**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **My Personal First Aid Kit – Cards**
3. Purpose: words that lead to personal empowerment
4. Duration/Time frame: n.a.
5. Participants: n.a.
6. Group size: individual, small group
7. Material: cardboard paper, pencil, colored pens or/and computer graphic applications
8. Methods:
9. Description:
10. Advice for Trainer:
11. Source/Literature: Sonja Bercko, Integra Institute
12. Handouts :
13. Contributor (partner): Integra Institute (Sonja Bercko, NLP spec. neurolinguist Psychosynthesis Therapist)