

THIS IS ME!

Get to know yourself and others better



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EVERYBODY'S DIFFERENT!

What are you like?

Just imagine you had to describe yourself in a few words. It's quite difficult, isn't it? We're able to say so much about ourselves, and, at the same time, it seems that there aren't enough words in the world to perfectly capture our true character. Still, it's useful in life to have the ability to recognize and name different human characteristics and personalities, so that we can describe our needs and feelings and understand our loved ones and friends.



You are one of a kind

Even though a person may be similar to us in character, every person is born with a unique set of characteristics and abilities. The fact that we are all different can be seen quite clearly even in small children.

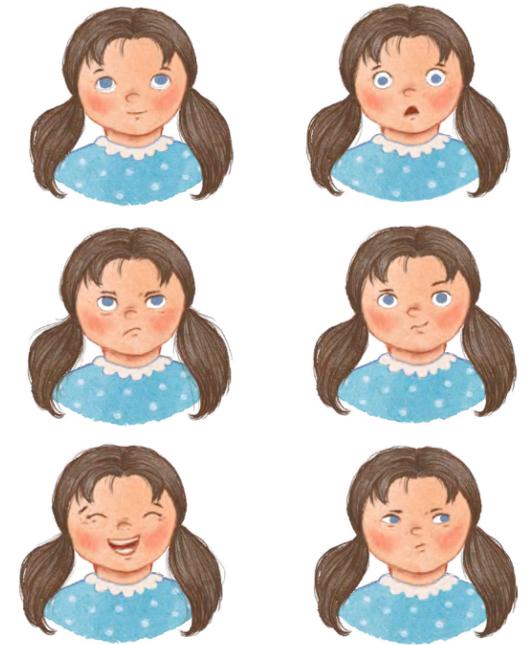


Good or bad characteristics?

No characteristic is good or bad in itself. It's a matter of how it manifests itself. Each one can be useful to a person in their life or, alternatively, make them behave inappropriately. This is quite normal.

We all change

We experience different situations in life and form experiences from them. These experiences influence us in the future. As a result of our experiences, our innate characteristics and abilities can be transformed, strengthened or diminished. Why is it we sometimes behave selfishly, dishonestly, enviously or rudely? It's probably because at that particular moment we are experiencing unpleasant feelings and we don't know how to rid ourselves of them. Our feelings come suddenly and none of us can restrain them immediately. However, we can learn to have more control over how we show them by learning to control our behaviour.



Get to know each other

In this book we will explore various human characteristics and abilities. Our guides will be children like you. They all

have different personalities and are learning to live with them. On some occasions they do well and on others not so well. Sometimes they are governed by pleasant emotions and sometimes by unpleasant emotions, as we all are at certain times. You'll see that two similar and related feelings can often lead you in different directions.

But before we get started, let's learn ...

... WHAT A CHARACTERISTIC IS.

A characteristic is a small part of our personality that shows what we are like inside, what behaviour is natural for us, how we react to others and how we express ourselves. Some examples of characteristics are sensitivity, perseverance and trustfulness.

... WHAT AN ABILITY IS.

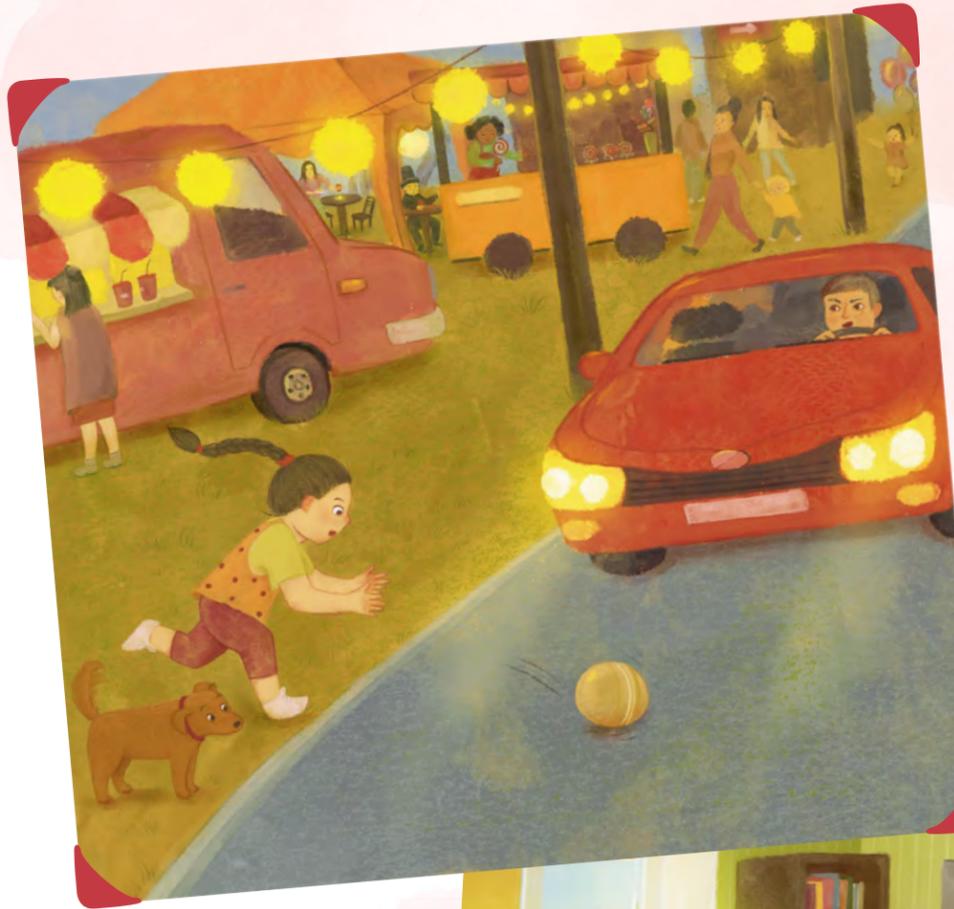
An ability is something you develop through practice, experience and

education that helps you do things better. People have all kinds of abilities, such as the ability to concentrate, to perceive the feelings of others or to solve problems.

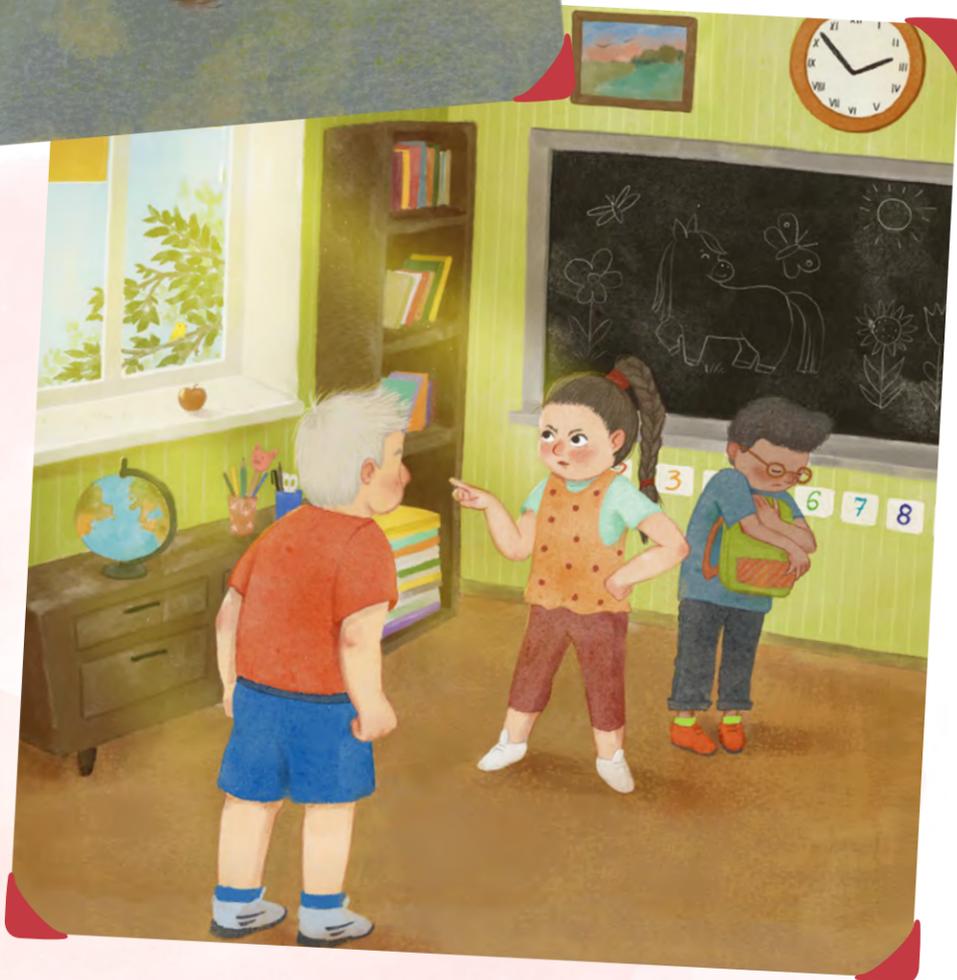
... WHAT AN EMOTION IS.

An emotion is a strong feeling that influences our behaviour. It shows how we experience different situations and how we relate to them. Some emotions are fear, anger, love and joy.

This is Olivia.



Sometimes
Olivia is
RASH.



Sometimes
Olivia is
BRAVE.



Max was so rashly keen to go out for a walk that Olivia didn't even have time to open the gate.



Tony wanted to cut his hair himself, but now he realizes it was a rash decision.



Firefighters have to be brave to tackle blazing fires.



Even though Mum is afraid of heights, she bravely climbed the tree to rescue little Daisy.

What is rashness?

Every now and then, Olivia **acts or says something rashly**. For example, one day, when visiting her cousin Agatha, she said "You think up the silliest games!" And after that Agatha didn't want to play with her.

Immediately afterwards, Olivia always realizes that she shouldn't have acted as she did, but she can't help it at the time: it's just **the first thing that comes into her head**. Olivia was annoyed because she didn't like the rules of Agatha's game, and the hurtful words just popped out of her mouth. But actually, this is just the natural working of the human brain – stopping and thinking is something that we all gradually learn. But it's not always easy...

HOW DO YOU KNOW YOU'RE ACTING RASHLY?

- You're going to do the first thing that comes into your head without thinking about it.
- You don't consider the fact that what you're about to do might be dangerous.
- If you stopped and thought about it, you would immediately come up with a much better solution.
- It is an act that you might regret when you look back on it.



One day, just before her birthday party, Olivia opened the fridge. The cake was simply irresistible!

By the time she realized her mistake, it was too late.

Being rash doesn't always turn out badly, but it often depends on how lucky you are. And no one is lucky all the time, are they? Acting rashly means **not thinking about the consequences beforehand**, and because our first ideas are usually not the most sensible, we may come to regret it later.

But there's no need to worry, everyone is a little rash at times. Ask your parents or older friends about the last time they acted that way. And what about you? **When was the last time you acted rashly?**



The opposite of being rash is being cautious. When Paul's sister's ball ran out into the road, he made sure they waited cautiously for all the cars to go by.

What is bravery?

But a lightning-quick reaction isn't always rash. **Brave or courageous people are also very quick to act**, even though they may be frightened or in danger. So why is it we don't call them rash? Well, at



It takes a lot of courage to rescue someone.

least for a **split second, they consider** what might happen and choose the best possible course of action.

The training and experience of firemen and policemen helps them not to be frightened in dangerous situations. This is also true for everyday life: the more often you overcome your fears, the easier it is for you to be brave again. You can train yourself to be brave!

Courage is not just about grand heroic deeds. You're also being brave when you venture into the dark cellar for Grandma's home-made chutney! Whenever you face up to your fears, you're being brave.



When Alice had to present her school project in front of the class, she was really nervous. Still, she gathered up all the courage she could muster, and all her classmates were really interested in her work.



With a bit of courage and a faithful friend by your side, you can even venture into the dark of night to look for a lost toy.

This is Matilda.



Sometimes
Matilda is
UNRULY.



Sometimes
Matilda is
ENERGETIC.



Today Martin is pushing it too far.
Why is he being so unruly?



Sam and Marie have really lost their heads –
let's hope they don't break something.



The children always have fun outside.
They're full of energy.



Grandpa is still full of energy. He just
loves baking cakes for the grandchildren.

What is unruliness?

Matilda has always been **lively**. She **has a lot of energy and needs to let it out**. There's no chance of her sitting quietly at the table, it's too boring for her. Matilda likes to run, jump and frolic, happily making lots of noise in the process. But if Matilda is doing it in the garden or the playground, she's not bothering anyone.



Matilda went for a check up and caused a kerfuffle at the doctor's. Her father was so shocked he didn't know what to do.

But sometimes Matilda forgets and **lets off steam in the wrong place or at the wrong time**. If she doesn't stop herself in time, she's soon **almost out of control**: She doesn't listen to anyone, will not obey anyone, and doesn't realize that her behaviour is unpleasant. Before you know it, she's running amok in the art room. There's complete chaos!

This is Klara.



Sometimes Klara is
STUBBORN.



Sometimes Klara is
PERSEVERING.



Christian stubbornly refuses to eat vegetables. He only wants to eat sweet things ...



Uncle George insisted on not taking the bus to the airport and loaded his luggage onto his scooter. As a result he lost one of his suitcases.



Neither the challenging terrain nor the heavy backpack was enough to deter Aunt Clare and with great perseverance she climbs to the top.



Emily knows you need to persevere in order to houstrain a dog, and that's why she takes her puppy outside even at night.

What is stubbornness?

Klara has always insisted that her way is the right way. Even as a toddler, she liked doing things in her own way and was very happy when she could find **her own special approach**. She is wonderfully creative when it comes to thinking up new ways of doing things.



It is evening and Klara stubbornly refuses to prepare her bag for school tomorrow.

However, on occasions, Klara's way **hinders or bothers someone (sometimes even herself)**. For example, not long ago she put on a fairy costume to go on a class field trip and was determined to wear it. Another time, when she was about to go to bed, she remembered that she just had to paint her face. More recently, she insisted on having chocolate cake for dinner. **Just imagine how it would have turned out if she'd been successful in these quests!**

This is Daniel.



Sometimes
Daniel is
STINGY.

Sometimes
Daniel is
CAREFUL
WITH HIS
THINGS.



Our neighbour is the stingiest person I know. He won't lend his scooter to anyone, even though he's had his leg in plaster for two weeks!



Francesca is being rather stingy, she won't let her sister have the tiniest lick!



Grandpa was happy to let me look at his album of rare stamps yesterday, but I wasn't allowed to touch them, as he was afraid that I might accidentally damage them.



Mum decided that the beautiful old vase that her great-grandmother left her would be displayed on the top shelf, so that no one could accidentally break it.



When Alex broke Daniel's skateboard, Daniel was not only unhappy but angry, and rightly so.

What is stinginess?

Daniel knows that it's right to share your things with others, but unfortunately he's had a number of **unpleasant experiences** with sharing: some of his toys came back damaged, a book was lost and his bag of sweets returned empty after all his friends had taken one. Daniel **worries about his things** and would rather keep them for



Why are you children fighting over that one block? There are lots of them all around you!

So what are any of us really like?

Each of us has a unique combination of lots of different characteristics and experiences. We all have our own particular weaknesses and strengths, bad and good moods and also days when we're not at our best. We are influenced by so many things – our feelings, our experiences and also our natural inclinations. Sometimes we show the world our worst side and sometimes we show it our best ... which is all completely normal.

When we realize that we've behaved badly, the ability to apologize is a great thing. Whether we're afraid of rejection, ashamed of ourselves, or insist that we haven't done anything that terrible, it takes real courage to overcome these obstacles and say "I'm sorry." But an apology can really work wonders!

Take a look around this park and think about how the people here are behaving. Why do you think they're acting this way? What is it they want and need? Let's get to know each other better ...





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Andrew is shy, but he also likes to think about all the things he sees. Olivia is rash, but she's not lacking in courage. Are you able to say what you are? Of course, it's not possible to express oneself in a few words! This book doesn't try to do that.

With the example of children, you will explore the variety and beauty of various human characteristics and how they can be identified. You will learn how to recognize them, and how to better understand yourself and the people around you. Feel free to curl up with this book in a quiet corner or read it to a bunch of your friends.

Whatever way you choose to do it—
don't be afraid to be yourself!



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