

Isem/Name: _____

T.F.A.L. 5



Tfal Favur Ambjent Liberu

Ktejjeb għall-Istudenti fl-Iskejjel Primarji tal-Fames Sena
Workbook for the Year 5 Primary School Students

Programm ta' Prevenzjoni
Prevention Programme

Together with the
T.F.A.L. 3 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. 5

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Welcome to the T.F.A.L. 5 programme!

These are the characters who are going to join us throughout these five lessons.

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

Let us embark on this journey together and we hope you enjoy it!

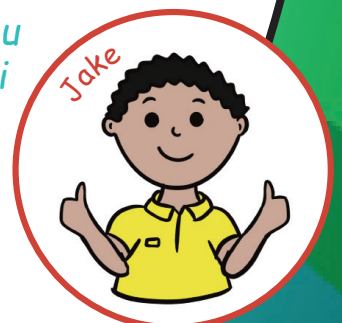


Merħba għall-programm T.F.A.L. 5!

Dawn huma l-karattri li se jkunu magħna matul dawn il-ħames lezzjonijiet li għandna flimkien.

Ninkuraġġuk tuża dan il-ktieb b'mod tajjeb u taqsam dak kollu li se titgħalliem ma' dawg li tafda, sabiex ikompli jgħinuk fit-tagħlim.

Ejja nibdew dan il-vjaġġ u nisperaw li tiegħu gost!



All feelings are important

L-emozzjonijiet kollha huma importanti

Colour in the kite with the colour of how you are feeling

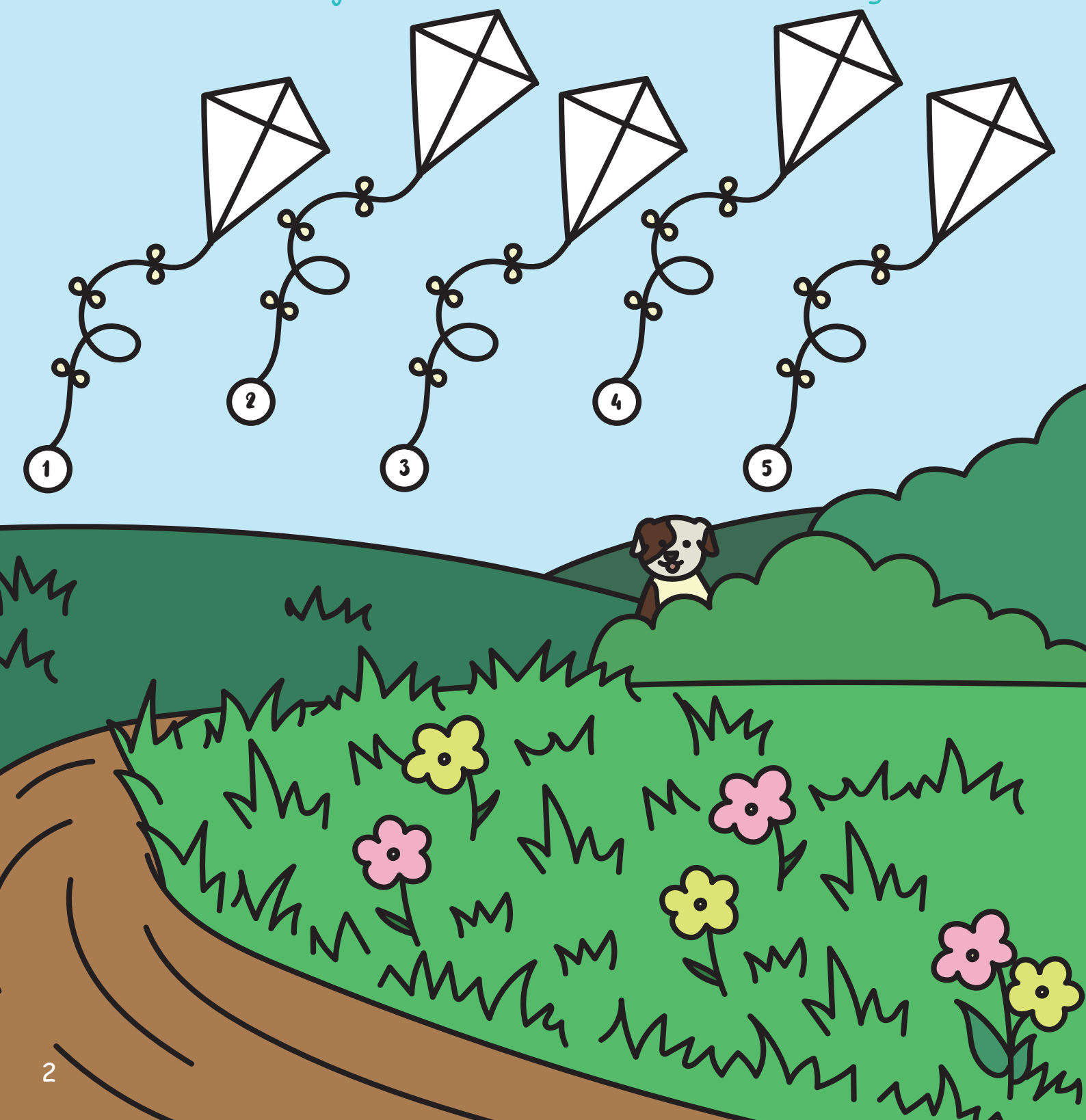
Pingi t-tajra skont il-kulur tal-emozzjoni li qed tħoss

● Happy
Kuntent/a

● Sad
Imdejjaq/Imdejqa

● Angry
Irrabjat/a

● Scared
Imbeżża'/Imbeżżgħa



1

Lesson / Lezzjoni

Feelings and Self-Love

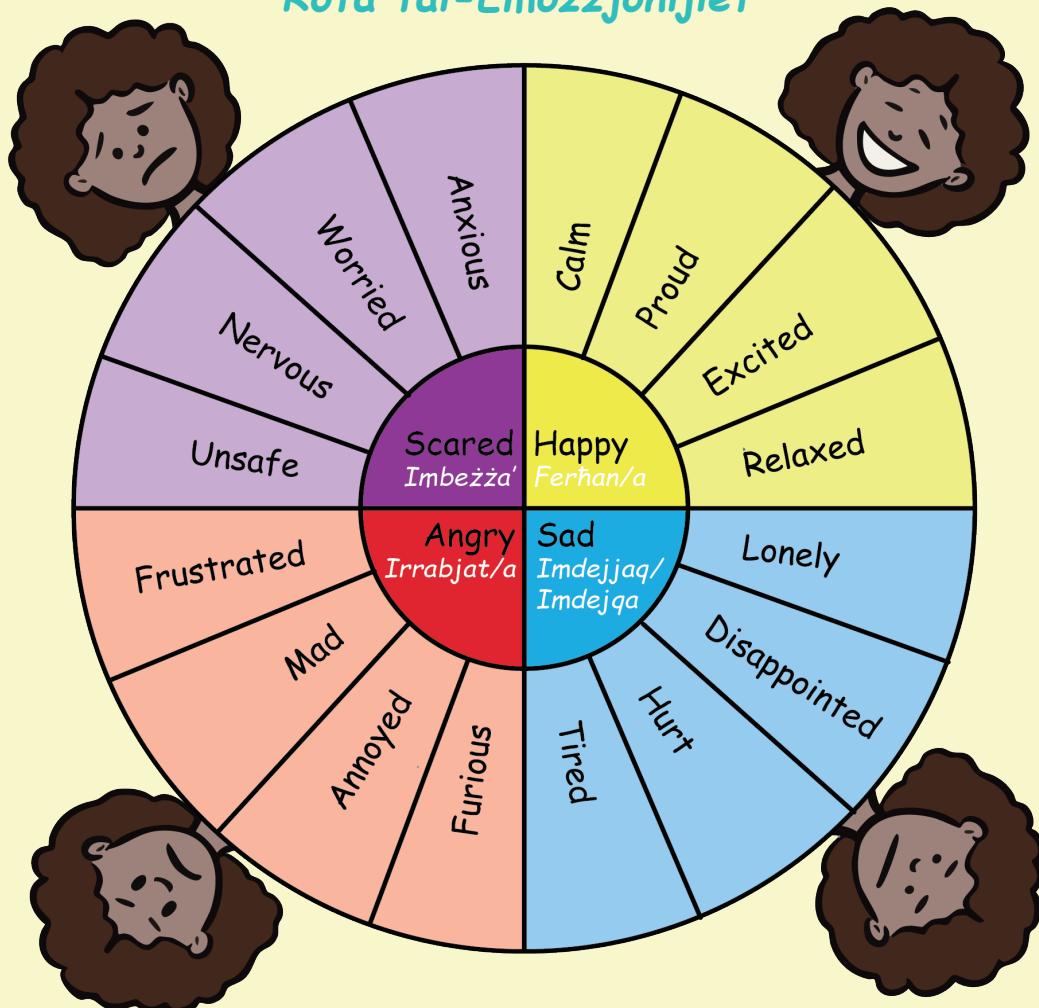
L-Emozzjonijiet u Kif Inħobb Lili Nnifsi

Feelings are how we feel inside when something happens.

L-emozzjonijiet huma kif inħossni minn gewwa meta jigri xi ħaġa.

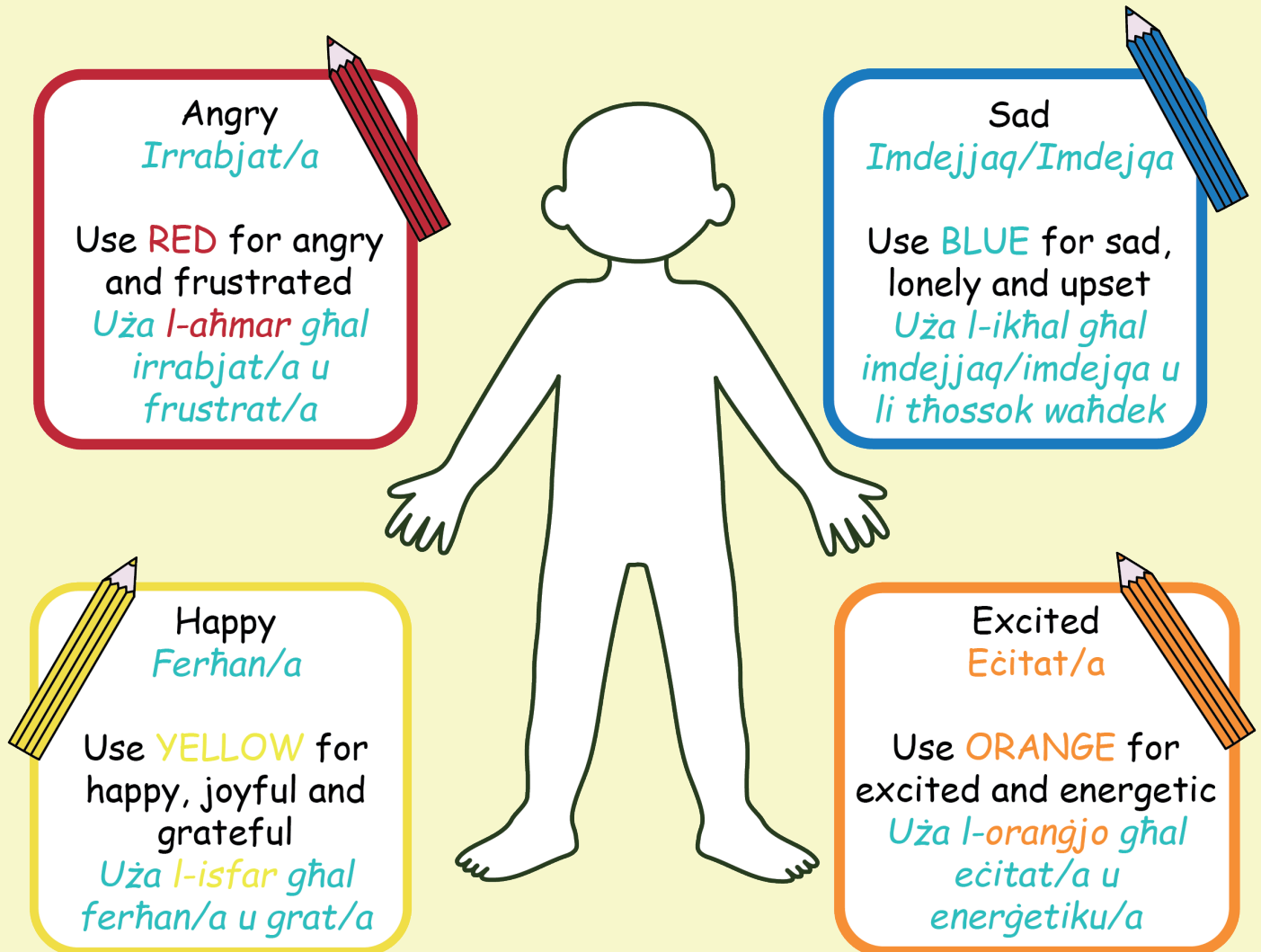
Feelings Wheel

Rota tal-Emozzjonijiet



Where do you feel your feelings in your body?
Fejn t'hoss l-emozzjonijiet tiegħek f'gismek?

Use colours to mark where you feel each emotion in your body.
Uża l-kuluri biex timmarka fejn t'hoss kull emozzjoni f'gismek.



You can feel your feelings anywhere, and every feeling is okay to have.

Tista' t'hoss l-emozzjonijiet kullimkien, u kull emozzjoni hija owkej li t'hossha.

Feelings and Self-Love

L-Emozzjonijiet u Kif Inħobb Lili Nnifsi



Self-love means being kind to yourself, believing in yourself and taking care of your feelings even when things are hard or you make a mistake.

Li tħobb lilek innifsek tfisser li tkun gentili miegħek innifsek, li temmen fik innifsek u tiegħu ħsieb l-emozzjonijiet tiegħek anke meta l-affarijiet ikunu diffiċli jew tagħmel xi żball.

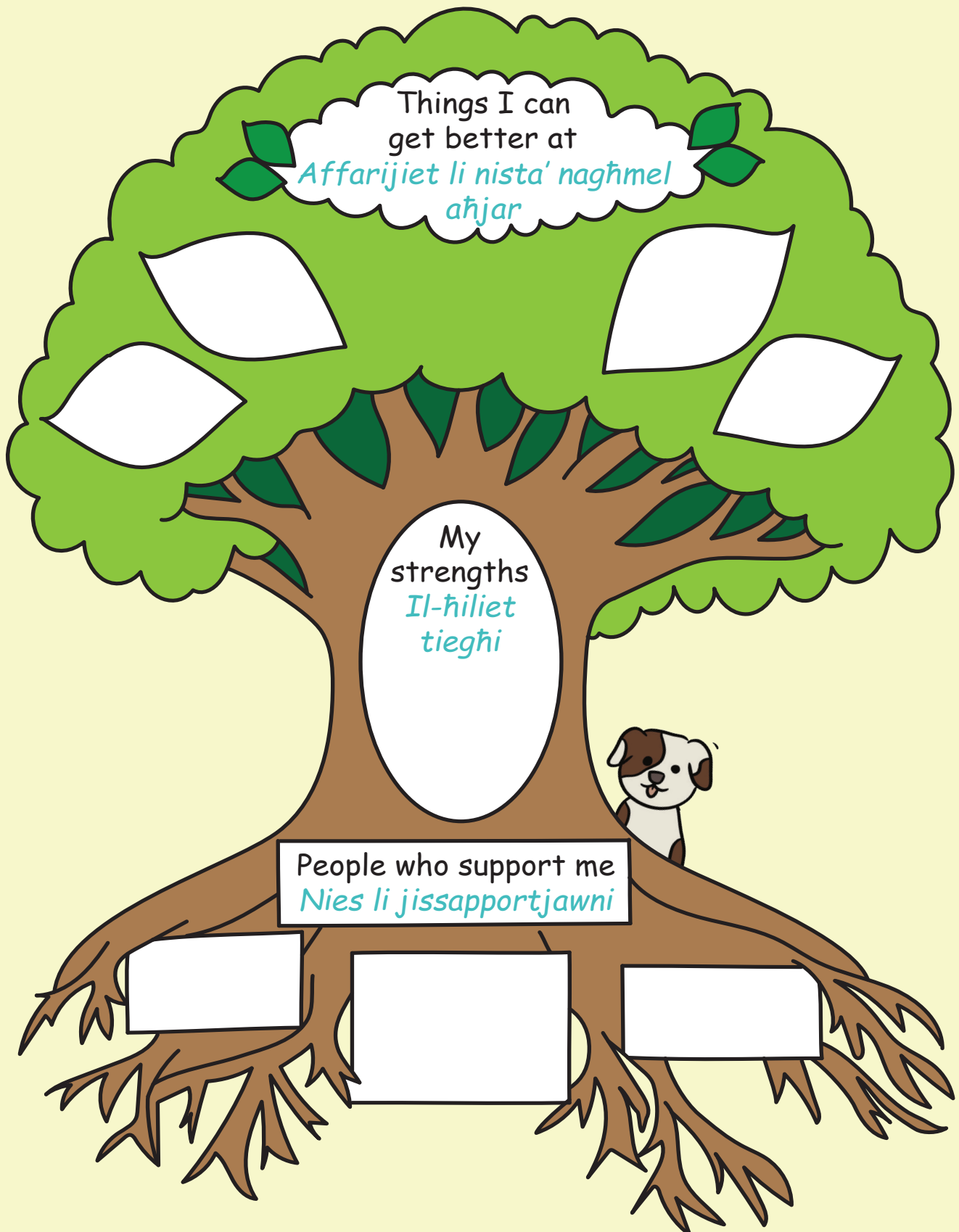


You like some things and some you don't,
you're good at some and some you're not,
but all these parts belong to you,
they make you special - this is you.

*Hemm affarijiet li jogħġbuk, u oħrajn li le,
hemm ħiliet li għandek u xi wħud li m'għandekx,
imma dawn il-partijiet kollha jagħmluk dak li int,
għalhekk speċjali - int kif int.*

Getting to Know Myself Better!

Insir Naf Lili Nnifsi Aħjar!



When you feel like you're not good enough, it's important to remember all the things you're good at and keep believing in yourself.

Meta tħossok li m'intix tajjeb/ tajba biżżejjed, ipprova ftakar fl-affarijiet li inti tajjeb/ tajba fihom u ibqa' emmen fik innifsek.



You are a masterpiece, you are unique and precious!

Int kapulavur, int uniku/a u prezzjuż/a!

The Wall of Kindness

Il-Ħajt tal-Ġentilezza

I am kind
Għandi qalbi tajba

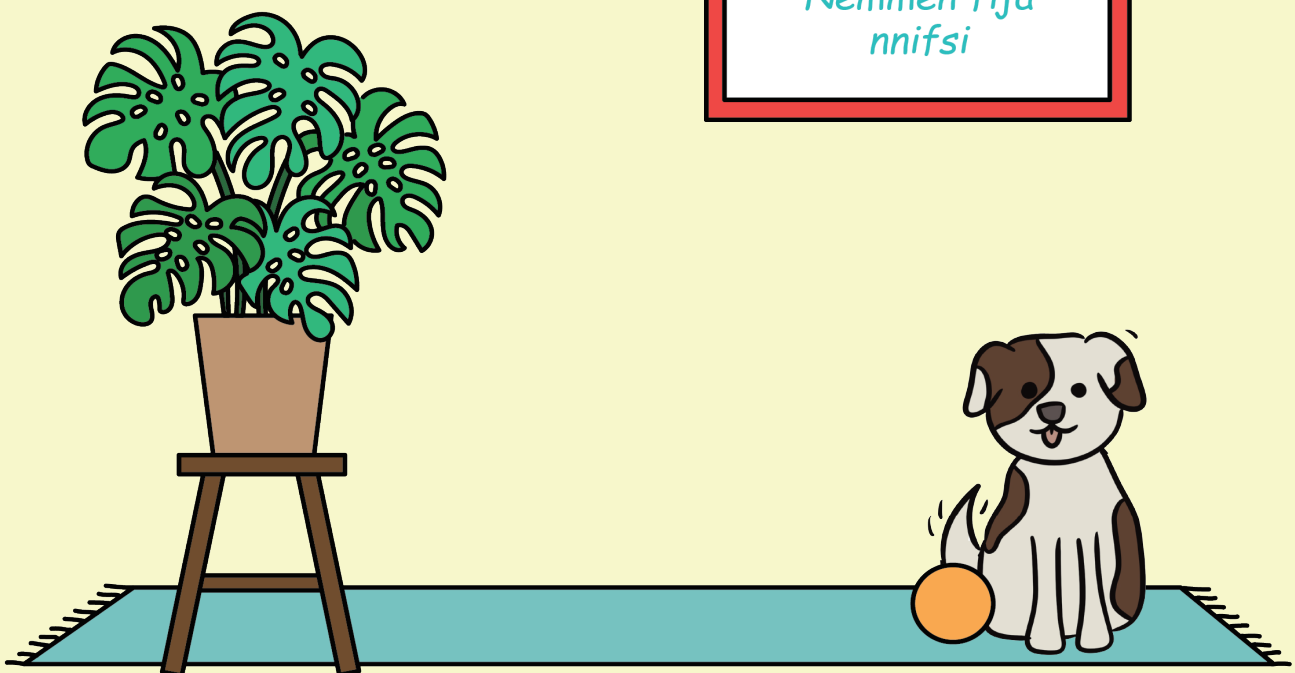
I can do hard things
*Kapaċi nagħmel
affarijiet diffiċli*

Another kind thing I
can say to myself is

*Xi ħaġa oħra tajba
li nista' ngħid lili
nnifsi hi*

I am learning to get
better everyday
*Qiegħed/qiegħda
nitgħallem biex inkun
aħjar kuljum*

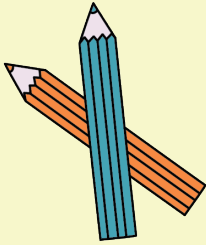
I believe in myself
*Nemmen fija
nnifsi*



Fun & Free Time Activity!

Draw your superhero self

Pingi lilek innifsek bħala supereroj



2

Lesson / Lezzjoni

Coping Skills

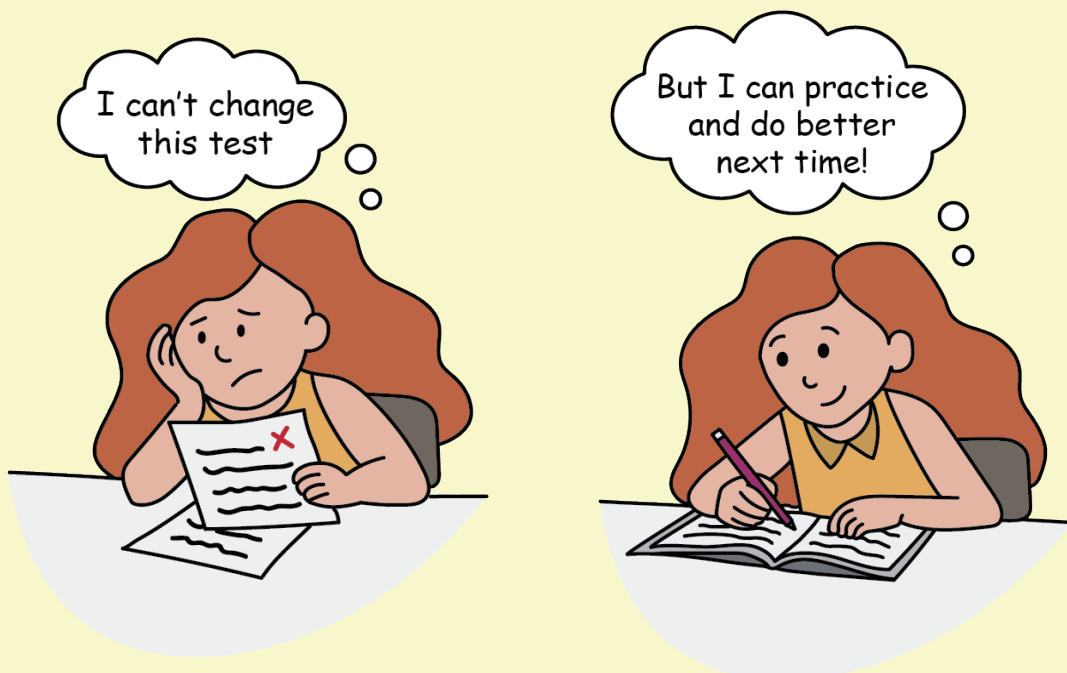
Ħiliet biex Inkampa

Coping skills are things you can do to calm down, solve problems and handle big feelings when something is difficult.

Il-ħiliet biex tkampa huma affarijiet li tista' tagħmel biex tikkalma, issolvi l-problemi jew biex tikkontrolla emozzjonijiet kbar meta xi ħaġa tkun diffiċli.

Remember: Accept the things you cannot change and change the things you can.

Ftakar: Aċċetta l-affarijiet li ma tistax tibdel u biddel dak li tista'.



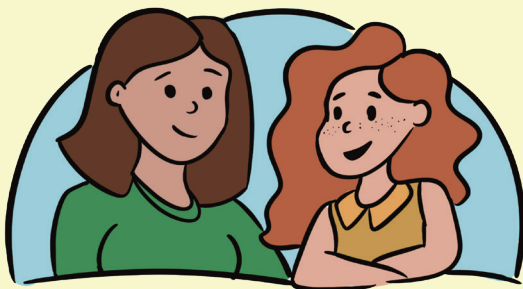
Coping with Emotions

Inkampaw mal-Emozzjonijiet

These are some ways you can cope:
Dawn huma modi differenti ta' kif tista' tkampa:

1. Take deep breaths to manage your emotions.

*Hu nifsijiet fil-fond
biex tikkontrolla
l-emozzjonijiet tiegħek.*



2. Talk to an adult you trust.

*Tkellem ma' adult li
tafda.*

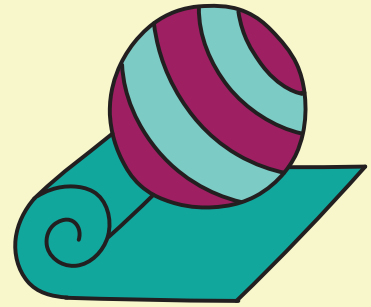
3. Express your feelings by practicing your hobbies and talents.

*Esprimi l-emozzjonijiet
billi tipprattika
l-passatempi u
t-talenti tiegħek.*



4. Practice yoga, meditation or physical exercise.

Ipprattika l-joga, il-meditazzjoni jew agħmel eżerċizzju fiżiku.



5. Take a warm bath.

Ħu banju sħun.



6. Think about what makes you happy.

Aħseb f'dak li jagħmlek ferħan/a.



7. Writing down how I'm feeling and what I am going through.

Nikteb dwar dak li qed inħoss u għaddej/ja minnu.

Not everyone copes in the same way. The important thing is that you find healthy coping skills that work for you.

*Mhux kull persuna tkampa bl-istess mod.
L-importanti li ssib ħiliet tajbin li jaħdmu għalik.*

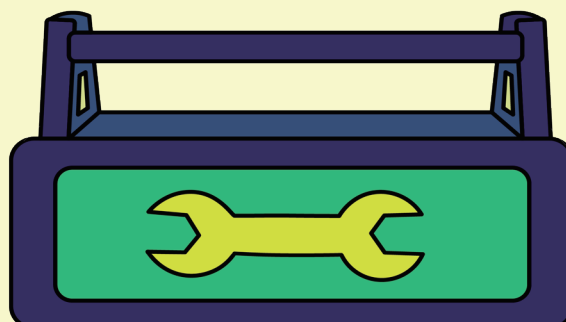
My Wellbeing Toolkit

L-Għodda Tiegħi biex Inħossni Tajjeb/Tajba









How would you cope in these situations?

Inti kieku kif tkampa ma' dawn is-sitwazzjonijiet?



1. You are working on a math problem and can't figure it out. You start to feel angry and want to rip out the paper.

Qiegħed/Qiegħda taħdem fuq somma tal-matematika u ma tistax tiskopri kif tinħadem. Bdejt tħossok irrabjat/a u trid tqatta' l-karta.



2. You want to join in a group of friends that are playing a game during the break, but they don't notice you. You feel sad and left out.

Tixtieq tilgħab ma' grupp ta' ħbieb li qegħdin jilagħbu logħba fil-brejk, imma ma tawx kasek. Tħossok imdejjaq/imdejqa u mwarrab/mwarrba.

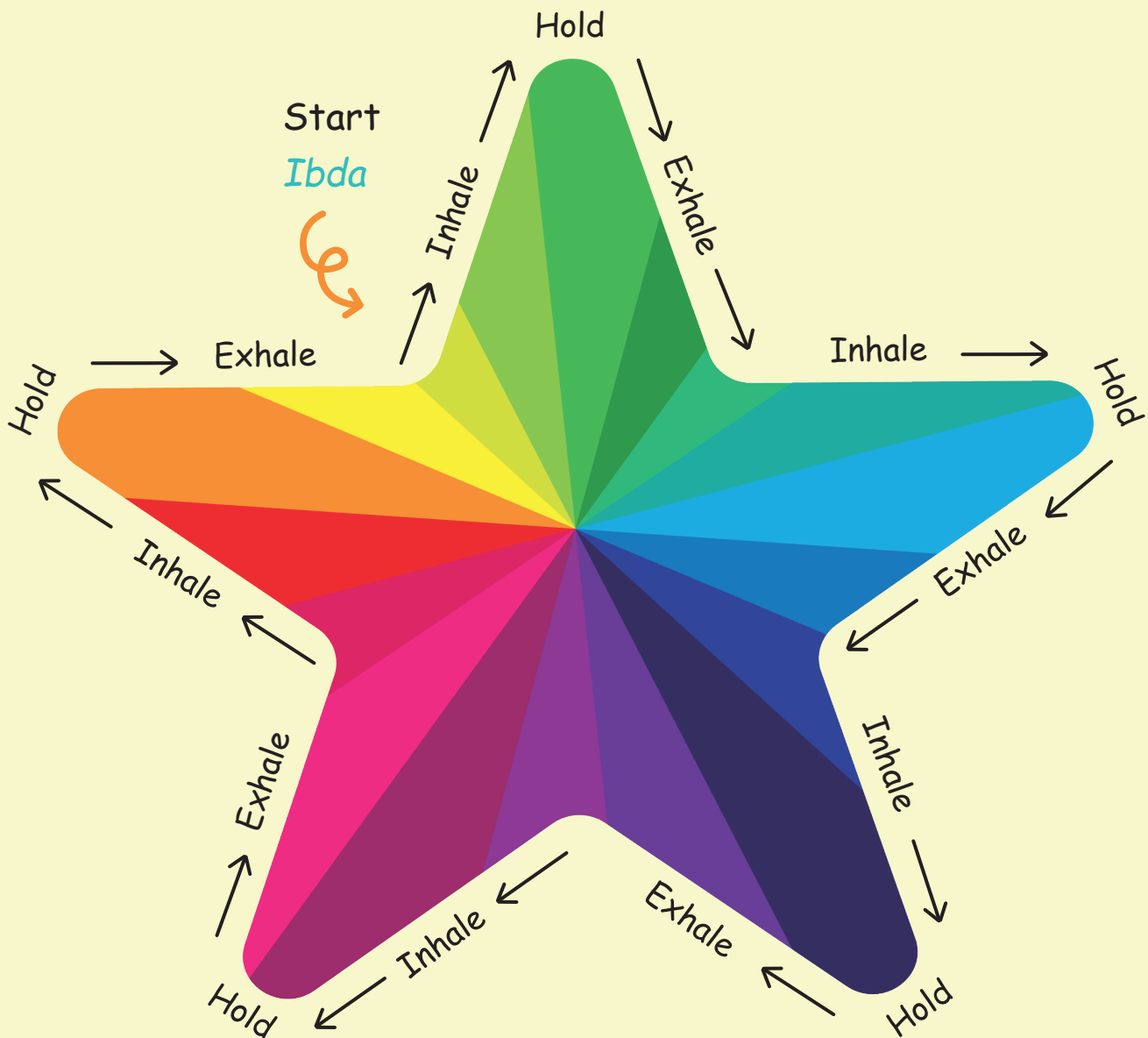


3. You have to read out loud in class and feel nervous. Your heart is beating fast and your hands are sweaty.

Trid taqra quddiem il-klassi kollha u qiegħed/qiegħda tħossok nervuż/a. Qalbek qed tgħagġel u jdejk jogħrqu.

The Coping Star

L-Istilla biex Inkampa



One coping skill you will try this week is _____.

Fiha waħda biex tkampa li ser tipprova dil-gimgħa hija _____.

Fun & Free Time Activity!



Unscramble the 7 coping skill words:

1. rdae a okob: _____
2. rcsxeeie: _____
3. latk ot a iredfn: _____
4. keat eped rbtheas: _____
5. eus oyur ltaetn: _____
6. islent ot uiscm: _____
7. akte a mwar hbat: _____

Irranga l-ittri sabiex tgħaqquad kliem fuq ħiliet biex tkampa:

1. arqa tkbei: _____
2. aghlem eržečzziju: _____
3. tmlleke a'm ħibab: _____
4. uħ nfiſiejit lif-donf: _____
5. žau t-telaint tgħekie: _____
6. msia' l-makžui: _____
7. uħ bnaju snuħ: _____

3

Lesson / Lezzjoni

Lesson 3: Our Relationships

Lezzjoni 3: Ir-Relazzjonijiet Tagħna

A relationship is a connection between two or more people.
It is about how you treat others and how others treat you.

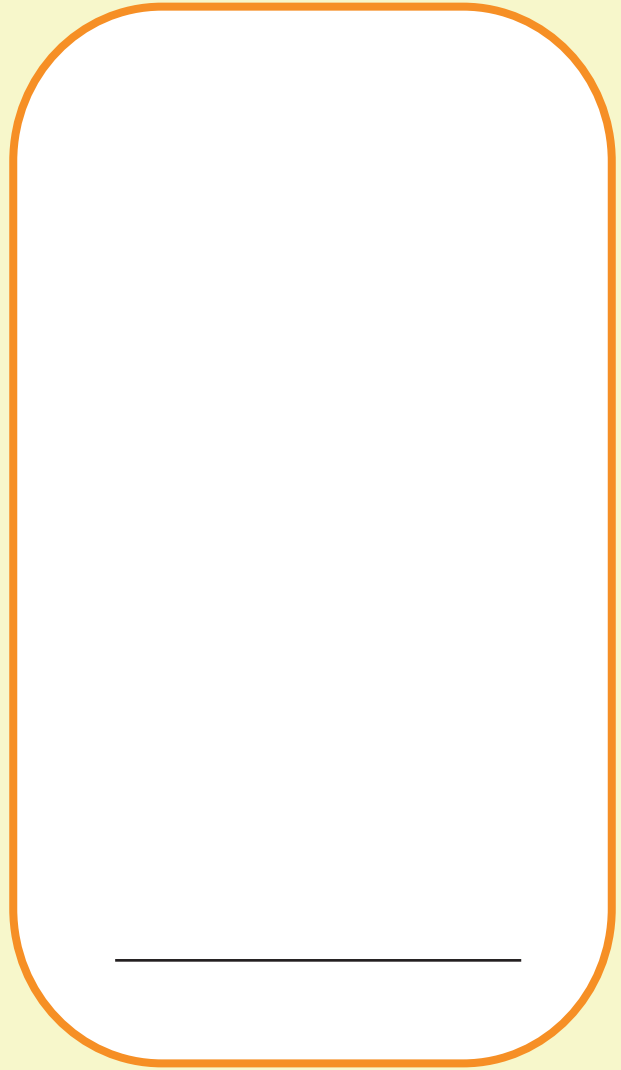
Relazzjoni hija konnessjoni bejn żewġ persuni jew aktar. Hija kif inti tittratta lil ħaddieħor u kif ħaddieħor jittrattak.

Different examples of relationships:

Eżempji differenti ta' relazzjonijiet:



Draw or write two importanti relationships in your life
Pingi jew iktab żewġ relazzjonijiet importanti f'ħajtek



Draw a circle around how this person makes you feel
Agħmel ċirku ma' kif iġġiegħlek tħossok din il-persuna

What makes a good friend?

X'jagħmel ħabib/a tajjeb/tajba?



Colour in the qualities you look for in a friend

Pingi l-kwalitajiet li tfittex f'ħabib/a

Kindness

Qalb tajba

Honest

Onestà

Respect

Rispett

Trustworthy

Affidabbli

Arrogant

Arroganti

Good listener

Li jisimghak

Helpful

Ta' Għajnuna

Manipulative

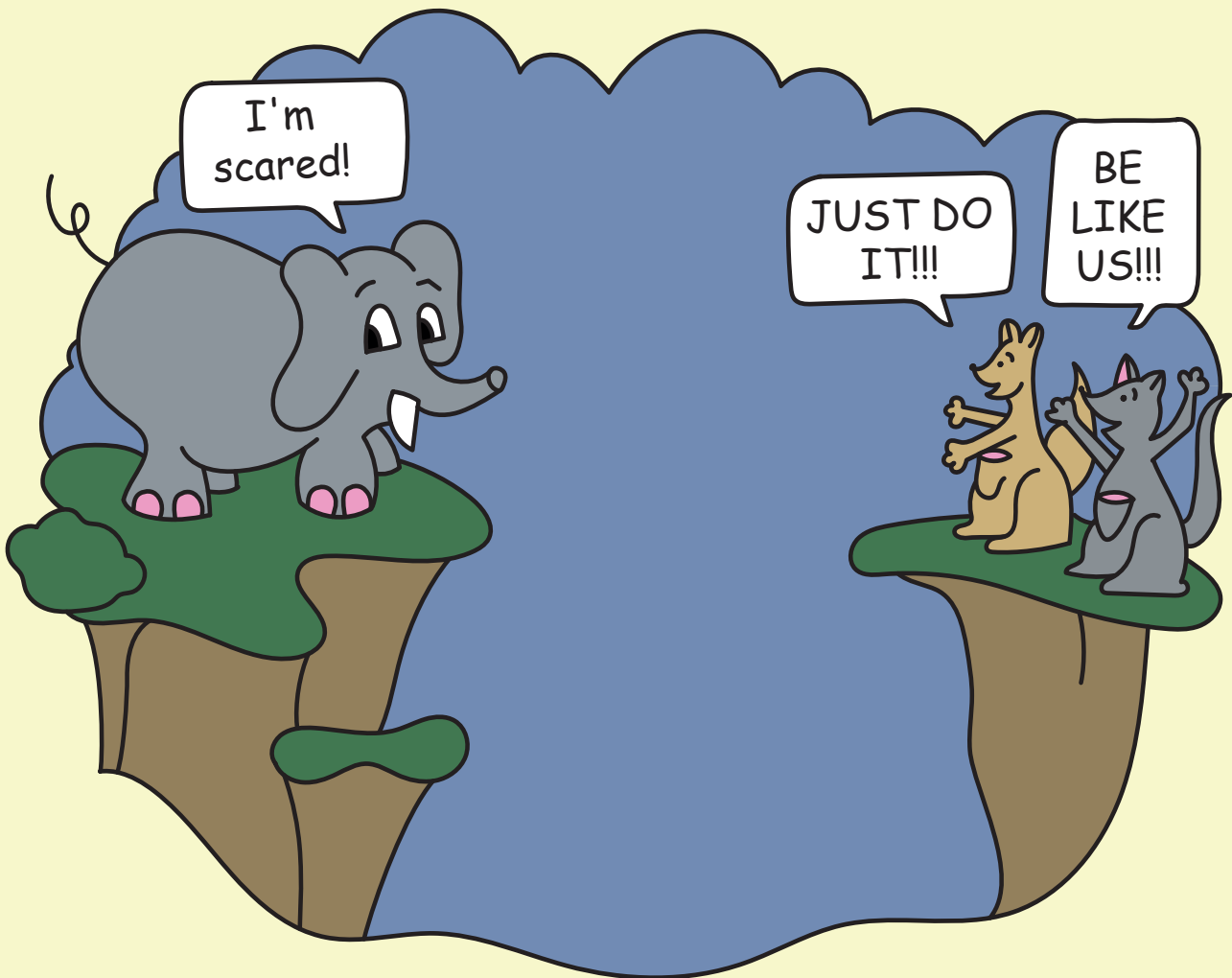
Manipulattiv/a

Peer Pressure

Pressjoni minn Nies Tamparek

Peer pressure is when someone your age tries to force you to do something.

Pressjoni minn nies tamparek hi meta xi ħadd tal-istess età tiegħek jipprova jisfurzak tagħmel xi ħaġa.



Peer pressure can be:

Pressjoni minn nies tamparek tista' tkun:



Negative Peer Pressure

Pressjoni Ħażina

Forcing someone to make bad or unsafe choices.

Tisforza lil xi hadd jagħmel għażla ħażina.

Positive Peer Pressure

Pressjoni Tajba

Encouraging good choices.

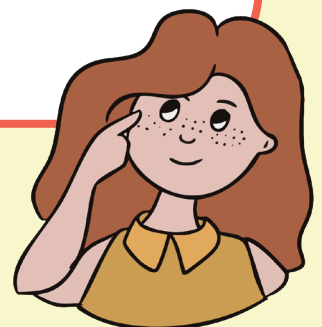
Tinkuraggixxi għażliet tajbin.



Mark with a ✓ if it's positive peer pressure or with an X if it's negative peer pressure

Immarka b' ✓ jekk hi pressjoni tajba minn nies tamparek jew b' X jekk hi pressjoni ħażina minn nies tamparek

1. Come on, let's include her in our game! <i>Ejja ninkluduha fil-logħba magħna!</i>	
2. Don't tell anyone, let me copy your homework. <i>Tgħid lil ħadd, ħallini nikkopja l-howmwerk tiegħek.</i>	
3. Try your best, you can do it. <i>Ipprova agħmel l-aħjar li tista', ser jirnexxilek żgur.</i>	
4. If you don't do it, we won't be your friend anymore. <i>Jekk ma tagħmilhiex, mhux se nibqgħu ħbieb tiegħek.</i>	
5. Let's study together for our exams. <i>Ejja ħalli nistudjaw flimkien għall-eżamijiet.</i>	



Standing Up For Yourself *Taqbeż Għalik Innifsek*

Passive *Passiv/a*



You let others
decide for you
*Tħalli lil
ħaddieħor
jiddeciedi għalik*

Assertive *Assertiv/a*



You respect
yourself and
others
*Tirrispetta lilek
innifsek u lil
ħaddieħor*

Aggressive *Aggressiv/a*



You disrespect
or hurt others
*Ma tirrispettax
jew twegga' lil
ħaddieħor*

The best way to stand up for yourself or others is by being assertive. Reacting in a passive and aggressive manner can make the problem worse or get you in trouble.

L-aqwa mod biex taqbeż għalik innifsek jew għal ħaddieħor huwa billi tkun assertiv/a. Li tkun passiv/a jew aggressiv/a, tista' tkabbar il-problema jew tigi fl-inkwiet.

How can you stand up for yourself?

Kif tista' taqbeż għalik innifsek?



Use your
voice!
Say No!

Uża l-vuċi tiegħek. Għid Le!

Warrab mis-sitwazzjoni

Walk away
from the
situation

Talk to
a trusted
adult

Tkellem ma' adult li tafda

What can you do if you see peer pressure happening?

*X'tista' tagħmel jekk tara lil xi ħadd jisforza lil xi
ħaddieħor?*



Tell a
trusted
adult

Għid adult li tafda

Ibqa' kalm/a

Stay
calm

Stand up
for the
person

Aqbeż għall-persuna

Fun & Free Time Activity!

Spot the eight differences in the picture below!

Sib it-tmien differenzi fl-istampa t'hawn taħt!



4

Lesson / Lezzjoni

Decision Making

Kif Nieħdu d-Deciżjonijiet

Every day we take lots of decisions. Some are easy because we know the answer right away. Others are harder and need more thinking.

Kuljum nieħdu ħafna deciżjonijiet. Xi wħud huma faċli għax nafu t-twegiba mill-ewwel. Oħrajn huma aktar diffiċli u jeħtiegu aktar ħsieb.

Easy Decisions

Deciżjonijiet faċli

Example: I'm hungry and I will have a snack.

Eżempju: Għandi l-guħ u se niekol xi ħaġa żgħira.



Hard Decisions

Deciżjonijiet diffiċli

Example: My friends are upset with me. How can I fix this?

Eżempju: Il-ħbieb tiegħi huma rrabjati miegħi. Kif nista' nirranga dan?

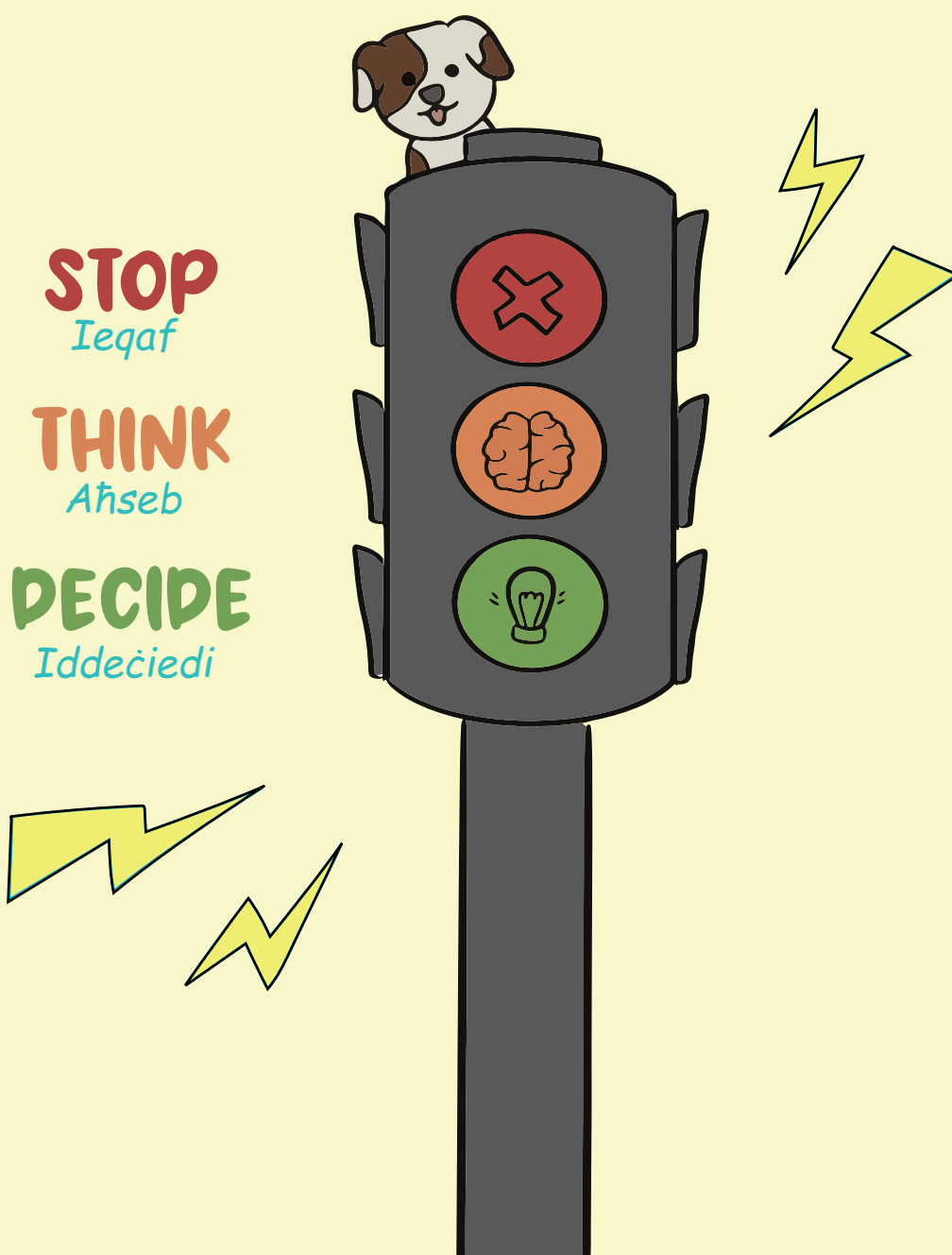


It is not always easy to know what is best.

Whenever you are not sure what decision you should take:

stop, **think** and only then **decide** what is best for you.

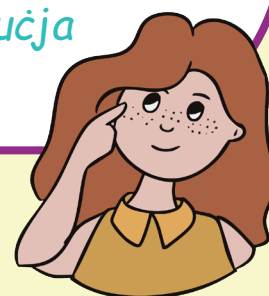
*Mhux dejjem faċli biex tagħżel x'inhu l-aħjar. Meta ma tkunx
ċert/a liema hi l-aħjar deċiżjoni li għandek tiegħu: **ieqaf**, **aħseb**
imbagħad iddeċiedi x'inhu l-aħjar għalik.*



Match the situation with the consequence

Qabbel is-sitwazzjoni mal-konsegwenza

1. Your friends want to you steal from your mum's purse. <i>Sħabek iriduk tisraq mill-portmoni t'ommok.</i>		You get injured. <i>Twegġa'.</i>
2. Your friend encourages you to continue studying. <i>ħabib/a tiegħek jinkuraggjik tistudja.</i>		You show your talents. <i>Turi t-talenti tiegħek.</i>
3. Your friends force you to jump off a high place. <i>Sħabek iġegħluk taqbeż mill-għoli.</i>		You will do well in your assessments. <i>Tmur tajjeb fl-assessment.</i>
4. Your friends encourage you to sing during the school talent show. <i>Sħabek jinkuraggjuk biex tkanta fil-kunċert tal-iskola għax jafu kemm taf tkanta.</i>		You damage your lungs and can develop an addiction. <i>Tagħmel ħsara fil-pulmun u tista' tiżviluppa vizzju.</i>
5. Your friend forces you to smoke a cigarette. <i>ħabib tiegħek iġegħlek tpejjep sigarett.</i>		You disappoint your family and lose their trust. <i>Tiddiżappunta lill-familja u titlef il-fiduċja tagħhom.</i>



Values *Valuri*

Values are things that are important to you. They help you decide:

- 1 How to act
- 2 How to treat others
- 3 What kind of person you want to be

Il-valuri huma dawk l-affarijiet importanti għalik. Dawn jgħinuk tiddeċiedi:

- 1 *Kif tirreagixxi*
- 2 *Kif tittratta 'l ħaddieħor*
- 3 *X'tip ta' persuna tixtieq tkun.*



Kindness
Gentilezza



Honesty
Onestà



Respect
Rispett



Responsibility
Responsabbiltà



Trying your best
Tagħmel l-almu tiegħek



Helping Others
Tgħin lill-oħrajn

Draw a line to match each action with the correct value
Pingi linja biex tqabbel l-azzjoni mal-valur it-tajjeb

Action/ <i>Azzjoni</i>	Value/ <i>Valur</i>
1. You tell the teacher the truth even after making a mistake. <i>Tgħid il-verità lill-għalliem/a anke jekk għamilt żball.</i>	Kindness. <i>Qalbek tajba.</i>
2. You wait quietly for your turn to speak in class. <i>Tistenna l-mument tiegħek biex titkellem fil-klassi.</i>	Friendship. <i>Ħbiberija.</i>
3. You invite a new student to play with you during break. <i>Tistieden student/a ġdid/a biex jilgħab/tilgħab miegħek fil-brejk.</i>	Helping others. <i>Tgħin lil ħaddieħor.</i>
4. You finish your homework and bring it to school on time. <i>Tlesti l-ħomwerk u ġgibu l-iskola fil-ħin.</i>	Honest. <i>Onestà.</i>
5. You help a classmate pick up their books after they fall. <i>Tgħin lil ħabib/a tiegħek jigbor/tigbor il-kotba wara li waqqgħu.</i>	Responsibility. <i>Responsabbiltà.</i>
6. You comfort a friend who is feeling sad. <i>Tfarrag lil ħabib/a li qed iħossu/tħossha mdejjaq/mdejqa.</i>	Respect. <i>Rispett.</i>

Decision Diary *Djarju ta' Deċiżjonijiet*

Fill in the following boxes
Imla l-kaxxi t'hawn taħt

1

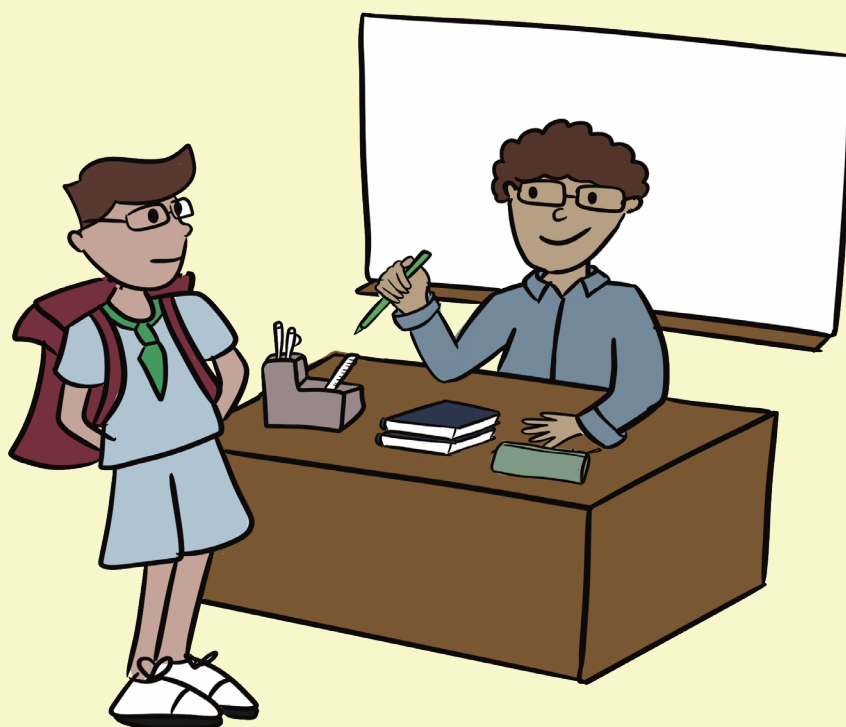
What is a choice you have made?
X'inhi għażla li kellek tagħmel?

2

Why did you make that choice?
Għalfejn għażilt dik id-deċiżjoni?

3

Would you do anything different?
Kont tagħmel xi ħaġa differenti?



If you still cannot decide, talk it over with an adult you trust and respect such as the people who take care of you, teachers, guidance teachers or contact the supportline 179.

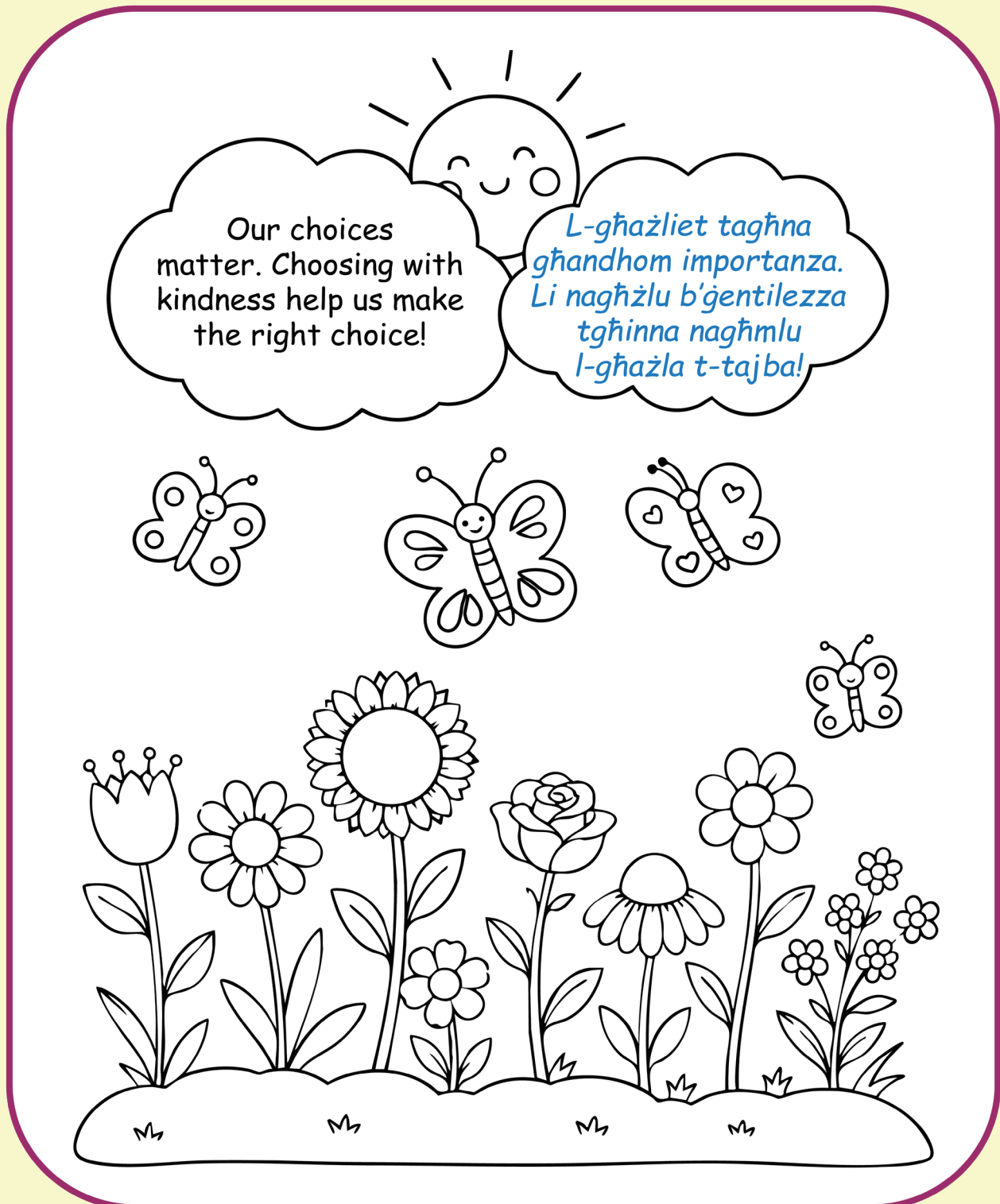
Jekk int qed issibha diffiċli biex tiegħu deċiżjoni, tkellem ma' adult li tafda u tirrispetta bħal pereżempju n-nies li jieħdu kura tiegħi, għalliem, guidance teachers jew ikkuntattja s-supportline 179.

Life presents many choices, the decisions you take will impact your present and future.

Fil-ħajja jkollok tagħmel kura għażliet. Kull deċiżjoni li tagħmel f'ħajtek se taffettwa l-preżent u l-futur tiegħek.

Fun & Free Time Activity!

Colour in!
Pingi gewwa!



5

Lesson / Lezzjoni

Wrapping Up *Nigbru kollox Flimkien*

In these sessions, you learnt important skills to help you grow and live a healthy happy life.

F'dawn s-sessjonijiet tgħallimt affarijiet importanti biex jgħinuk tikber u tgħix ħajja b'saħħitha u ferħana.

- 1 Feelings and Self-Love/*L-Emozzjonijiet u Kif Inħobb lili Nnifsi*
- 2 Coping Skills/*Ħiliet biex Inkampa*
- 3 Our Relationships/*Ir-Relazzjonijiet Tagħna*
- 4 Decisions/*Deċiżjonijiet*

These will help you make the right choices and stay away from addictions.

Addiction can take you in the wrong direction and stop you from achieving your dreams.

Dawn kollha se jgħinuk tieġu deċiżjonijiet tajbin li jwassluk biex tibqa' 'l bogħod mill-vizzji. Il-vizzji jistgħu jieħduk fit-triq il-ħażina u jwaqqfuk milli tilħaq il-ħolm tiegħek.

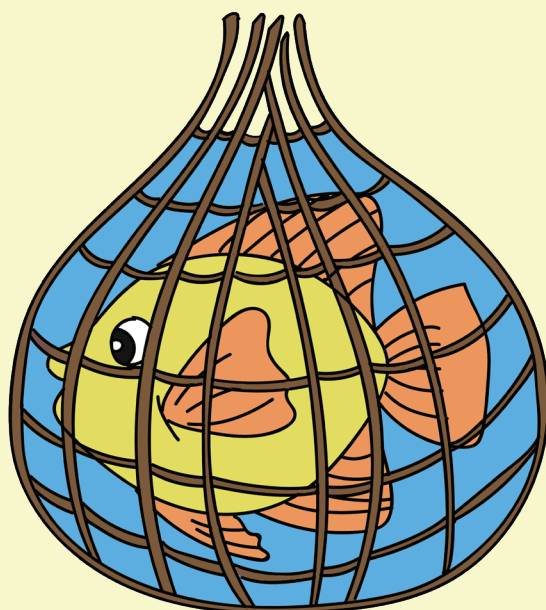


Addiction is when a person cannot stop doing something even when it is causing them harm.

Vizzju huwa meta persuna ma tkunx tista' tieqaf tagħmel xi ħaġa anke jekk din tkun qed tikkawża l-ħsara.

An addiction is very similar to a fish net. Fish can easily enter the net but then find it difficult to come out of it.

Vizzju huwa bħal xibka li jinqabad il-ħut fiha. Il-ħut jidħol go xibka mingħajr ma jinduna u jsibha diffiċli ħafna biex joħroġ.



Any type of addiction is harmful as it affects the brain and the body. It also causes serious problems within families, relationships, schools and workplaces.

Kull tip ta' vizzju hu perikoluż għax jaffettwa l-moħħ u l-ġisem. Jista' jikkawża wkoll problemi serji fil-familji, f'relazzjonijiet, fl-iskejjel u anke fuq il-postijiet tax-xogħol.

Those who have an addiction are not bad people, they are people who took a wrong decision.

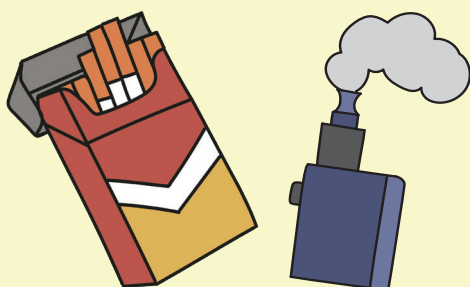
Dawk li għandhom vizzju mhumix nies ħżiena, huma nies li ħadu deċiżjoni żbaljata.

Examples of Addictions:

Eżempji ta' Vizzji:

Spending too much time on screens

Tqatta' wisq ħin quddiem skrins



Smoking cigarettes and vapes

Tpejjep is-sigaretti u l-vapes

Alcohol

Alkoħol



Drugs

Drogi

Why is it important to avoid addictions?

Għalfejn importanti li tevita l-vizzji?

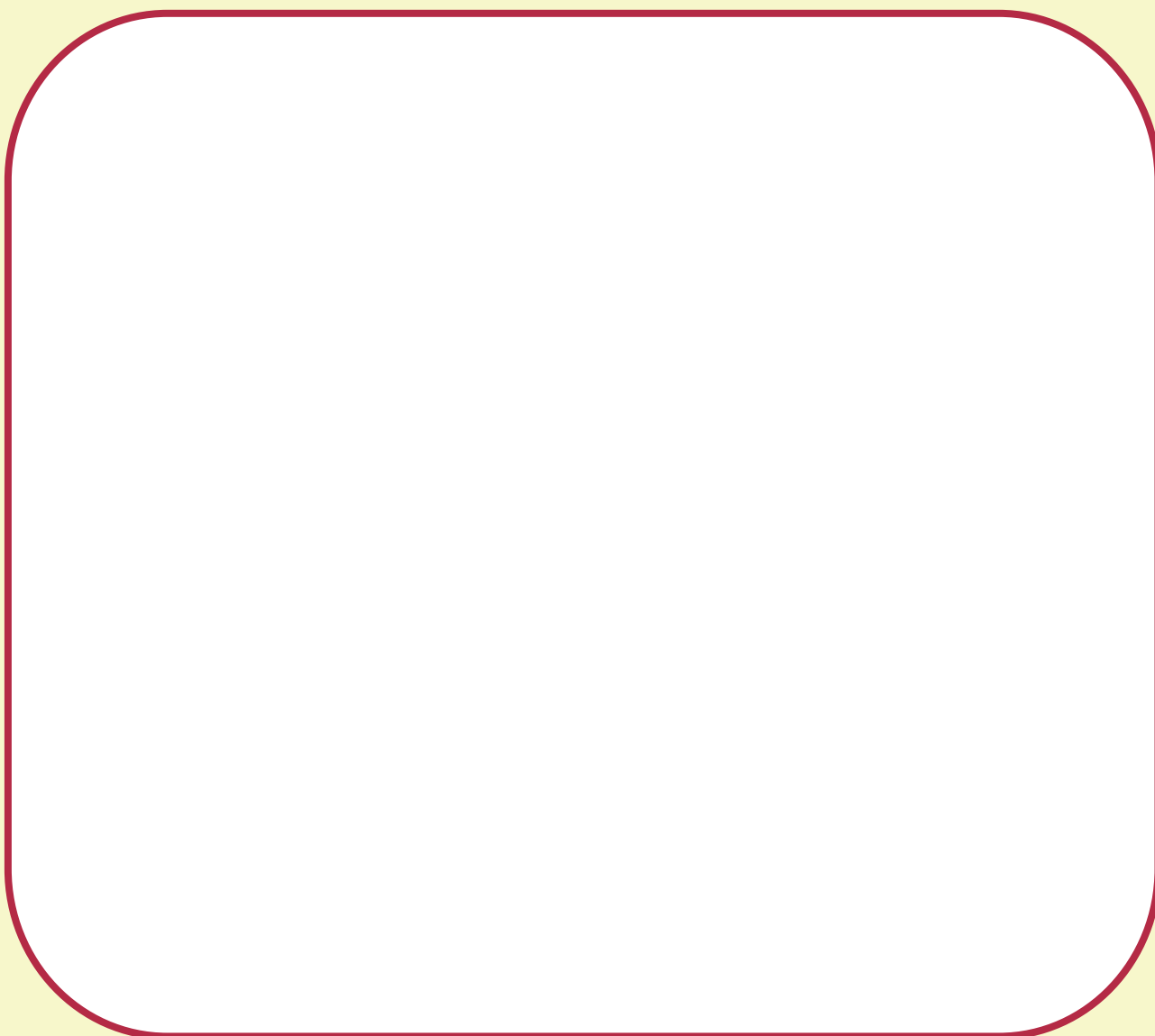
- 1 Affect your health/ *Jaffettwaw is-saħħa tiegħek.*
- 2 Change your behaviour/ *Ibiddlu l-imġiba tiegħek.*
- 3 Stop you from reaching your goals/ *Iwaqqfuk milli tilħaq ix-xewqat tiegħek.*

Never giving up means you keep trying even when something is hard or when you make mistakes. This helps you achieve your goals and dreams.

Li qatt ma taqta' qalbek tfisser li tibqa' tipprova anka meta xi ħaġa tkun diffiċli jew tagħmel xi żbalji. Dan jgħinek biex tilhaq l-għanijiet u l-ħolm tiegħek.

Draw your dreams in this box

Pingi l-ħolm tiegħek fil-kaxxa



Fun & Free Time Activity!

Find the words in the box

Sib il-kliem li hemm fil-kaxxa

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

self-love	coping	decision	feelings
respect	friendship	breathe	hobbies



Everyone needs help sometimes.
Asking for help is a strength and not a weakness!

*Kultant kulhadd ikollu b'zonn l-għajnuna.
Li ssaqsi għall-għajnuna turi kemm int b'saħħtek!*



23885110



Sedqa Malta



sedqa@gov.mt

National Students Wellbeing 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. 5 - Evaluation

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

The T.F.A.L. 5 programme...	 Yes	 I don't know	 No	 Absent						
1. has helped me to understand that I am special just the way I am.										
2. has helped me learn that all feelings are important.										
3. has helped me to take care of my feelings by using my coping skills.										
4. has helped me understand different types of relationships.										
5. has helped me learn how to stand up to peer pressure.										
6. has helped me learn how to stop and think about the consequences before making a decision.										
7. has helped me learn how my values guide my choices.										
8. has helped me understand what addiction is.										
9. has helped me learn new skills that will help me live a healthy and happy life.										
10. Mark with a ✓ the things you liked and mark with an X the things you disliked <table border="1" data-bbox="352 1675 715 1906"> <tbody> <tr> <td>Workbook</td> <td></td> </tr> <tr> <td>Characters</td> <td></td> </tr> <tr> <td>Song</td> <td></td> </tr> </tbody> </table>	Workbook		Characters		Song		Other things I liked Other things I disliked 			
Workbook										
Characters										
Song										

Thank you for your feedback!

T.F.A.L. 5 - Evalwazzjoni

Għinna sabiex inkunu nistgħu nagħmlu dan il-programm aħjar billi timla din il-karta. Uża lapas u mmarka b'dan is-sinjal ✓ gol-kaxxa bl-għażla 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.

Il-programm T.F.A.L. 5...	 Iva	 Ma nafx	 Le	 Assenti						
1. għenni nifhem li jien speċjali kif jien.										
2. għenni nitgħallem li l-emozzjonijiet huma kollha importanti.										
3. għenni nieħu ħsieb l-emozzjonijiet tiegħi billi nuża l-ħiliet biex inkampa.										
4. għenni nifhem tipi differenti ta' relazzjonijiet.										
5. għenni nitgħallem kif naffaċċja l-pressjoni minn nies tampari.										
6. għenni nitgħallem kif nieqaf u naħseb dwar il-konsegwenzi qabel ma nieħu deċiżjoni.										
7. għenni nitgħallem kif il-valuri tiegħi jiggwidaw l-għażliet tiegħi.										
8. għenni nifhem x'inhu vizzju.										
9. tgħallimt ħiliet godda li se jgħinuni ngħix ħajja sana u kuntenta.										
10. Immarka b' ✓ l-affarijiet li għogbuk jew b' X l-affarijiet li m'għogbukx. <table border="1" data-bbox="405 1675 718 1861"> <tbody> <tr> <td>Il-ktejjeb</td> <td></td> </tr> <tr> <td>Il-karattri</td> <td></td> </tr> <tr> <td>Il-kanzunetta</td> <td></td> </tr> </tbody> </table>	Il-ktejjeb		Il-karattri		Il-kanzunetta		Affarijiet oħra li għogbuni Affarijiet oħra li m'għogbunix 			
Il-ktejjeb										
Il-karattri										
Il-kanzunetta										

Grazzi ħafna tar-risposti tiegħek!

I made a Promise!

After participating in Sedqa's T.F.A.L. 5 programme, I will do my best to practice what I have learnt throughout my life.

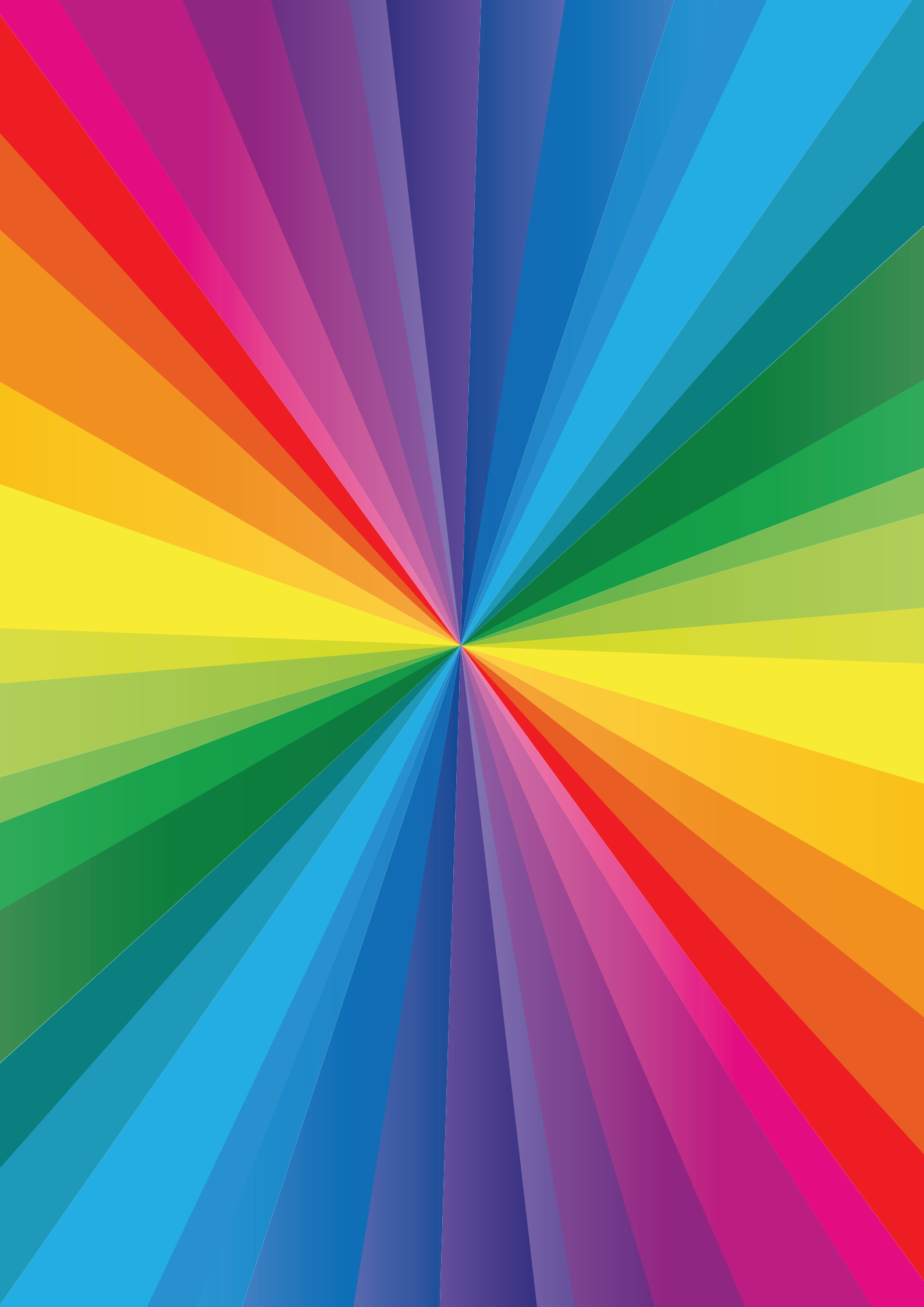
Wara li hadt sehem fil-programm T.F.A.L. 5 tal-Agenzija Sedqa se nipprova nagħmel ħilti kollha biex dak li tgħallimt inwettqu f'haġti.

I/ Jiena

_____ who attends the school/ li nattendi l-iskola

Student signature
Firma tal-istudent/a

Date
Data





T.F.A.L. 5 Song

CHORUS

T. F. A. L. 5, Gimme 5 Gimme 5,
Ann, Benji, Jake, Lucy and Bužu,
Have things to teach you that will prove useful,
This is what we do during T.F.A.L. 5,
It will help us live a happy healthy life!

Hi, I'm Benji!
I will show you how to learn
And a coping skill you'll earn.
Football is my passion!
Maybe yours is fashion?

Hey! It's Ann,
Science is my thing,
Through good peer pressure
I was able to get
An award for my project
And that is a fact!

CHORUS

Hey! I'm Lucy,
I made a decision,
That took some precision.
It really made me think
To say no to that energy drink!

Hi, I'm Jake!
Together we shall learn
So that our decisions are firm.
Addictions can make your life grey
So..keep going the right way!

Woof woof!
There is something I want to say!
Remember, I am here to stay!
Look for help whenever you need,
And you will always succeed!

Addictions can come in different forms
Gambling and technology may also cause storms!
Up to you to find a balance
Which can lead you to your talents!

CHORUS

Proset!

Lestejt il-programm T.F.A.L. 5!

Well done!

You have completed the T.F.A.L. 5 programme!



Foundation for Social Welfare Services
Here for you

FONDAZZJONI GĦAL SERVIZZI TA' KARSJEN SOĊJALI

Servizzi ta' Prevenzjoni - Sedqa

3, Triq Braille, Santa Venera SVR 1690.

Tel: 23885110