

# SELECTED WORKSHEETS IN KISWAHILI

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

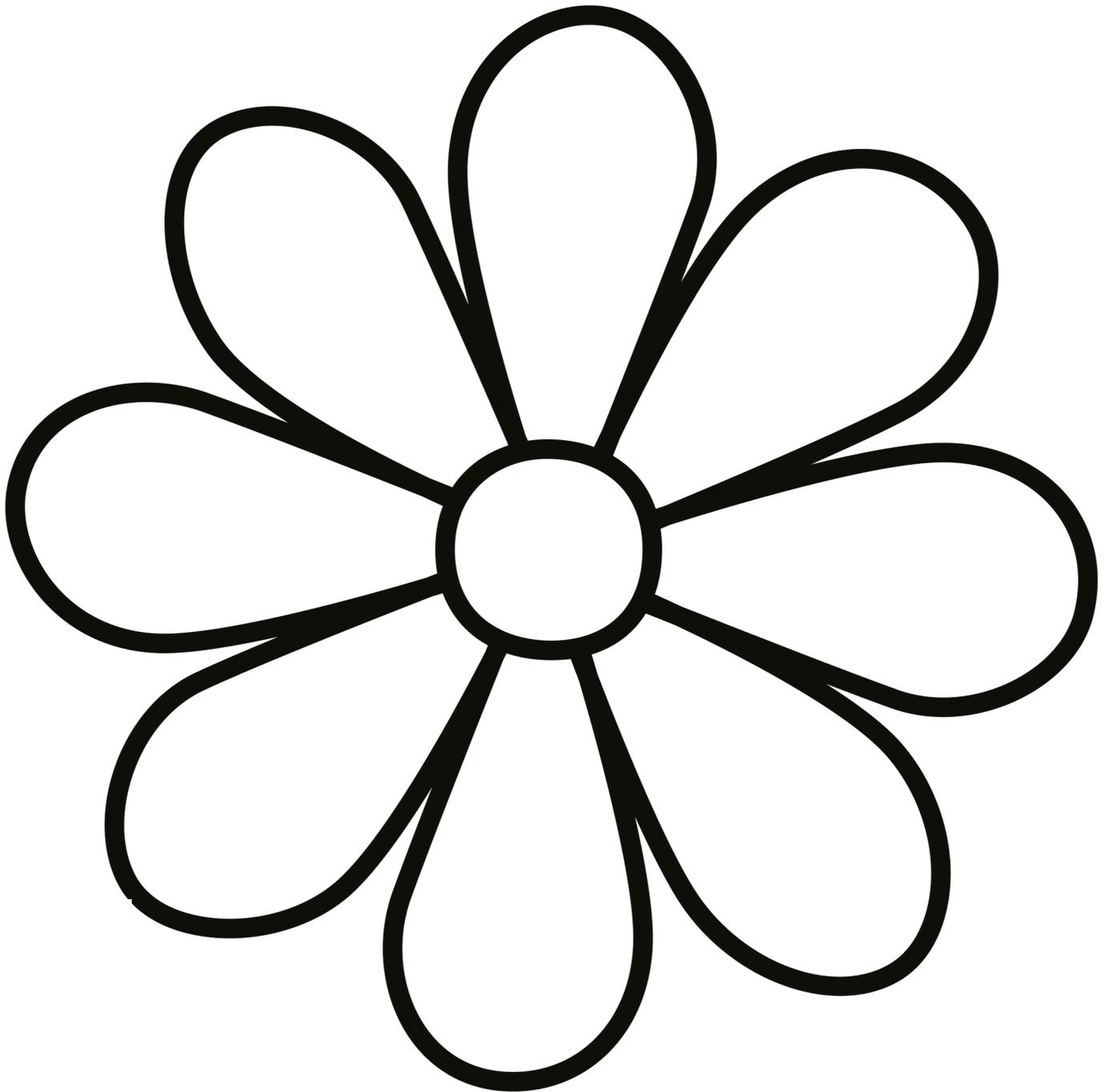


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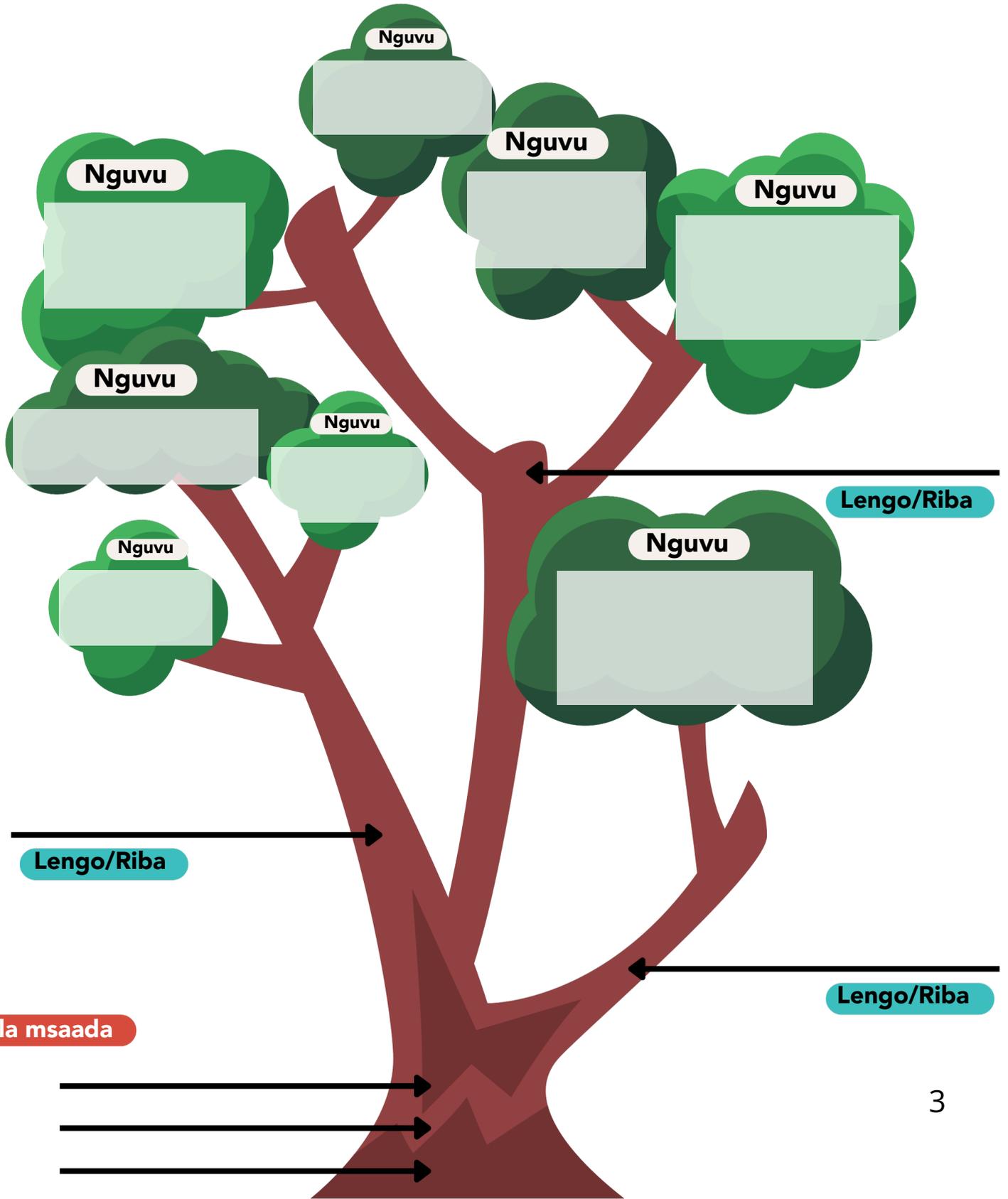


refugees.org





# MTI WA NGUVU



# KUPANGA NA KUTIMIZA MA LENGO



LENGO LANGU

VALEUR

PRIORITE

JE, NINAHITAJI KUFANYA NINI?

NGUVU

MSAADA



# Jarida la Kujifunza

- Taja sifa tatu unazopenda juu yako mwenyewe.
- Je! Unajitunza vipi wakati unasikia woga au kusesitiza?
- Eleza wakati ulifanya kitu uliogopa kujaribu.
- Nguvu yako kubwa ni nini? Je! Ugependa kuboresha nini juu yako mwenyewe?
- Fafanua mzozo uliokuwa nao na mtu. Je! Ulishughulikiaje na ungefanya chochote tofauti?
- Fafanua wakati ulipinga shinikizo hasi la presha. Ulifanyaje?
- Fafanua wakati ulioamua vibaya mtu ambaye alikuwa tofauti na wewe. Ulijifunza nini?

