

# 17

## TICE Italy



### The Homework Monster Book

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#### About the project

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##### National level

Homework is often a source of stress for students with Specific Learning Disorders (SLD). The homework moment becomes a daily struggle between tired children and worried parents.

Neurodivergent children and teens felt the need to express what they experience during this time.

This is how The Homework Monster Book was born: a project that gives voice to their thoughts and emotions.



#### Children's involvement

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Children told psychologists that they needed their parents to understand them during homework time.

The children wrote the book and they created a podcast about the book

#### Impacts and benefits

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Research involving over 400 families was conducted to analyse narratives about homework before and after reading the book.

Results show a significant shift: parents better understand their children's emotional experience and learn to put themselves in their shoes.

Children felt supported in expressing themselves and being understood, and it helped them become more aware about their learning characteristics and emotions.