WORKSHEET 1

MIND GAMES: HOW WOULD YOU DO?

EXERCISES

1. . Imagine the following situations. How would YOU act? Explain your reasoning on a sheet of paper.

   a. You find a wallet on the street with ID cards and 300 $ in cash. Do you return it in full?

   b. During recess, your classmates are teasing another classmate about his greasy hair. They encourage you to join in. What do you decide?

   c. A classmate stands out by consuming large amounts of alcohol in a short time at parties. He feels cool because he can drink so much and increases the amount. He brags and sees himself as a winner. He challenges you to keep up with him and taunts those who don't. Are you drinking with him?

2. Now go through one situation after another with your partner, discussing your personal proposed actions and rationales.

3. Now include your emotional state after the action and also the consequences for your fellow human beings.

4. Formulates basic questions about "human action".

5. Present them in the plenary.

6. Write down further actions on sticky notes and fix them on the moderation wall/board, differentiating between positive and negative actions. Also differentiate whether the actions are performed with the body, with speech, or with the mind.