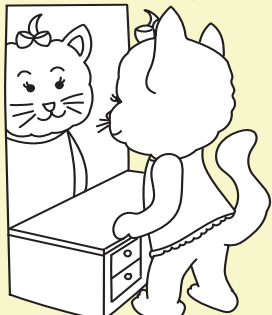
1

Lesson / Lezzjoni

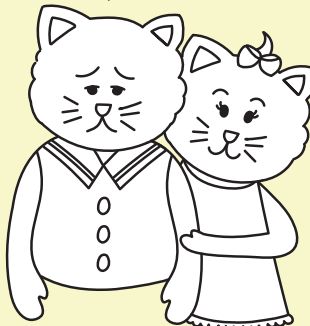
Self-Image and Feelings

X'Naħseb Fuqi Nnifsi u Kif Inħossni


1 I'm special




2 I'm not special




3 I heard that nice people don't cry




4 Honk! Honk! If you don't talk about your feelings, they can come out in ways that might hurt you or people around you




5 Right you are! Being sad doesn't make you a bad person



6 Been there. Done that. We have to understand why people do the things they do



7 I understand feelings better now. I'm looking good and feeling fine!



Feelings
What I feel on the inside

Emozzjonijiet
Kif inħossni minn gewwa



Managing my feelings is as **EASY AS 1 2 3**

Li nimmanigja kif inħossni huwa faċli daqs 1 2 3



I'll ask myself:
Se nsaqsì lili nnifsi:

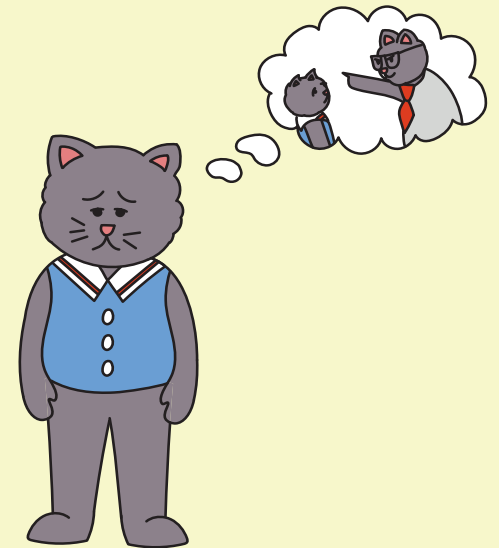
1

How am I feeling?
Kif qed inħossni?



2

What is making me feel this way?
X'qed iġegħlni nħossni hekk?



3

What can I do to manage my feelings?
X'nista' nagħmel biex nimmanigja l-emozzjonijiet tiegħi?



Let's see how our friends are feeling?
Ejja naraw kif qed iħossuhom il-ħbieb tagħna?

Match the characters with the feelings
Qabbel il-karattri mal-emozzjonijiet



Confused
Konfuż/a

Happy
Kuntent/a

Scared
Imbeżża'

Sad
Imdejjaq/Imdejqa

Angry
Irrabjat/a

Relaxed
Irrilassat/a

Excited
Eċitat/a

Remember, what you think of yourself is the most important
 Colour the boxes that show what you think of yourself

Ftakar, dak li taħseb fuqek innifsek huwa l-aktar importanti
Agħti kulur il-kaxxi li juru x'taħseb fuqek innifsek

I'm unique
Jien uniku/a

I'm creative
Jien kreattiv/a

I'm special
Jien speċjali

I'm funny
Jien ċajtjer/a

I'm kind
*Jien għandi
 qalbi tajba*

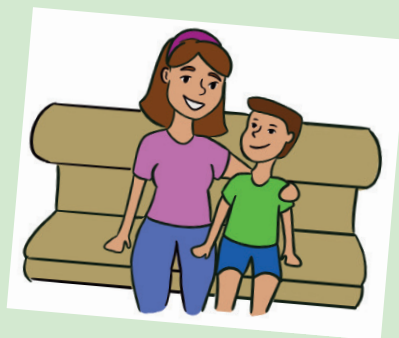
I'm loved
Jien maħbub/a

I'll always talk with someone I trust
Dejjem se nitkellem ma' xi ħadd li nafda


Mark with a ✓ the people that you trust
Immarka b'✓ il-persuni li tafda




Teacher
Għalliem/a



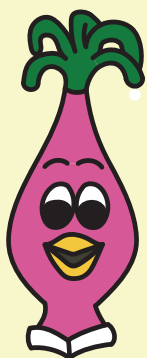
Parent/guardian
Ġenitur/persuna li qed tiegħu ħsiebi



Guidance/
PSCD teacher
għalliem/a



Other people
Persuni oħra



Honk! Honk!
Ask for help when you need it
Honk! Honk!
Staqsij għall-għajnuna meta jkollok bżonn



I am Special

I am special
I am special
Yes I am
Special me
Very very special
Very very special
Yes I am
Special me

We are special
We are special
Yes we are
Special we
Very very special
Very very special
Special you
Special me
Special you
Special we

Jien Speċjali

*Jien speċjali
Jien speċjali
Tassew jien
Tassew jien
Wisq u wisq speċjali
Wisq u wisq speċjali
Tassew jien
Tassew jien*

*Aħna speċjali
Aħna speċjali
Int u jien
Int u jien
Wisq u wisq speċjali
Wisq u wisq speċjali
Tassew int
Tassew jien
Tassew int
Tassew jien*



2

Lesson / Lezzjoni

Decision Making and Peer Pressure

Kif Għandi Nieħu Deċiżjoni u Pressjoni Minn Nies tal-Età Tiegħi

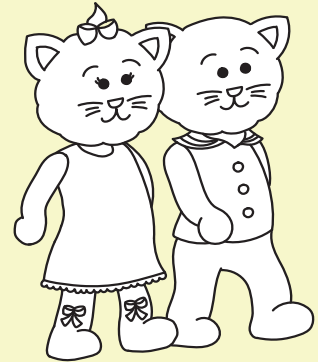
1 If you want me to remain your friend, give me a cupcake!



2 Honk! Honk! Mummy probably is going to be very angry if you eat the cupcakes



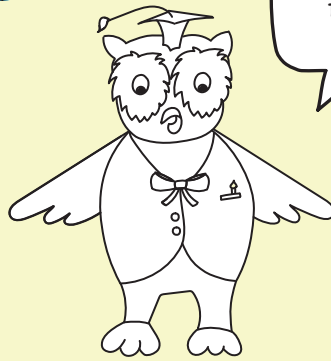
3 Myth Mary pressured us to eat the cupcakes!



4 If everyone is doing it, then you should do it too



5 Letting others close to us in age decide for us is called peer pressure



6 Been there. Done that. A good decision is healthy for our mind and body



Decision

A choice that I make after I think about the consequences

Deċiżjoni

L-għażla li nieħu wara li naħseb fuq il-konsegwenzi

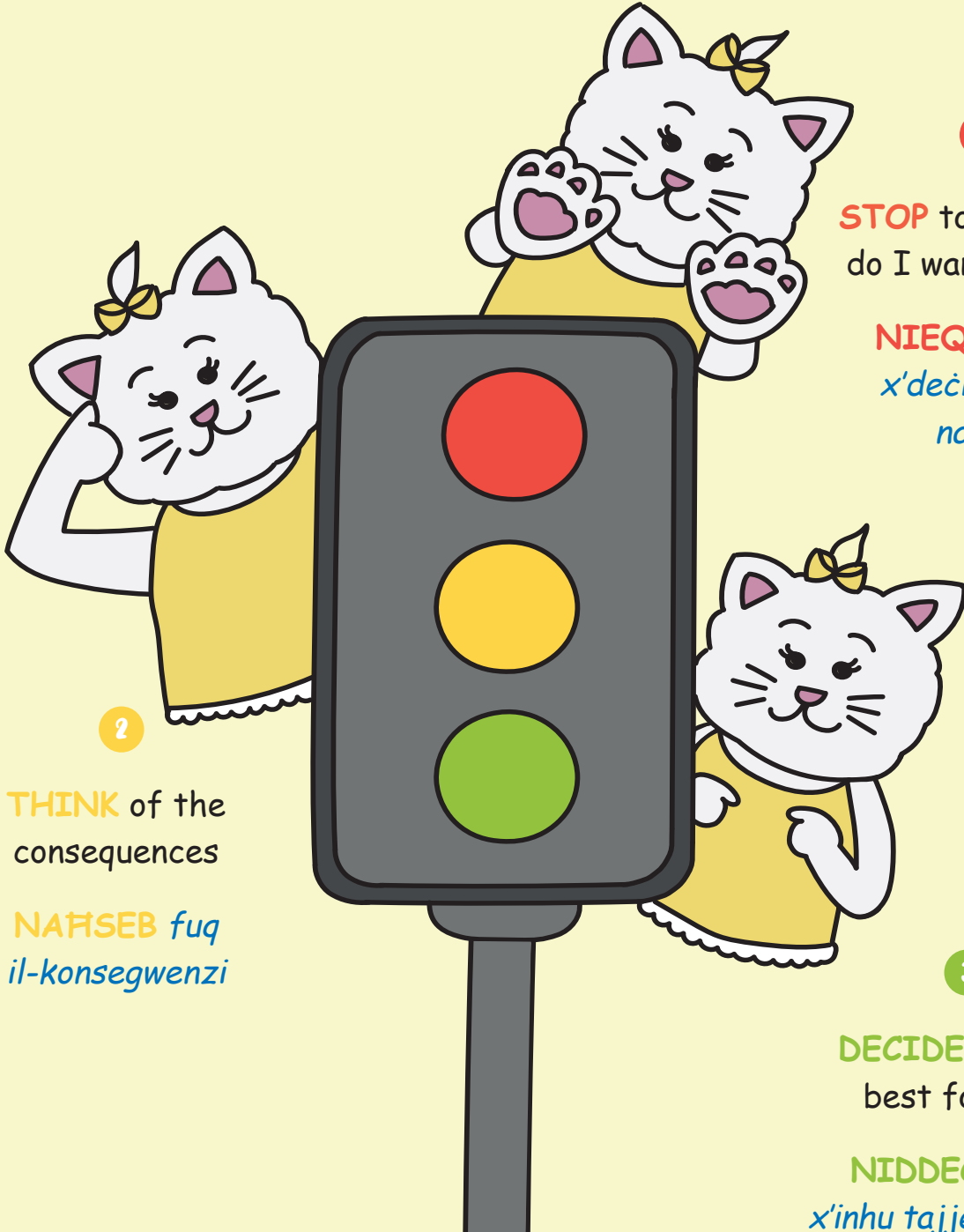


To make a good decision is as **EASY AS 1 2 3**

Li nieħu deċiżjoni tajba hija faċli daqs 1 2 3



I'll always:
Jien dejjem se:



1

STOP to check what
do I want to decide

NIEQAF u nara
*x'deċiżjoni rrid
nagħmel*

2

THINK of the
consequences

NAFSEB fuq
il-konsegwenzi

3

DECIDE what's
best for me

NIDDEĊIEDI
x'ihu tajjeb għalija

A good decision is one that keeps my mind and body healthy
Deciżjoni tajba hija waħda li żżomm moħħi u ġismi b'saħħithom

Game rules at the back
Regoli tal-logħba fuq wara



Scissors icons are placed at the corners of the board to indicate where to cut.

What would I do ?

Stop	<p>7 </p> <p>I'm worried about something. Do I tell an adult or do I keep it to myself?</p>	Think
<p>6 </p> <p>Languages aren't my favourite. Do I ask for help during homework or I just don't do it?</p>	<p>1 </p> <p>I'm sick. Do I stay at home or go to school?</p>	
<p>5 </p> <p>You want something but your parents say NO. Do you behave badly or understand the situation?</p>	<p>2 </p> <p>My tooth is hurting. Do I eat chocolate or go to the dentist?</p>	
Decide	<p>4 </p> <p>My friend forgot the pencil case. Do I share or keep the stationery to myself?</p>	Make a decision
	<p>3 </p> <p>Outside is sunny. Do I go out in the country or stay inside on my device?</p>	
	<p>8 </p> <p>It's raining. Do I wear boots or sandals?</p>	

Rules of the game

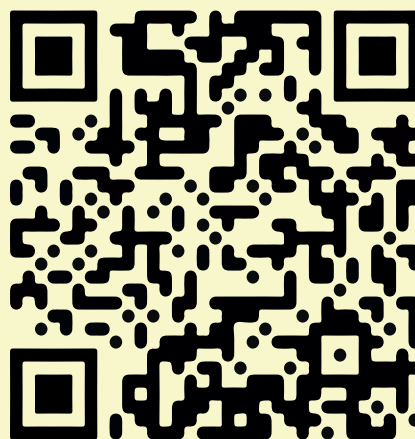
1. Pick a coloured box
2. Spell out the letters while opening and closing your fingers back and forth
3. Pick a number
4. Count out the chosen number while opening and closing your fingers back and forth
5. Choose a flap
6. Open the flap and answer the question

Regoli tal-logħba

1. *Agħzel kaxxa kkulurita*
2. *Spelli l-ittri waqt li tiftaħ u tagħlaq subgħajk*
3. *Agħzel numru*
4. *Għodd in-numru magħżul waqt li tiftaħ u tagħlaq subgħajk*
5. *Agħzel flap*
6. *Iftaħ il-flap u wieġeb il-mistoqsija*

Visit our YouTube Channel Sedqa Malta to learn how to fold and play the game

*Żur il-YouTube Channel tagħna
Sedqa Malta
biex titgħallem kif titwi u tilgħab
il-logħba*



Peer Pressure



Someone close to my age
Xi ħadd tampari



When I feel forced to do something
(good or bad)
*Meta nħossni sfurzat/a li nagħmel xi
ħaġa (tajba jew ħażina)*

Mark with a ✓ if the peer pressure is good and with an X if the peer pressure is bad

Immarka b' ✓ jekk huwa peer pressure tajjeb u b' X jekk huwa peer pressure ħażin

1. Your friend is encouraging you to study together so that you both do well in your assessments.

Il-ħabib/a tiegħek qed jinkuraggjik/tinkuraggjik biex tistudjaw flimkien ħalli t-tnejn tmorru tajjeb fl-assessments.



2. Your friend is forcing you to throw away someone's food.

Il-ħabib/a tiegħek qed jisfurzak/tisfurzak biex tarmi l-ikel ta' xi ħadd.



3. Your friends are forcing you to tease a new boy/girl who came to class with you.

Sħabek qed jisfurzawk tgħajjar tifel/tifla ġdid/ġdida li ġie/ġiet fil-klassi magħkom.



4. Your friends are encouraging you to dance in the school concert because they know how well you can dance.

Sħabek qed jinkuraggjuk biex tiżfen fil-kuncert tal-iskola għaliex jafu kemm taf tiżfen.



Honk! Honk!
Always do what's best for you
Honk! Honk!
Dejjem agħmel dak li hu l-aħjar għalik



Stop Think Decide

Stop, think, then you can decide
What is the best for you
You'll regret doing things
You should never do

Stop, think, then you decide
Your friends are not always right
What's wrong is wrong
Stop and think, always do what's right

Be strong (Be strong!)
Secure (Secure!)
Don't let anyone force you
Be smart (Be smart!)
Be sharp (Be sharp!)
Don't let anyone use you

You can think quite clearly
You can take the right decision
Don't let anyone force you
Think with clear precision

Stop, think, then you can decide
What is the best for you
You'll regret doing things
You should never do

Stop, think, then you decide
Your friends are not always right
What's wrong is wrong
Stop and think, always do what's right

Ieqaf Aħseb Iddeċiedi

*Ieqaf, aħseb, imbagħad iddeċiedi
X'inhu l-aħjar għalik
Tagħmel xejn
Biex wara jiddispjaċik*

*Ieqaf, aħseb, imbagħad iddeċiedi
Mhux bilfors li tisma' mill-ħbieb
Agħraf il-ħażin
Ieqaf ftit, kulma trid ftit ħsieb*

*Kun sod (Kun sod!)
Kun ċert (Kun ċert!)
Tħallix min jisfurzak
Moħħok hemm (Moħħok hemm!)
Attent (Attent!)
Tħallix lil min jużak*

*Int għandek moħħ biex jaħseb
Int taf tieġu deċiżjoni
Tħallix min jgħidlek x'tagħmel
Qatt iċċedi għall-pressjoni*

*Ieqaf, aħseb, imbagħad iddeċiedi
X'inhu l-aħjar għalik
Tagħmel xejn
Biex wara jiddispjaċik*

*Ieqaf, aħseb, imbagħad iddeċiedi
Mhux bilfors li tisma' mill-ħbieb
Agħraf il-ħażin
Ieqaf ftit, kulma trid ftit ħsieb*

3

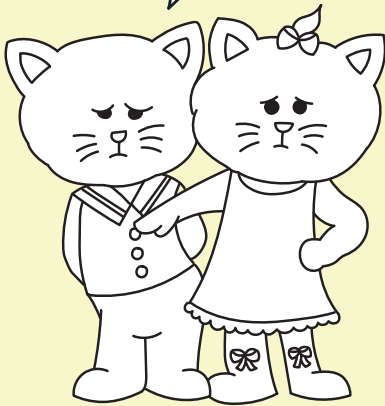
Lesson / Lezzjoni

Coping Skills

Kif Għandi Nkampa

1

What are we going to do? We want to play with our friends



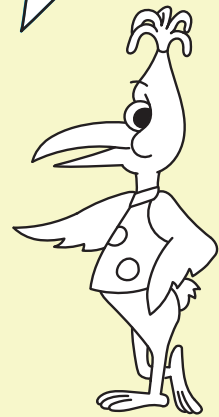
2

I heard that you should never change plans



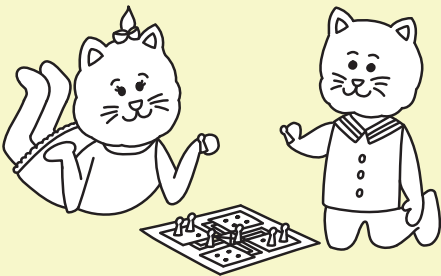
3

Honk! Honk! People who misbehave may have a consequence



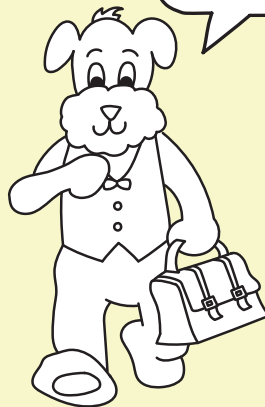
4

We can still have fun by playing together inside



5

Been there. Done that. You can cope when you're going through a difficult situation



6

What Buttons and Bows need are coping skills!



Coping

When I manage my feelings by doing something I like

Tkampa

Meta nimmanigja l-emozzjonijiet tiegħi billi nagħmel affarijiet li nħobb



Learning how to cope is as **EASY AS 1 2 3**

Li nitgħallem kif inkampa huwa faċli daqs 1 2 3

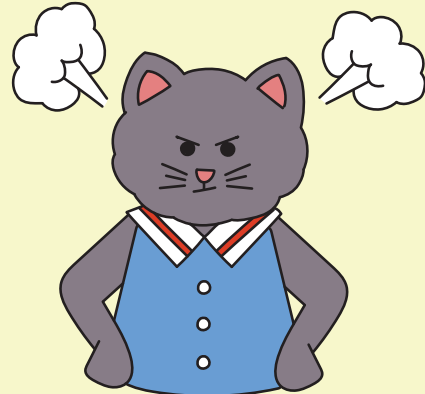


I'll ask myself or say:
Se nsaqsi lili nnifsi jew ngħid:

1

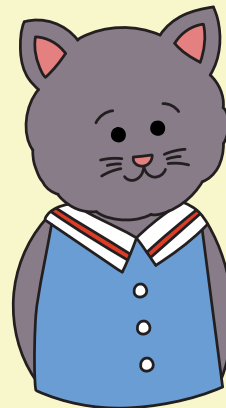
What can I change
from this situation?

*X'nista' nbiddel
f'din is-sitwazzjoni?*



2

I'll accept the things
I cannot change
*Naċċetta dawk l-affarijiet
li ma nistax inbidel*



3

I'll change the
things I can
Inbidel dak li nista'



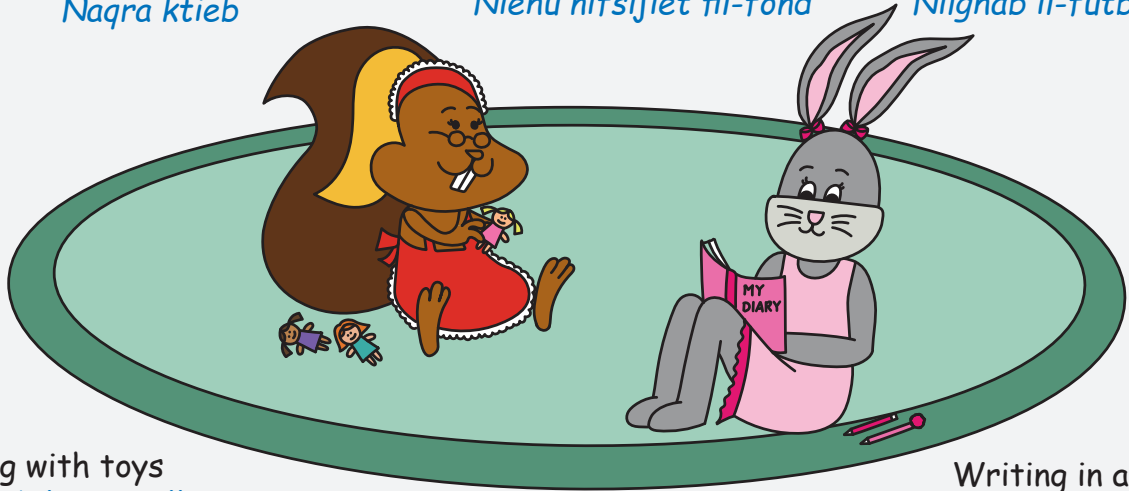


Reading a book
Naqra ktieb



Taking deep breaths
Niehu nifsijiet fil-fond

Playing football
Nilgħab il-futbol

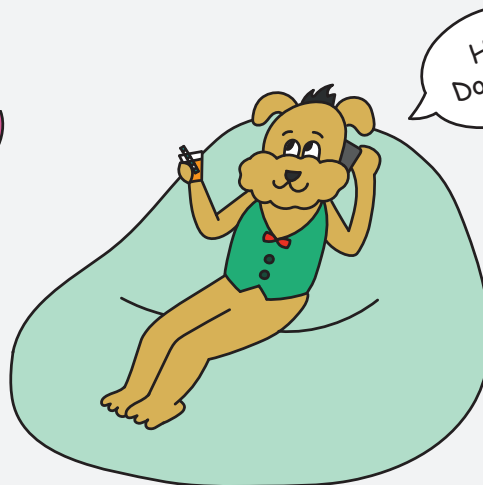


Playing with toys
Nilgħab bil-gugarelli

Writing in a diary
Nikteb go djarju



Singing
Inkanta



Talking to someone
Nitkellem ma' xi ħadd

Draw or write another activity
that you do to cope
*Pingi jew ikteb xi attività oħra li
tagħmel biex tkampa*



What can I do to feel better when I'm feeling sad?

X'nista' nagħmel biex inħossni aħjar meta nkun imdejjaq/imdejqa?

Find the hidden words

Sib il-kliem moħbija

u	z	y	o	g	a	x	r	o	c	e	a
x	g	s	w	a	l	k	k	x	o	b	r
w	m	j	i	m	u	s	i	c	o	d	t
r	s	z	q	w	j	h	q	w	k	v	h
e	x	e	r	c	i	s	e	d	h	y	f
s	h	r	s	t	s	i	e	b	f	z	f
t	e	i	b	l	u	m	k	v	t	d	y
d	o	t	u	m	v	d	a	n	c	e	b

Art	Exercise	Walk	Cook
Music	Yoga	Dance	Rest



Honk! Honk!

Always talk with someone when you're feeling sad

Honk! Honk!

Dejjem tkellem ma`xi ħadd jekk tħossok imdejjaq/imdejqa



I Can Cope

I can cope, cope, cope
I can cope, cope, cope
Accept the things I cannot change
And change the things
That I can change

I can cope, cope, cope
I can cope, cope, cope
I can cope

I can always think about
What makes me happy
When I'm feeling sad
I can't always do what I want
Whenever I want

I can speak to someone
Whom I love and trust
When I'm feeling bad
I can change my mood in a flash
I don't have to be sad

I can cope, cope, cope
I can cope, cope, cope
Accept the things I cannot change
And change the things
That I can change

I can cope, cope, cope
I can cope, cope, cope
I can cope

Inkampa Żgur

*Inkampa żgur, żgur, żgur
Inkampa żgur, żgur, żgur
Naċċetta dak li ma nistax inbiddel
U nibdel dak
Li nista' nbiddel*

*Inkampa żgur, żgur, żgur
Inkampa żgur, żgur, żgur
Inkampa żgur*

*Naħseb pożittiv
Biex inħossni ferħana
Meta mdejqa nkun
Ma nistax dejjem naqħmel li rrid
Meta rrid, xħin irrid*

*Nista' dejjem inkellem
Lil xi ħadd li nafda
Jekk ma nħossnix sew
Nistgħu nibdlu l-burdata malajr
U d-dwejjaq ninsew*

*Inkampa żgur, żgur, żgur
Inkampa żgur, żgur, żgur
Naċċetta dak li ma nistax inbiddel
U nibdel dak
Li nista' nbiddel*

*Inkampa żgur, żgur, żgur
Inkampa żgur, żgur, żgur
Inkampa żgur*



4

Lesson / Lezzjoni

Addictions

Vizzji

1

What are we going to play?



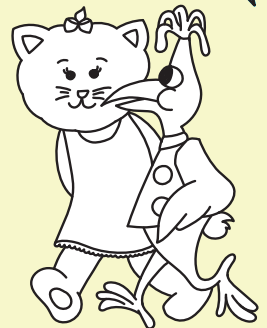
3

You need real drinks to have a grown up party



4

Honk! Honk! Children who drink alcohol are harming their minds and body

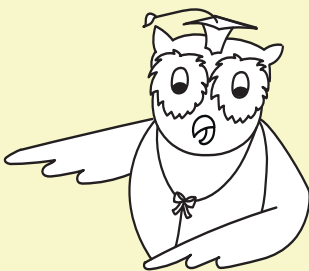


2

We can play party

5

People who have an addiction are not bad people



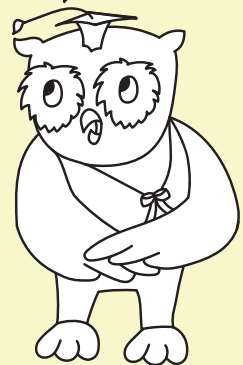
6

Been there. Done that. I used to drink alcohol and use other drugs. My family and I went to get help



7

You don't need alcohol or drugs to have a good party



Addiction

Addiction is when someone cannot stop doing or taking something even when it is causing harm

Vizzju

Vizzju hu meta xi hadd ma jkunx jista' jiegaf jiehu jew jagħmel xi haġa anka meta tkun qed tikkawża l-ħsara



Learning about addictions is as **EASY AS 1 2 3**

Li nitgħallem dwar il-vizzji huwa faċli daqs 1 2 3



Remember:

Ftakar:

1

Alcohol and drugs affect
my mind and body
*L-alkoħol u d-drogi
jaffettwawli moħħi u ġismi*



2

A person who has an addiction
isn't a bad person
*Persuna li għandha vizzju mhix
persuna ħażina*



3

Ask for help if an
addiction causes problems
to you and your family
*Staqsi għall-għajjuna jekk
xi vizzju jikkawża problemi
lilek u lill-familja tiegħek*



Draw a line to help me put the healthy choices
in my bag (like the example)
*Pingi linja sabiex tgħinni npogġi l-għażliet it-tajbin
fil-basket tiegħi (kif juri l-eżempju)*

Too much
screen time
*Ħafna ħin
quddiem skrin*

Drink water
Nixrob l-ilma

Read a book
Nagra ktieb

Talk with an
adult I trust
*Nitkellem ma'
adult li nafda*

Take drugs
Nieħu d-drogi

Take medicine
when I'm not sick
*Nieħu l-medicina
meta ma nkunx
ma niflaħx*

Do physical
exercise
*Nagħmel
eżercizzju
fiżiku*

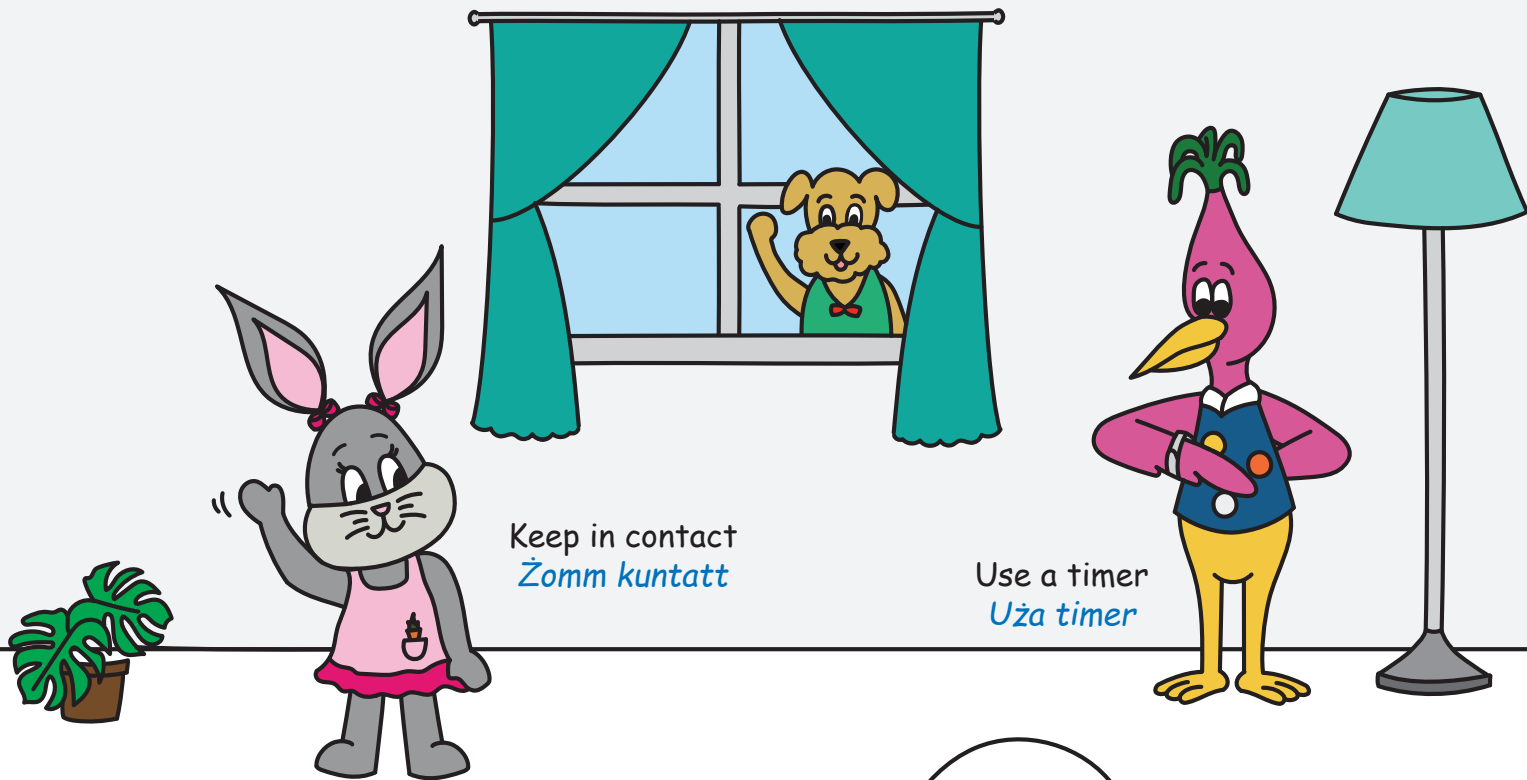
Drink alcohol
Nixrob l-alkoħol

Smoke
Inpejjep

Sleep 10 hours
*Norqod 10
sigħat*



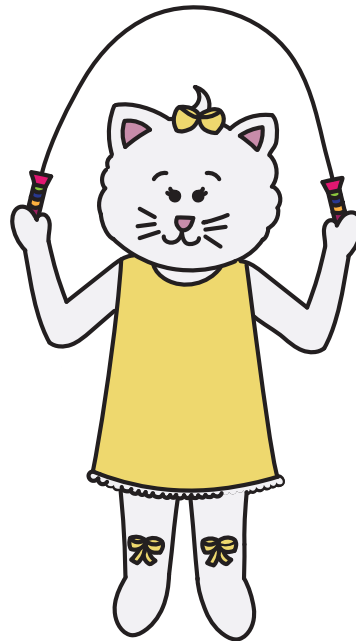
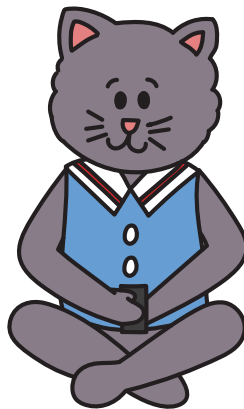
These are some suggestions to balance your screen time:
Dawn huma xi suggerimenti oħra biex tibbilanċja l-ħin tal-iskrin tiegħek:



Keep in contact
Żomm kuntatt

Use a timer
Uża timer

Use a greyscale
Uża greyscale



Be active
Iċċaqlaq ftit

Make a schedule
Agħmel pjan

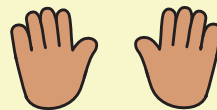
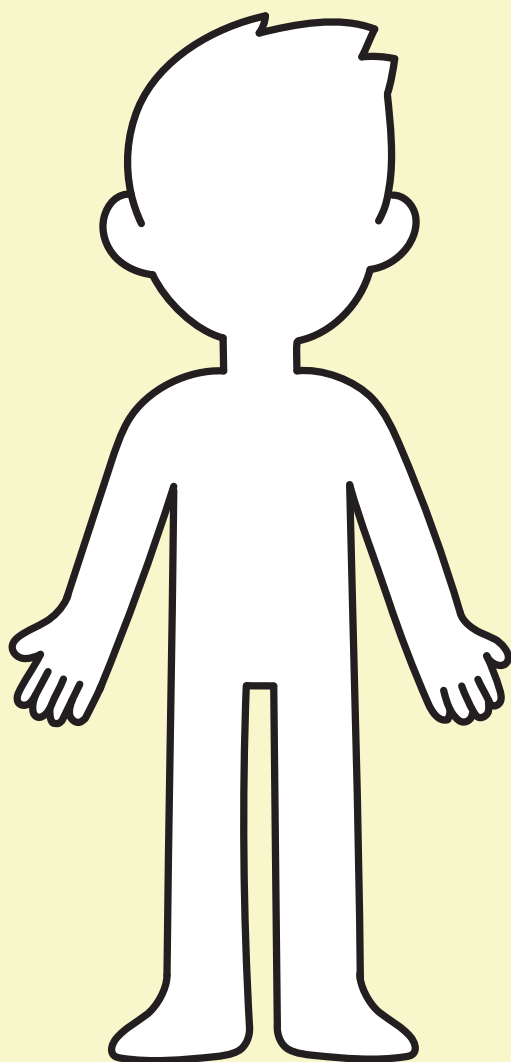


Find other interests
Sib interessi oħra

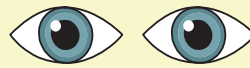


Take care of your body while using technology
Fu ħsieb gismek waqt li tuża t-teknoloġija

Stick the body part (stickers) in it's place
Waħħal il-parti tal-gisem (stickers) fil-post it-tajjeb



Hands
Idejn



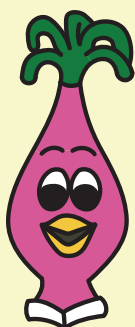
Eyes
Għajnejn



Brain
Moħħ



Spine
Sinsla



Honk! Honk!
Balance your screen time for a healthy mind
and body

Honk! Honk!
*Ibbilanċja l-ħin tal-iskrin tiegħek għal moħħ
u gisem b'saħħtu*

Can I, as a child, drink or eat from the below items?
Mark with a ✓ if true and X if false

*Jien, bħala tifel/tifla, nista' nixrob jew niekol minn dawn l-affarijiet?
Immarka b' ✓ jekk vera u b' X jekk falz*



Wine
Inbid

+



Soft drink
Luminata

=



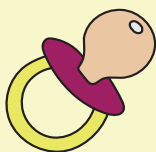
Alcohol
Alkoħol

+



Cooked food
Ikel imsajjar

=



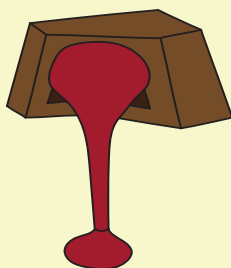
Dummy
Ġażaža

+



Spirit
Spirtu

=



Chocolates
Ċikkulatini

+



Spirit
Spirtu

=





When I see a syringe/needle on the floor
Meta nara siringa/labra mal-art

I'll always:
Jiena dejjem se:

Leave it there and not touch it
Inħalliha hemm u ma mmisshiex

Tell an adult I trust
Nghid lil adult li nafda

Encourage an adult to call the police (112)
Inħeggeġ adult iċċempel lill-pulizija (112)





Beyond Addiction

Alcohol and drugs
Can damage both your mind and body
They lead to addiction
That you can't overcome as quickly

And with addiction
You can never ever be happy
This will bring trouble
That will make your life a struggle

It only takes a good decision
It can mean a lot
Life can be good
You have to nourish and protect it
If you ever get in trouble
Worry not my friend
You can look for help
And you will surely find it

Alcohol and drugs
Can damage both your mind and body
They lead to addiction
That you can't overcome as quickly

And with addiction
You can never ever be happy
This will bring trouble
That will make your life a struggle

'Il Bogħod mill-Vizzji

*L-alkoħol u d-drogi
Mhumiex tajbin għall-moħħ u l-gisem
Dawn idaħħluk f'vizzju
Li ma tneħħix fi ftit minuti*

*U b'dawn il-vizzji
Taħseb li se tkun ferħan
Imma mhu xejn minn dan
Għax dawn iħassrulek ħajtek*

*Nagħmel deciżjoni tajba
U jiswieli ta' ġid
Il-ħajja hi sabiħa
Ibżà għaliha u tgawdiha
Jekk xi darba tispicča
F'xi nkwieta tibżax
Tinkwetax għajnuna dejjem
Tista' tfittex*

*L-alkoħol u d-drogi
Mhumiex tajbin għall-moħħ u l-gisem
Dawn idaħħluk f'vizzju
Li ma tneħħix fi ftit minuti*

*U b'dawn il-vizzji
Taħseb li se tkun ferħan
Imma mhu xejn minn dan
Għax dawn iħassrulek ħajtek*



5

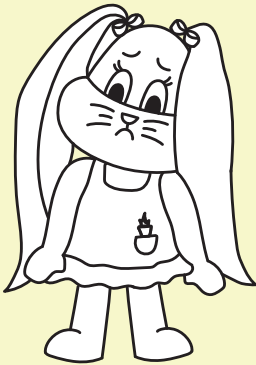
Lesson / Lezzjoni

Asking for Help

Nitlob l-Għajnuna

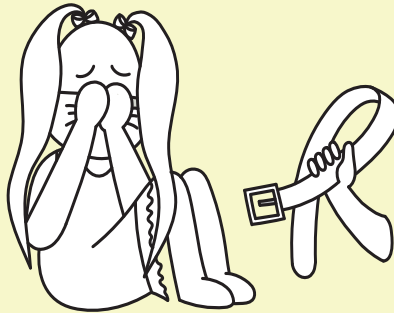
1

Mum is so mean when she's drunk and it hurts my feelings



2

Sometimes my mummy hits me when I cry and locks me in my room



3

I'm feeling very sad and I don't know what to do



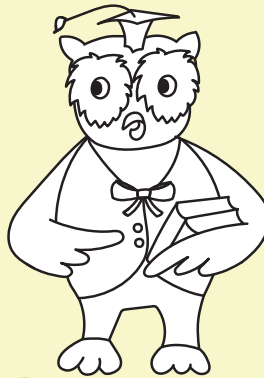
4

Sometimes, when mummy isn't home, Jenks touches me on my private body



5

It's not okay for anyone to touch your private body for no reason



6

We should never keep secret the things that are making us feel confused



Private body

Those parts of the body we cover with a swimming suit/underwear

Il-partijiet privati tal-gisem

Dawk il-partijiet tal-gisem li ngħatti bil-malja/ħwejjeg ta' taħt

Learning to keep myself safe is as **EASY AS 1 2 3**

Li nitgħallem kif niprotegi lili nnifsi huwa faċli daqs 1 2 3



I'll always:
Dejjem se:



1

Talk with someone
I trust
*Nitkellem ma'
xi ħadd li nafda*



2

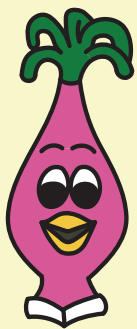
Remember that my
body belongs to me
*Niftakar li gismi hu
tiegħi u tiegħi biss*



3

Say no to things
that aren't right
*Ngħid le għall-affarjiet
li huma ħżiena*





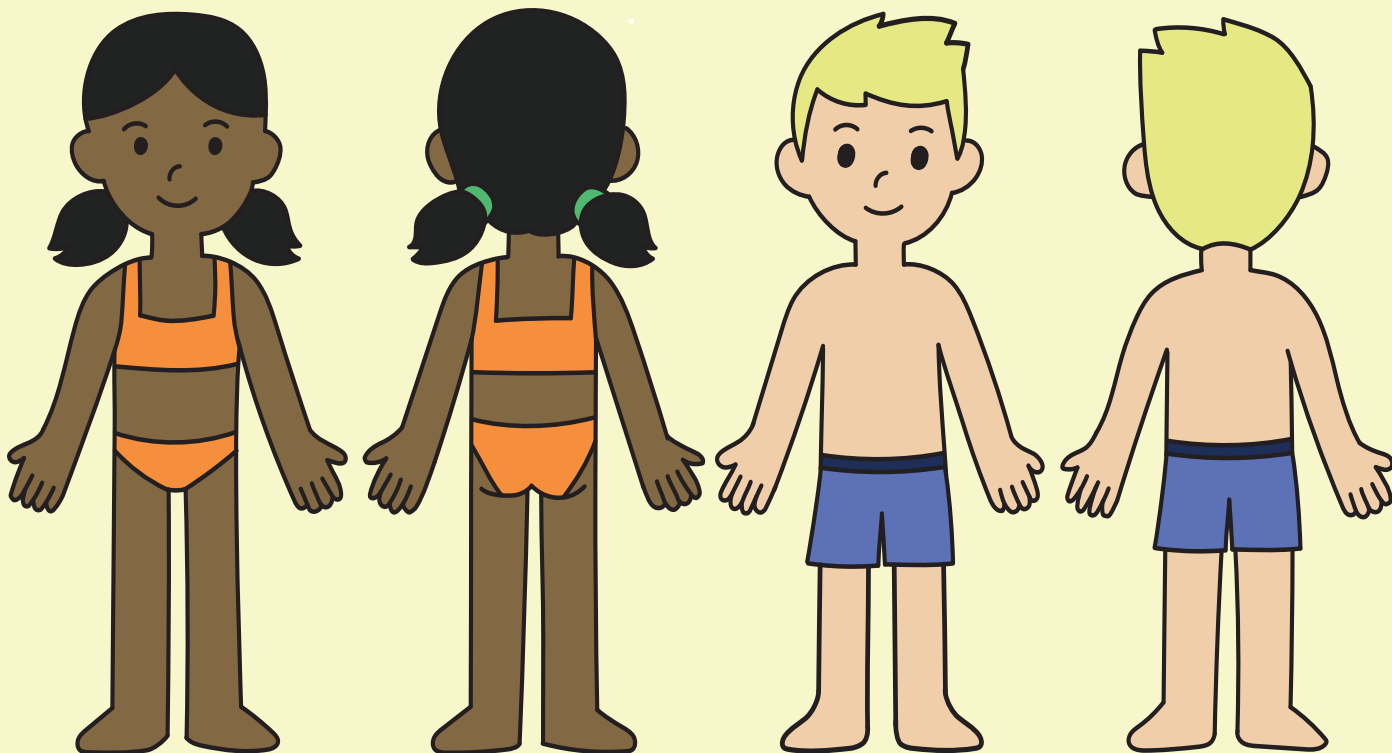
Honk! Honk! Always speak with an adult you trust if you're not comfortable about something
Honk! Honk! Dejjem tkellem ma' xi ħadd li tafda jekk ma tħossokx komdu/a dwar xi ħaġa

No one can touch my private body without my permission

Ħadd ma jista' jmissli l-partijiet privati tiegħi mingħajr ma jistaqsi l-permess tiegħi



Mark with a circle the private body
Immarka b'ċirku l-partijiet privati tal-ġisem



There are two types of secrets
Hemm żewġ tipi ta' sigrieti



Secrets that
I feel **excited** about

*Sigrieti li jgegħluni
nħossni eċitat/a*

Secrets that
I feel **confused** about

*Sigrieti li jgegħluni
nħossni konfuż/a*

Mark with a ✓ if it's a secret that makes you feel excited
and an X if it makes you feel confused

*Immarka b'✓ jekk hu sigriet li jagħmlek tħossok eċitat/a
jew b' X jekk jagħmlek tħossok konfuż/a*

1. You were asked to help plan a surprise birthday party for a friend.
*Ġejt mitlub/a tgħin biex tippjana festin sorpriza għal għeluq snin
ħabib/a tiegħek.*



2. You were asked to show your private body without a good reason.
Ġejt mitlub/a turi l-gisem privat tiegħek mingħajr raġuni tajba.



3. You were asked to see a naughty picture on the internet.
Ġejt mitlub/a turi biex tara ritratti pastazi fuq l-internet.





My body belongs to me

My body belongs to me (and no one else)
My body belongs to me (and no one else)
My body belongs to me (and no one else)
My body belongs to me (and no one else)

Never allow without a reason anybody
To touch your private parts
Nobody has a right
To touch any part of your body

You can tell them that it's not right
You can tell them 'NO' with all your
might!
Let someone whom you love and trust
Help you in this situation

My body belongs to me (and no one else)
My body belongs to me (and no one else)
My body belongs to me (and no one else)
My body belongs to me (and no one else)

My body belongs to me (and no one else)
My body belongs to me (and no one else)
My body belongs to me (and no one else)
My body belongs to me (and no one else)

Il-ġisem tiegħi hu tiegħi biss

Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)

Tħalli lil ħadd mingħajr raġuni
Li jipprova jmisslek dak li
Hu għalik privat
Ħadd ma għandu dritt
Li jipprova jmiss xi parti minn ġismek

Tista' tgħidilhom li dan mhux sew
Tista' tgħid 'LE' bl-iktar mod sod!
U kellem lil xi ħadd li tafda
Jgħinek f'dis-sitwazzjoni

Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)

Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)
Il-ġisem tiegħi hu tiegħi biss (u ta' ħadd iżjed)

6

Lesson / Lezzjoni

Wrapping Up *Nigbor Kollox Flimkien*

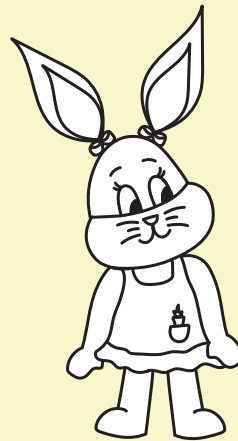
1

I know how we can help Rhonda Rabbit!



2

Do you want to join the T.F.A.L. 3 club? We can help you to have a happy and healthy life



3

Yes!



4

We're going to give you this box filled up with all the skills we've learned



Asking for help is as **EASY AS 1 2 3**

Li nistaqsi għall-għajnuna huwa faċli daqs 1 2 3



I'll remember:

Se niftakar:

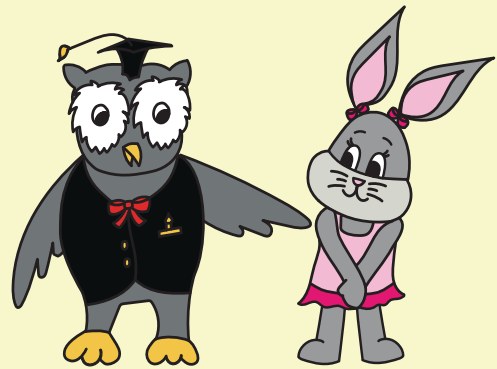
1

It's wise and courageous
to ask for help
*Li ssaqsi għall-għajnuna hija
xi ħaġa tajba u kuragġuża*



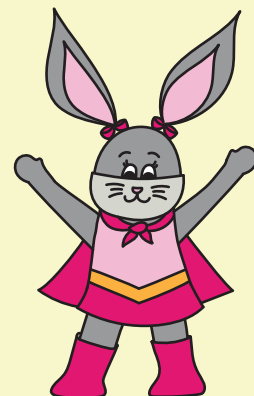
2

Never give up. Keep trying
until you succeed
*Qatt taqta' qalbek. Ibqa'
prova sakemm jirnexxilek*



3

I have the right to
feel important, valued
and respected
*Għandi dritt
li nħossni importanti,
apprezzat/a u rispettatt/a*



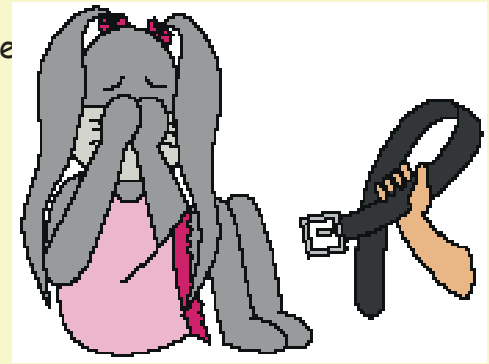
Are you experiencing bullying or cyberbullying and cannot control the situation?

Qed tesperjenza bullying jew cyberbullying u ma tistax tikkontrolla s-sitwazzjoni?



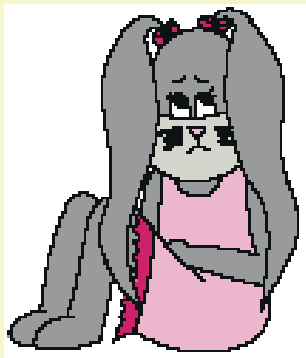
Are you experiencing a problem in your family like violent or hurtful behaviour?

Qed tesperjenza xi problema fil-familja bħal swat jew tgħajjir?



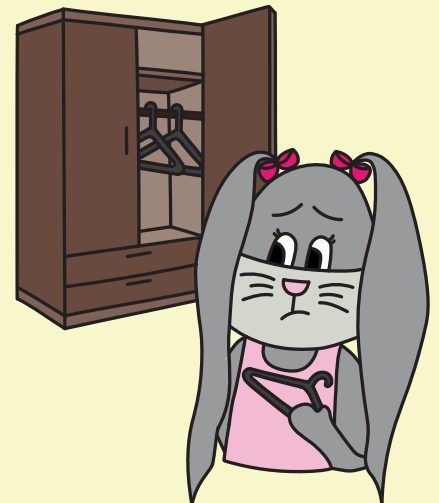
Do you feel alone and would like to talk with someone?

Tħossok waħdek u tixtieq titkellem ma` xi ħadd?



Are you left without basic things like food, clean clothes and a clean place where to live?

Qed tħossok nieqes minn affarijiet bażiċi bħal ikel, ħwejjeg nodfa u post nadif fejn tgħix?



WHEN YOU SHOULD CALL

179

Meta għandek iċċempel 179

Do you live with someone who uses drugs and you are not feeling safe?

Tgħix ma` xi ħadd li juża d-droga u mhux qed tħossok sikur?



Is anyone making you feel uncomfortable with the way of how they are touching your private body?

Hemm xi ħadd li qed igiegħlek tħossok skomdu/a bil-mod ta` kif qed imissek fil-partijiet privati ta` gismek?

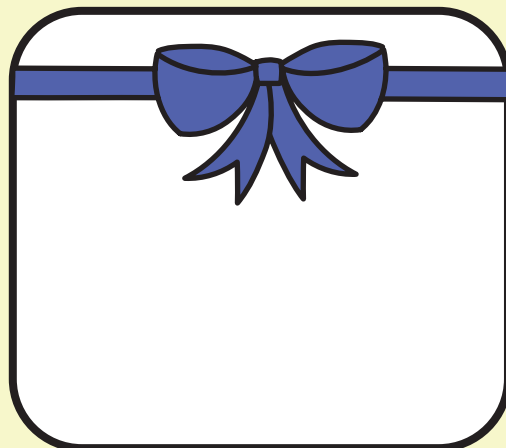
Draw or write something that you'll
always remember about these lessons

*Pingi jew ikteb xi ħaġa li ser tibqa'
tiftakar minn dawn il-lezzjonijiet*



Draw your favourite character

Pingi l-karattru favorit tiegħek



Everyone needs help sometimes.

There's lots of help available, don't be scared to ask.

Kultant kulħadd ikollu bżonn l-għajnuna.

Għajnuna dejjem tista' ssib għalhekk tibżax tistaqsi.



23885110



Sedqa Malta



sedqa@gov.mt

National Support School Services

Child Web Alert

179 Supportline

kellimni.com

Address/*Indirizz*:
Agenzija Sedqa,
3, Braille Street,
Santa Venera, SVR 1690

BeSmartOnline

Cyber Crime Unit

T.F.A.L. 3 - Evaluation

Help us make this programme better by filling in this sheet. Using a pencil, mark with a ✓ the circle that best fits each statement for you. There's no right or wrong answer. You **shouldn't** write your name on this sheet. The sheet will be seen only by the Prevention Professionals at Agenzija Sedqa.

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|--------------------------------|
| 1. The T.F.A.L. 3 programme has helped me to learn that all feelings are important. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 1st lesson |
| 2. The T.F.A.L. 3 programme has helped me to learn that <i>I'm special</i> just the way I am. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 1st lesson |
| 3. The T.F.A.L. 3 programme has helped me to learn about peer pressure. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 2nd lesson |
| 4. The T.F.A.L. 3 programme has helped me to learn to stop and think before I decide. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 2nd lesson |
| 5. The T.F.A.L. 3 programme has helped me to learn to manage my feelings by doing something I like. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 3rd lesson |
| 6. The T.F.A.L. 3 programme has helped me to learn that addictions cause harm to the mind and the body. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 4th lesson |
| 7. The T.F.A.L. 3 programme has helped me to learn that I shouldn't allow others to touch or see my private body without a valid reason. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 5th lesson |
| 8. The T.F.A.L. 3 programme has helped me to learn when I should ask for help. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I didn't attend the 6th lesson |
| 9. Through the T.F.A.L. 3 programme I learnt new skills that will help me live a healthy lifestyle. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I don't know | No | I did not attend the programme |

10. Mark with a ✓ the things you liked, the things you disliked and the things you didn't use from the T.F.A.L. 3 programme

- | | I liked the | I disliked the | I didn't use the |
|---------------|-----------------------|-----------------------|-----------------------|
| Workbook | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Characters | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Songs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Presentations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Other things you liked from the T.F.A.L. 3 programme?

Other things you didn't like from the T.F.A.L. 3 programme?

Thank you for your feedback

T.F.A.L. 3 - Evalwazzjoni

Għinna sabiex inkunu nistgħu nagħmlu dan il-programm aħjar billi timla din il-karta. Uża lapas u mmarka b'dan is-sinjol ✓ goċ-ċirku bl-għazla tiegħek. M'hemmx twegibiet tajbin jew ħżiena. **Tiktibx ismek** fuq din il-karta. Din il-karta se jarawha biss il-Prevention Professionals li jaħdmu l-Agenzija Sedqa.

- | | | | | |
|---|-----------------------|-----------------------|-----------------------|-------------------------------|
| 1. Il-programm T.F.A.L. 3 għenni nitgħallem li l-emozzjonijiet huma kollha importanti. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-1 lezzjoni |
| 2. Il-programm T.F.A.L. 3 għenni nifhem li jien speċjali kif jien. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-1 lezzjoni |
| 3. Il-programm T.F.A.L. 3 għenni nitgħallem dwar il-pessjoni mill-ħbieb. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-2 lezzjoni |
| 4. Il-programm T.F.A.L. 3 għenni nitgħallem kif nieqaf u naħseb qabel niddeċiedi. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-2 lezzjoni |
| 5. Il-programm T.F.A.L. 3 għenni nikkontrolla l-emozzjonijiet tiegħi billi nagħmel xi ħaġa li nħobb. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-3 lezzjoni |
| 6. Il-programm T.F.A.L. 3 għenni nitgħallem kif il-vizzji jagħmlu ħsara lill-moħħ u l-gisem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għar-4 lezzjoni |
| 7. Il-programm T.F.A.L. 3 għenni nitgħallem li m'għandix inħalli lil nies oħra jmissu jew jaraw l-partijiet privati ta' gismi mingħajr raġuni valida. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-5 lezzjoni |
| 8. Il-programm T.F.A.L. 3 għenni nitgħallem meta għandi nistaqsi għall-għajjnuna. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għas-6 lezzjoni |
| 9. Fil-programm T.F.A.L. 3 tgħallimt informazzjoni għdida li se tgħinni ngħix ħajja tajba. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-programm |

10. Immarka b' ✓ l-affarijiet li għogbuk, l-affarijiet li m'għogbukx u l-affarijiet li m'użajtux mill-programm T.F.A.L. 3

	Għogobni/ Għogbuni	M'għogobnix/ M'għogbunix	M'użajtux/ M'użajthomx
Il-ktejjeb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Il-karattri	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Il-kanzunetti	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Il-presentations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hemm affarijiet oħra li għogbuk mill-programm T.F.A.L. 3?

Affarijiet oħra li m'għogbukx mill-programm T.F.A.L. 3?

Grazzi ħafna tar-risposti tiegħek

T.F.A.L. 3 Certificate

T.F.A.L. 3 Certifikat

After participating in Agenzija Sedqa's T.F.A.L. 3 programme, I'll do my best to practice what I have learnt throughout my life.

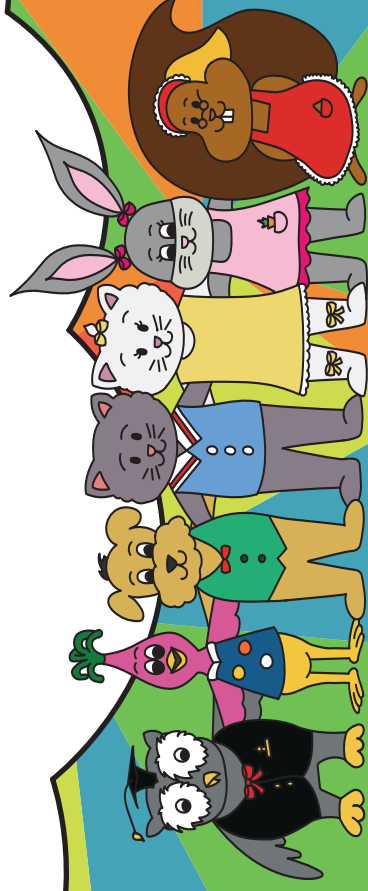
Wara li ħadt sehem fil-programm T.F.A.L. 3 tal-Agenzija Sedqa se nipprova naghmel ħilti kollha biex dak li tgħallimt inwettqu f'ħajti.

I/ Jiena

_____ who attends the school/li nattendi l-iskola

_____ Student's signature
Firma tal-istudent/a

_____ Date
Data





WELL DONE

You have completed the T.F.A.L. 3 programme
Visit our YouTube channel Sedqa Malta to listen to the
T.F.A.L. 3 programme songs

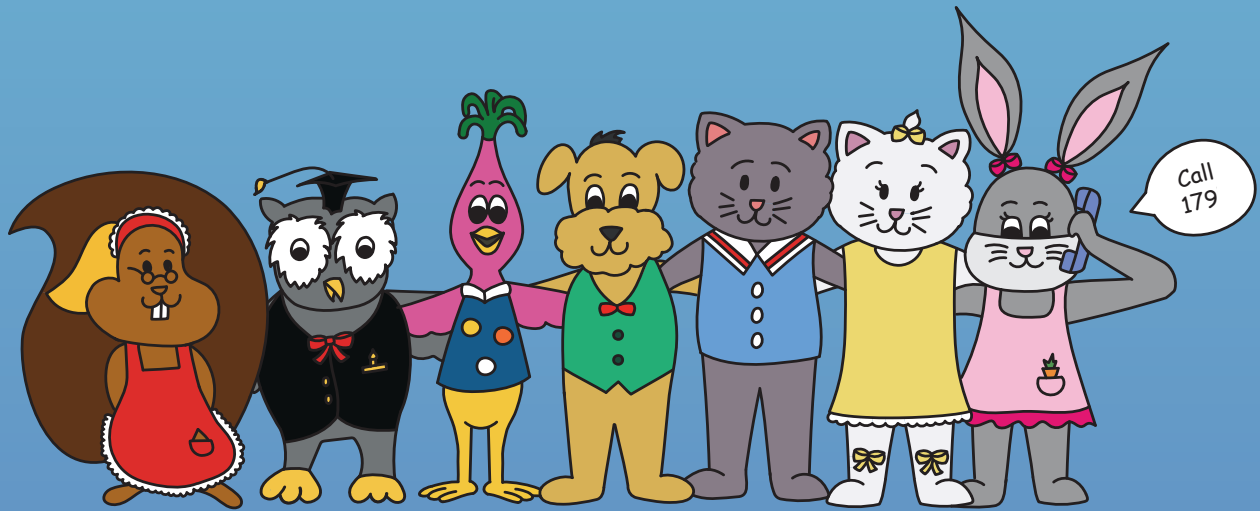


PROSET

*Lestejt il-programm T.F.A.L. 3
Żur il-YouTube channel Sedqa Malta sabiex tisma' l-kanzunetti
tal-programm T.F.A.L. 3*



Foundation for Social Welfare Services
Here for you



We are here to for you
Aħna hawn għalik



Foundation for Social Welfare Services
Here for you

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