

An illustration of a hand holding a red pencil, writing in an open blue notebook. Two flowers, one yellow and one red, are growing from the notebook. The background features a stylized tree with grey branches and leaves.

SELECTED WORKSHEETS IN ENGLISH

For full instructions
in English, refer to
USCRI's
Toolkit for
Providers:
Strategies and
Activities to
Support Refugee
Youth Engagement
and Resilience

USCRI Refugee Youth
Resource Center

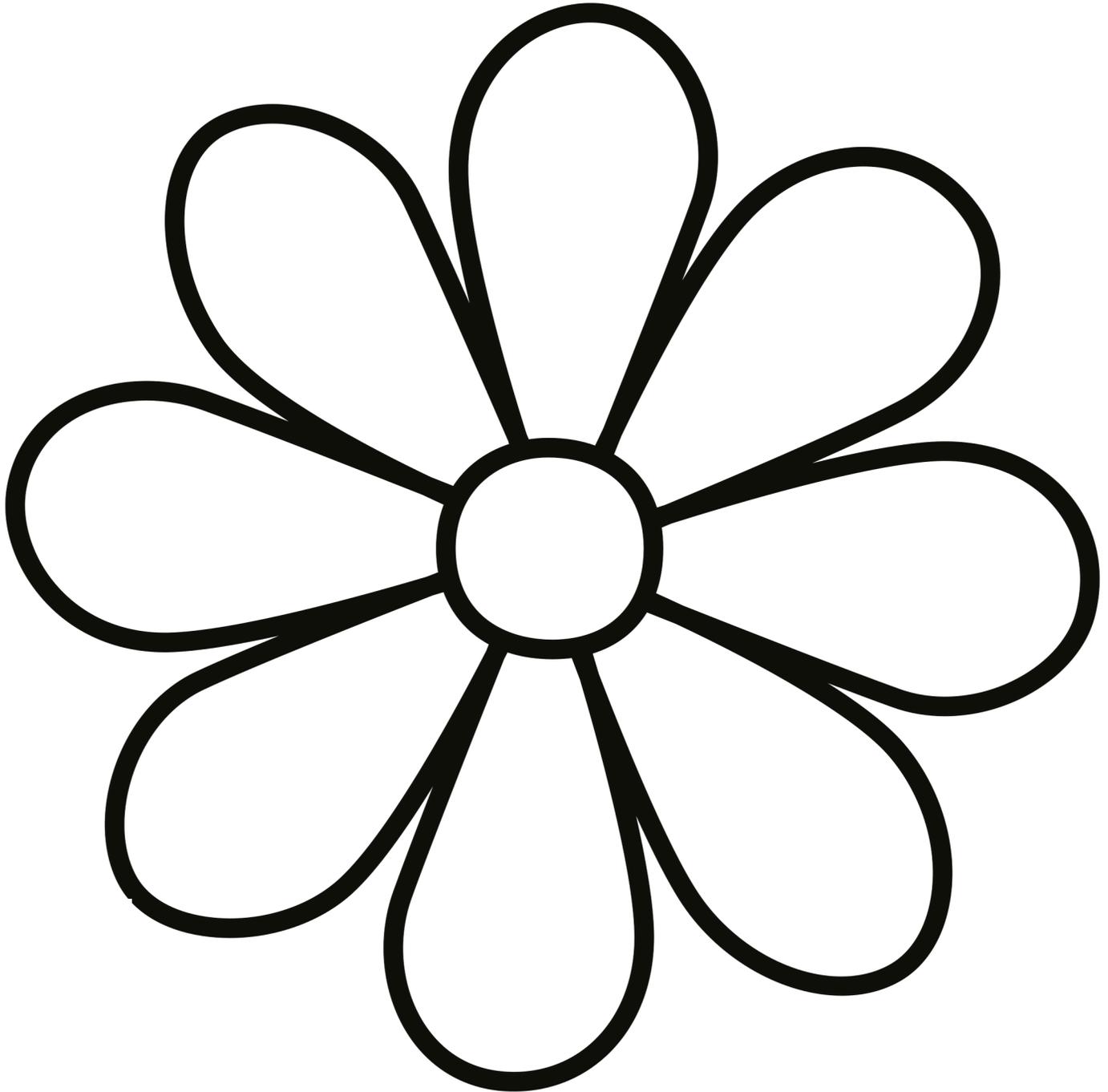
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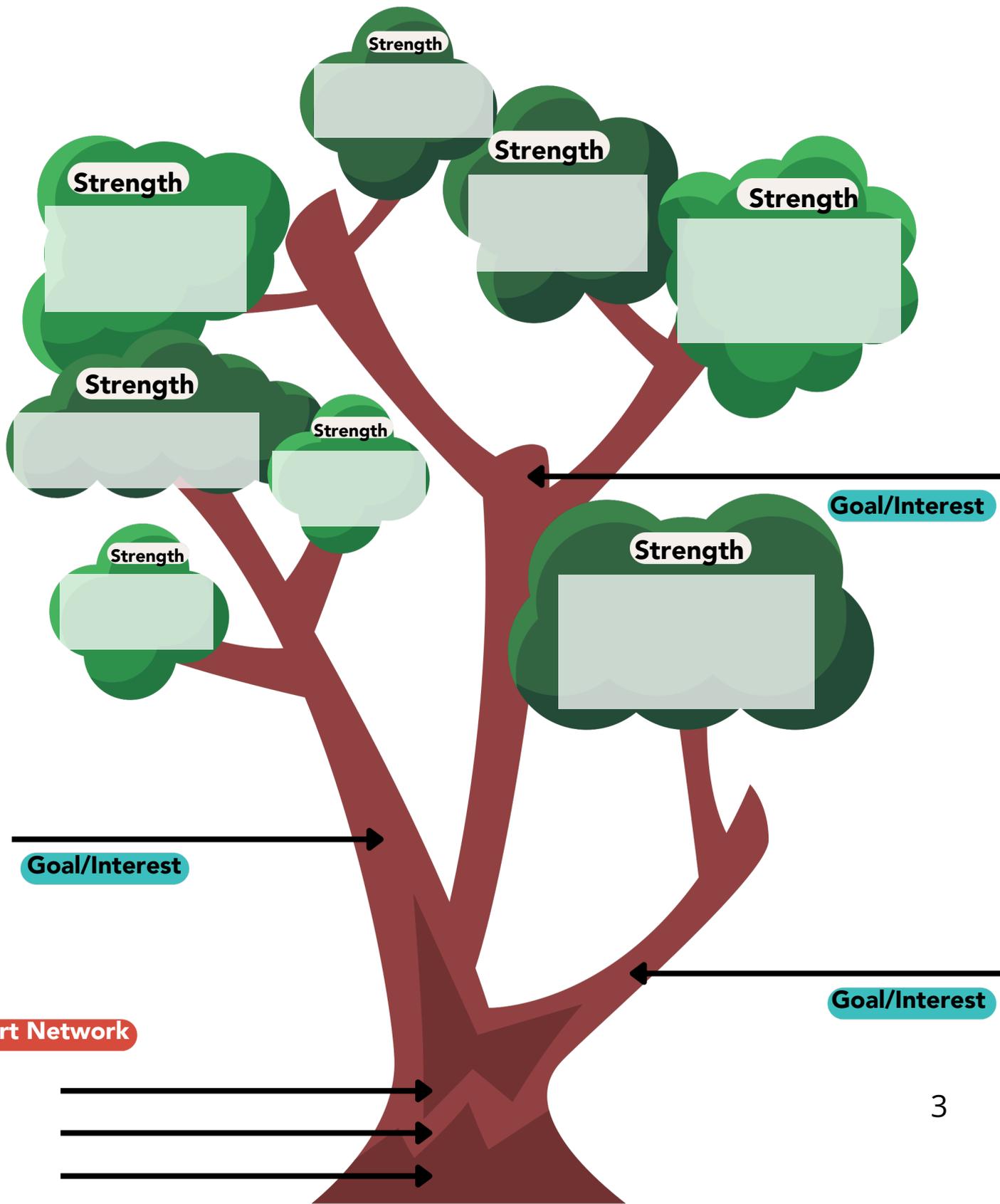
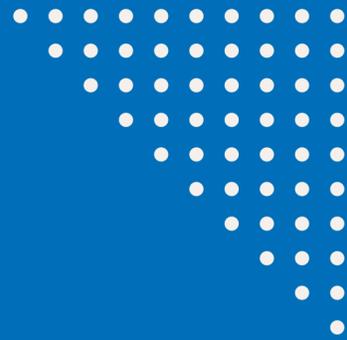
refugees.org



RELATIONSHIPS FLOWER



TREE OF STRENGTHS



SETTING AND ACHIEVING GOALS



MY GOAL

VALUE

PRIORITY

WHAT DO I NEED TO DO?

STRENGTHS

SUPPORT



LEARNING JOURNAL

- Name three qualities you love about yourself.
- How do you take care of yourself when you feel scared or stressed?
- Describe a time when you did something you were afraid to try.
- What is your greatest strength? What would you like to improve about yourself?
- Describe a conflict you had with someone. How did you handle it and would you do anything differently?
- Describe a time you resisted negative peer pressure. How did you do it?
- Describe a time you misjudged someone who was different from you. What did you learn?

