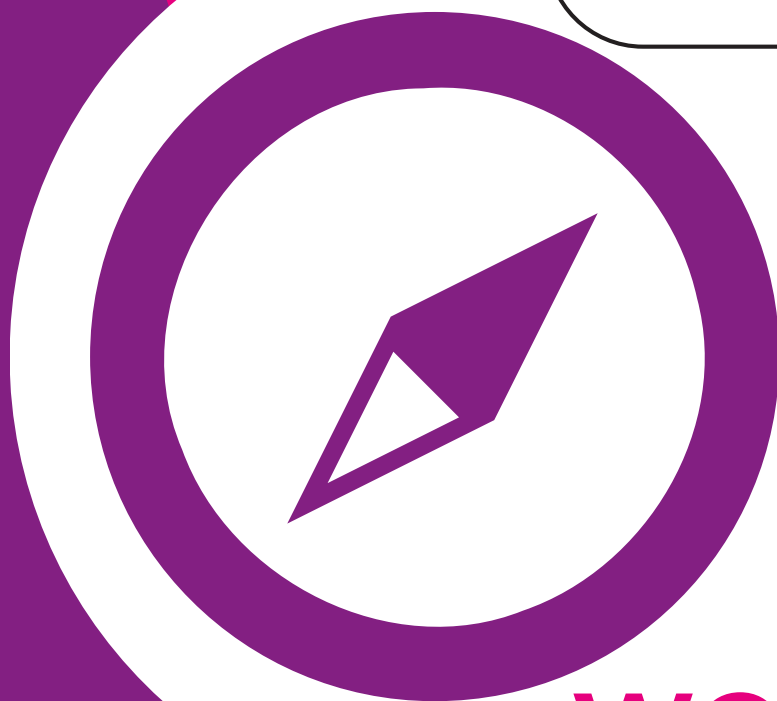




Activities for students  
age range 16-19



# WORKSHEET

## STAGE 1: EXPLORING SELF-AWARENESS



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## Stage 1: Exploring Self-Awareness

### What is important and valuable for my life?



**Answer the following questions:**

1

Is there a particularly impressive person (perhaps even a "heroine" or a "hero"), in books, films or series (or in real life!) who is of special importance to me? Why do I like (or even: why do I admire) them?

2

Is there anything about other people that particularly annoys me? What bothers me about this?

3

Imagine you have a treasure chest in which you can safe keep people, places, objects, sensations, smells or even experiences you have had with your family, friends, in your neighborhood or your city that are the most important to you, what would you keep? Make a list of 10 things you would like to treasure.



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## Stage 1: Exploring Self-Awareness

**Answer the following questions after watching Hiba's and/or Kate's story**

What hopes and dreams does Mary/Kate have for her future?

In what ways are they similar or different from yours?

You know Mary's and/or Kate's migration story and dreams for future. But do you know your own's family migration story? Which is it?



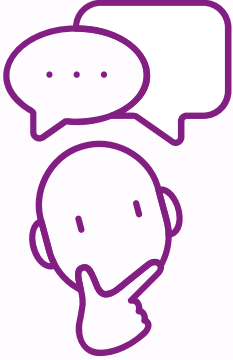
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## Stage 1: Exploring Self-Awareness



### Reflective practice

Find a picture/image that represents or symbolizes something or someone that is particularly valuable to you and that you do not want to lose. Add a short explanatory sentence to the picture.



Find a picture/image that represents or symbolizes one of your dreams for the future. Add a short explanatory sentence to the picture.



Make a note of a selected question on the subject of refuge/migration related to dreams of future that is of particular interest to you and to which you would like to have answers.



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