

# The day I realized that I am strong



Stories  
by  
children from





# Foreword



## Children are strong!

They can survive many things and solve all kinds of problems. Children react even better to difficult situations when they receive targeted support and can learn from other children. The idea for the Storytelling Club came from this. It is a worldwide project in which children tell other children about their experiences and give them tips on how to “become stronger”. They have summarised the results of their intensive work in this book.

We hope you have fun rummaging through, learning, and becoming active yourselves!

Best wishes,  
Maya Götz

The Storytelling Club is a initiative from the PRIX JEUNESSE foundation, of the International Central Institute for Youth and Educational Television and UNICEF.

Responsible for contents:

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International Central Institute for Youth and Educational Television

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# Content



This is us ...

S. 4

## The day ...



... when I realized what I am able to do!

S. 10



... when I was able to help others!

S. 12



... when other people noticed my strength!

S. 16



... when I learnt something!

S. 18



... when I overcame my fear!

S. 24



... when I was able to solve a problem!

S. 32



... when I was clever in the face of danger!

S. 36



... I realized that I am strong!

S. 42

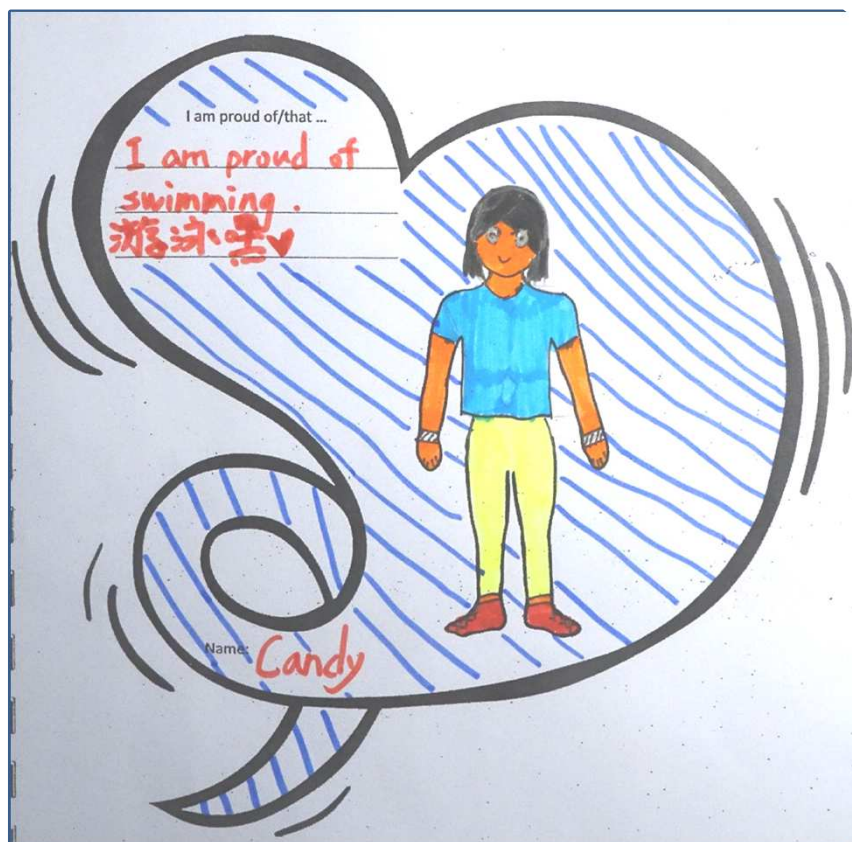


That was the Storytelling Club

S. 46

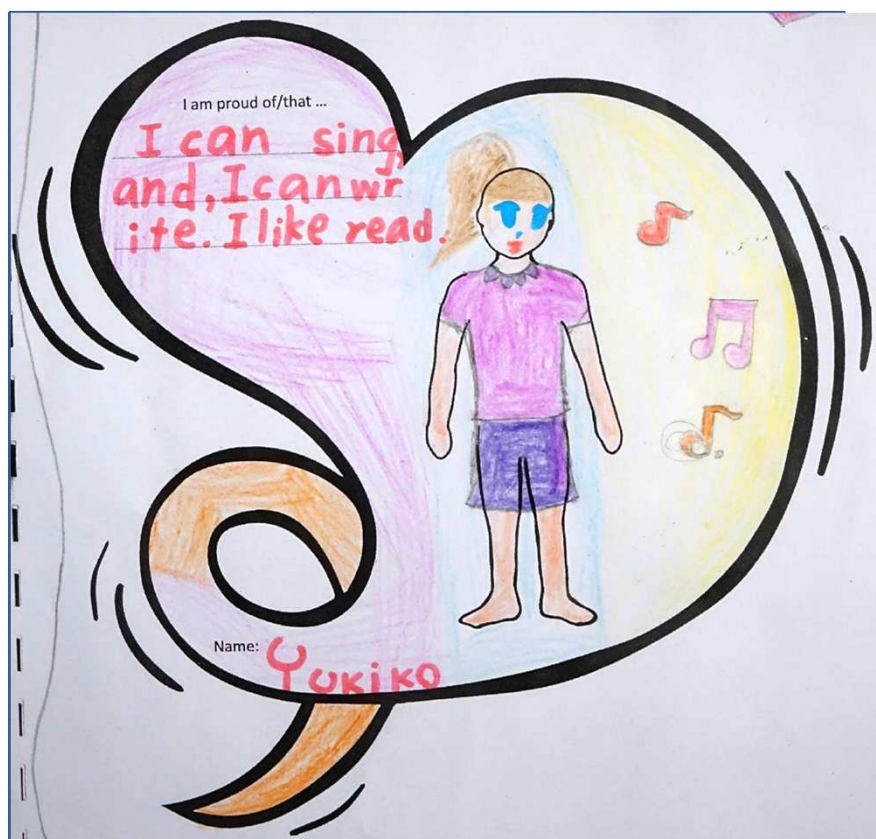
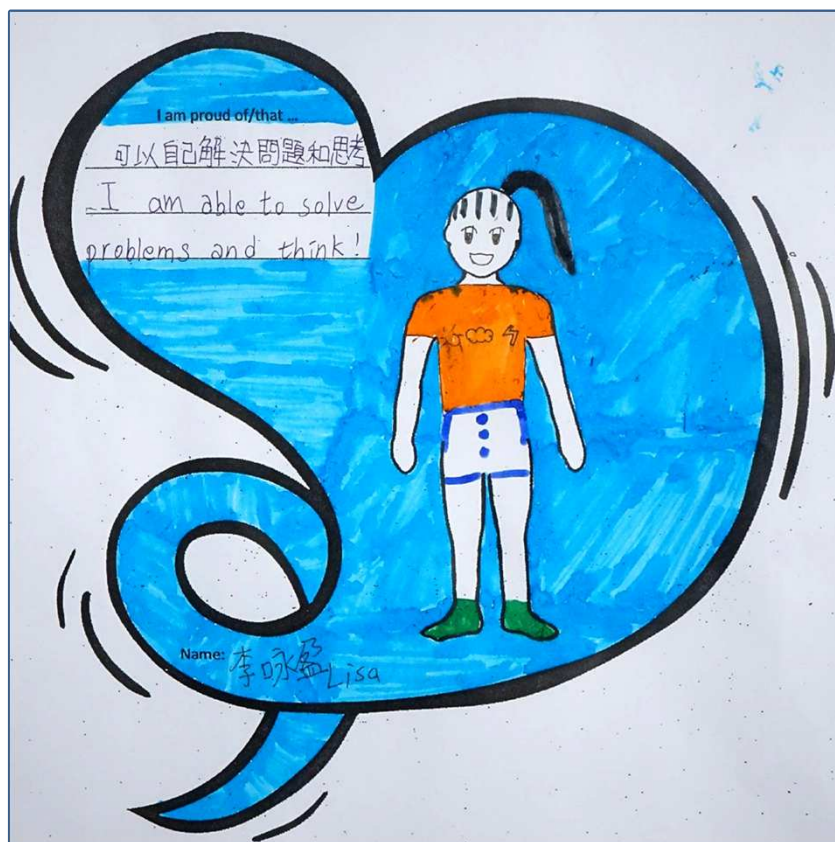


This is us ...





... and we are proud of this!



The day ...



*I helped a grandma across  
the street because she  
was blind.*



... when I was able to help others!



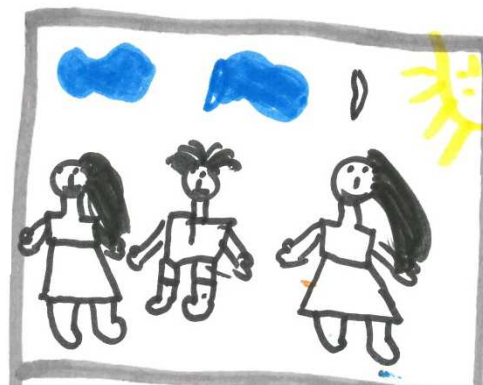
I escaped with my family in a boat. We drove at the night.



Suddenly, my rescue vest started to shine. This was risky because no one should see us.



I put a cloth over the rescue vest so nobody could see the glow.



No one had discovered us and we arrived safely.





# The day...



Once upon a time there was a girl called Lolie. She was afraid of dinosaurs and darkness. One day, she had a nightmare: she was devoured by a dinosaur. She was so afraid that she shivered under the quilt. At this moment, the light came up and a wizard wearing a strange gown appeared. The wizard said, "I came here to play with you." He used his magic and created a starry sky. Lolie saw the starry sky and was happy, and then suddenly she found herself sitting on a weird object. The object hoisted her up—it turned out that she was sitting on a dinosaur and she screamed. But the dinosaur didn't eat her and purred. She then discovered that dinosaurs weren't that terrifying after all.



... when I overcame my fear!



The day...



## ...when I overcame my fear!



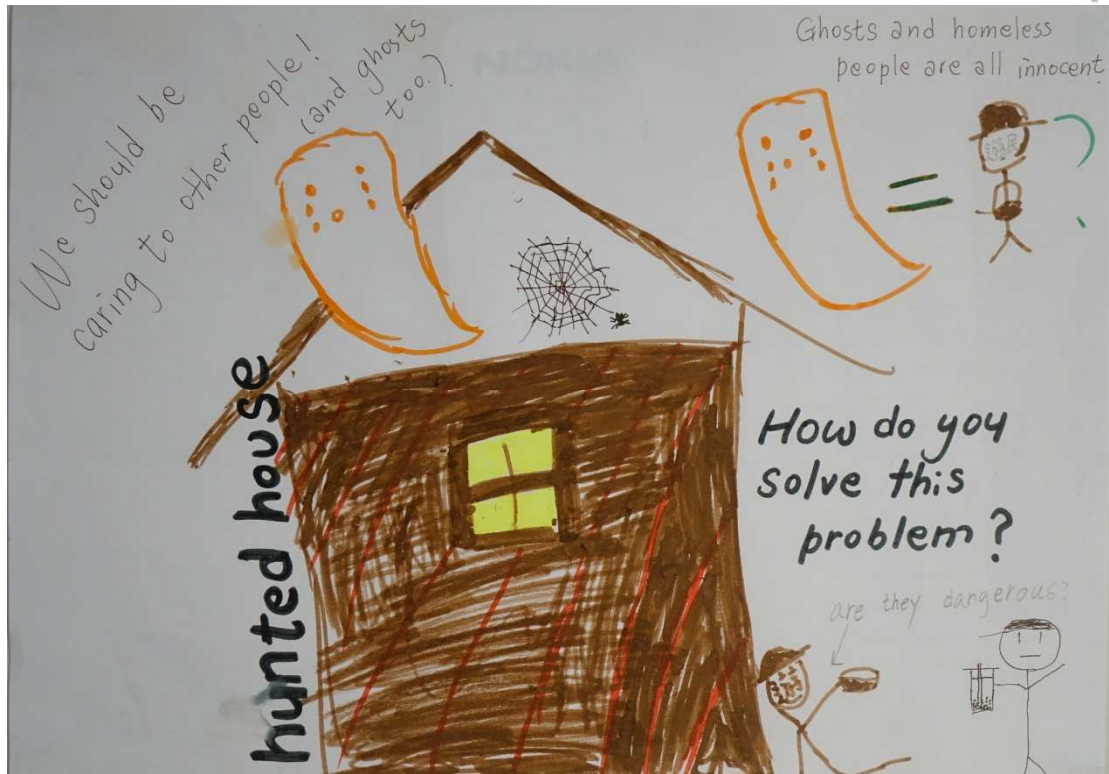
One day, I went to the mountains with my dad. Suddenly there was a gust and I saw a rather terrifying ghost and I wanted to run away as quickly as I could, but I was afraid that I wouldn't be able to run away.

So I thought I might as well face up to it and then I wasn't afraid.





# The day...



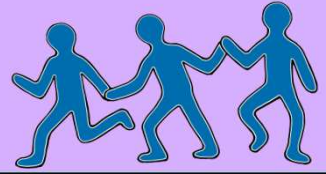
A soldier was in service for a long time and he missed girls. One day, as he was guarding the arsenal, he got a girl into the arsenal and did terrible things to her. HE killed the girl and buried her body deep beneath the arsenal. Later on, the arsenal became haunted, and the soldier himself also died. I think ghosts are the same as homeless people. They don't mean to hurt anyone, so I hope that everybody can be more considerate to them.

# ... when I overcame my fear!



I was extremely afraid of dogs when I was smaller and whenever I saw a dog, I would scream. In order to help me overcome my fear of dogs, mum gave me a dog. Now I'm not afraid of dogs anymore and am good friend with dogs.

The day...





... when I was able  
to solve a problem!



## The day...

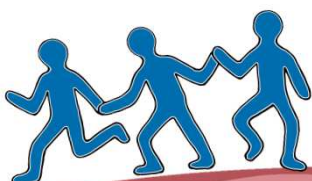


During the second semester of my fifth year at primary school, I played dodge ball with my classmates during recess. I always hid in a corner and I never got hit because my classmates only threw the ball at people who were good at dodge ball. But there was this one time where I received a ball that came at me with great force. I was initially a bit scared but then I felt a sense of achievement. From that time on, I started to have the courage to catch the ball, and when I have the ball in my hands I also have the courage to attack others with it. When boys saw that I could catch the ball, they were very surprised and I felt proud. I'm great!

... when I was clever  
in the face of danger!



When I was a first grader, I saw a corridor next to an outdoor toilet in the forest. The corridor was always dark at night. When I walked past it in the morning I didn't think much of it, but when I walked past at night I was terrified. My classmates also found it terrifying and did not dare to walk in. But later, as I grew up, I felt I became stronger and one night I just walked in. I heard the sound of snakes and the corridor was still dark, but I still walked in very bravely.





# The day...



In a dark room, when I was asleep, ghosts emerged from the air conditioner. One, two, three... So I very bravely took out a magical weapon and killed all of them.

... I realized that I am strong!



When I was a first grader, I saw a picture of me at the age of three, and in the picture, there was a python around my neck. I didn't cry but I was terrified. When I became older, I was a bit afraid of snakes, but on one occasion, I saw a snake and decided to touch it. The snake was cold and slimy, but I overcame my fear and I felt that I was really brave.

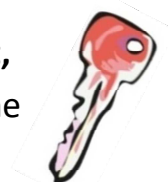


# The 7 keys to your own strength



- 1. Be aware of what is going on**  
and be honest how you and others feel.

- 2. Know what you are good at,**  
be proud of it and also see the  
strengths of others.



- 3. Allow yourself to learn and  
make mistakes.**

You don't have to know  
everything right away.

- 4. Remember: Every problem has  
different solutions.**

Think creatively and in  
different directions.



- 5. Go for it!**  
It'll bring you further in life.

- 6. See the positive sides!**  
And all the things that you  
already have mastered.



- 7. Trust yourself and look for support!**  
You don't have to solve everything alone.