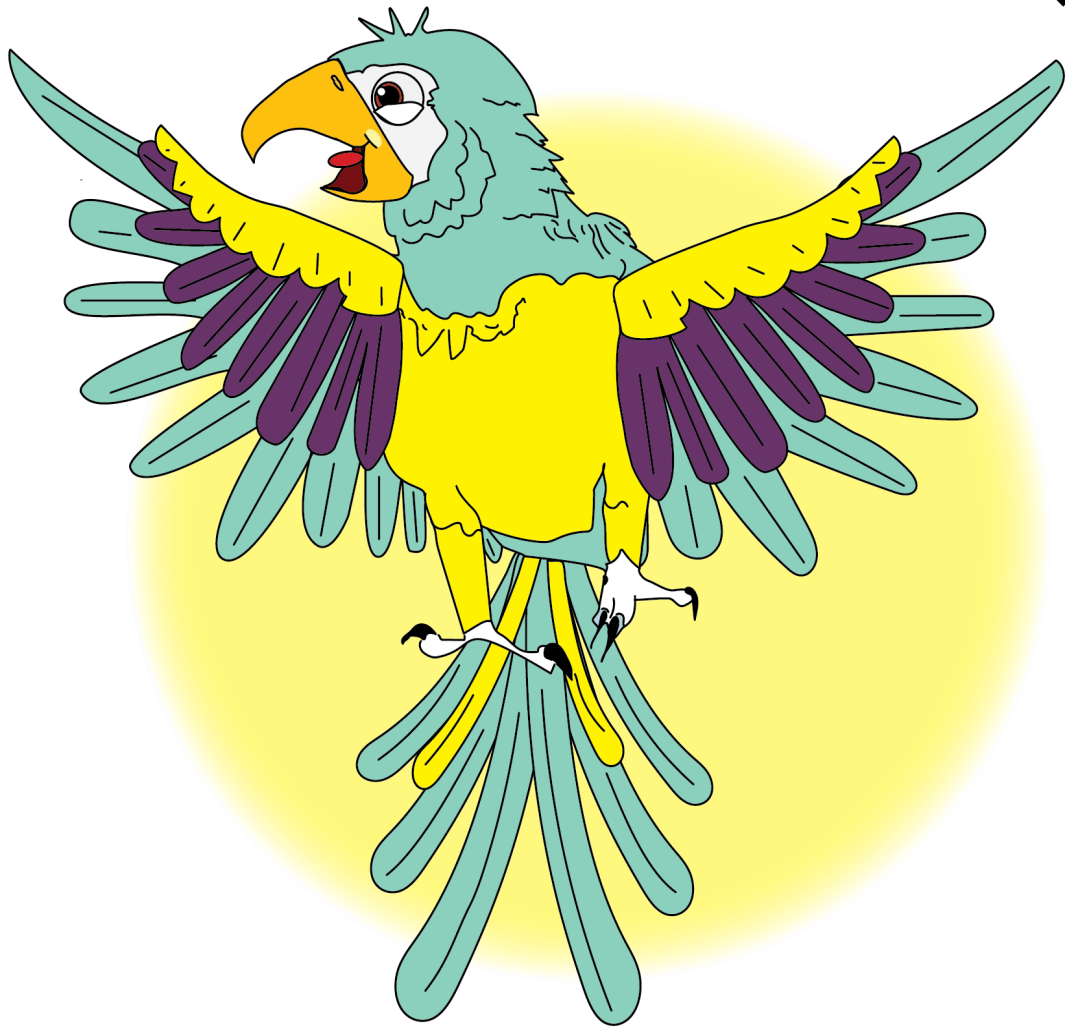


A RAY OF SUNLIGHT



an activity workbook for immigrant youth



CONTACT INFORMATION

This workbook belongs to: _____

Add important contact information for people you know.

NAME: _____

PHONE
NUMBER: _____

EMAIL: _____

ADDRESS: _____

NAME: _____

PHONE
NUMBER: _____

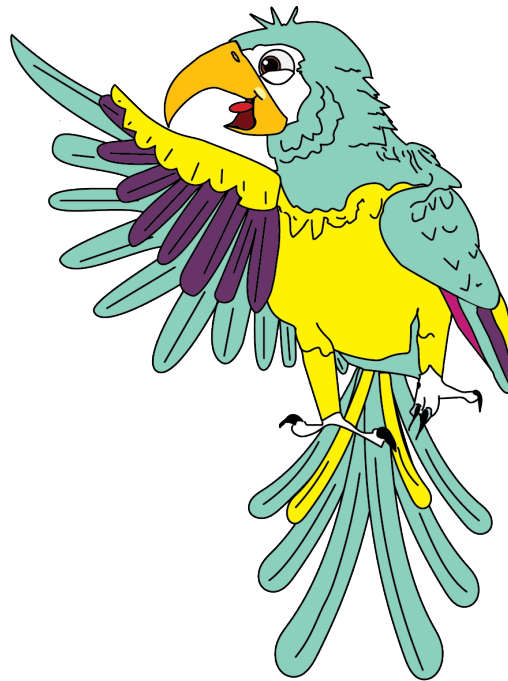
EMAIL: _____

ADDRESS: _____

A RAY OF LIGHT

Hello! I'm Federico, I'm going to be your guide through this workbook.

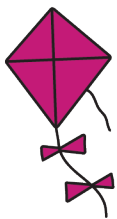
This workbook has activities and coloring pages that can help you feel better. You can fill it out in order, or you can fill any page you like in any order you like.. You can use this workbook on your own or with a friend. I'm also here to remind you that you deserve to be treated well and with love.



COLOR, WRITE, AND GROW



LEARN AND GROW



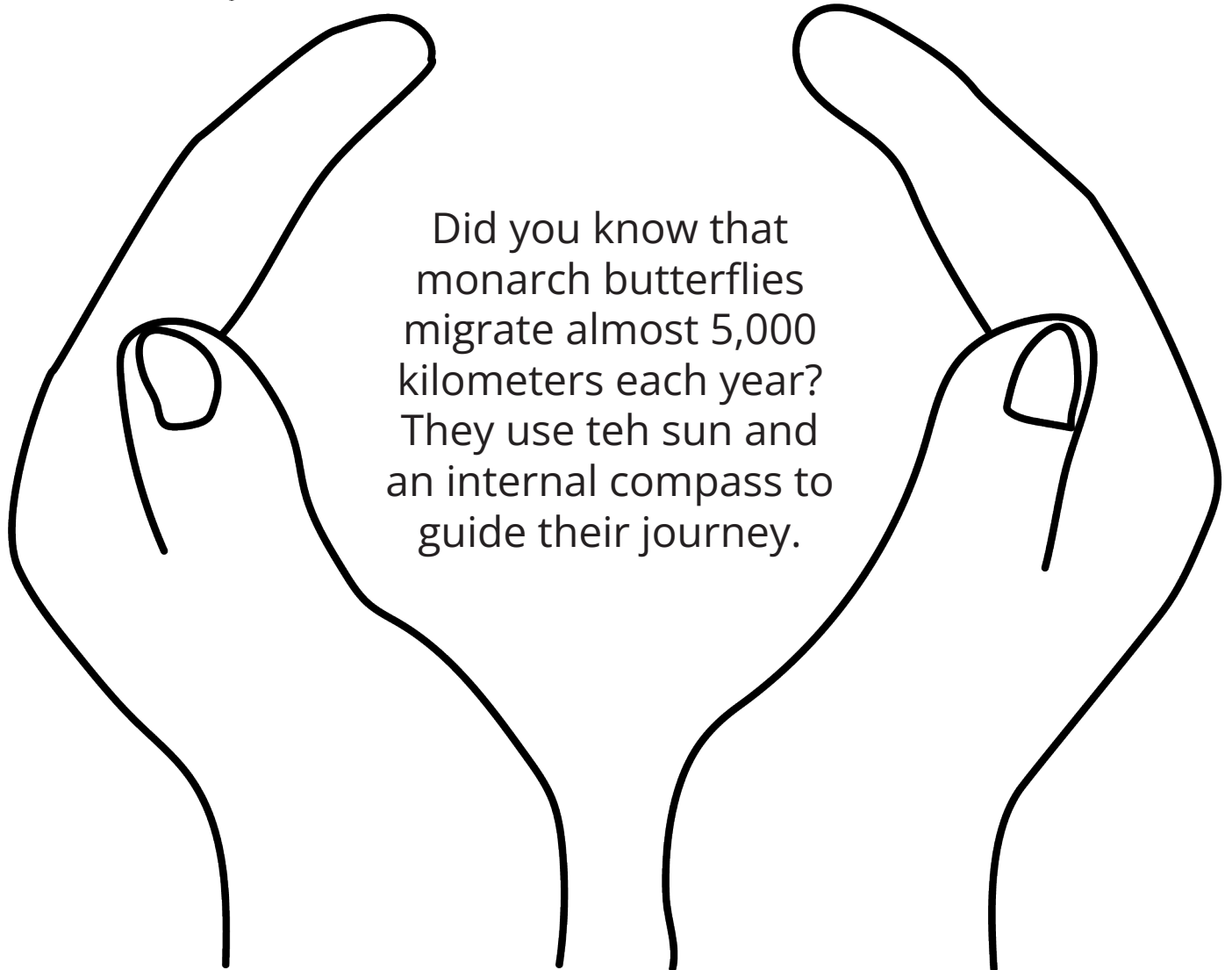
FUN ACTIVITIES

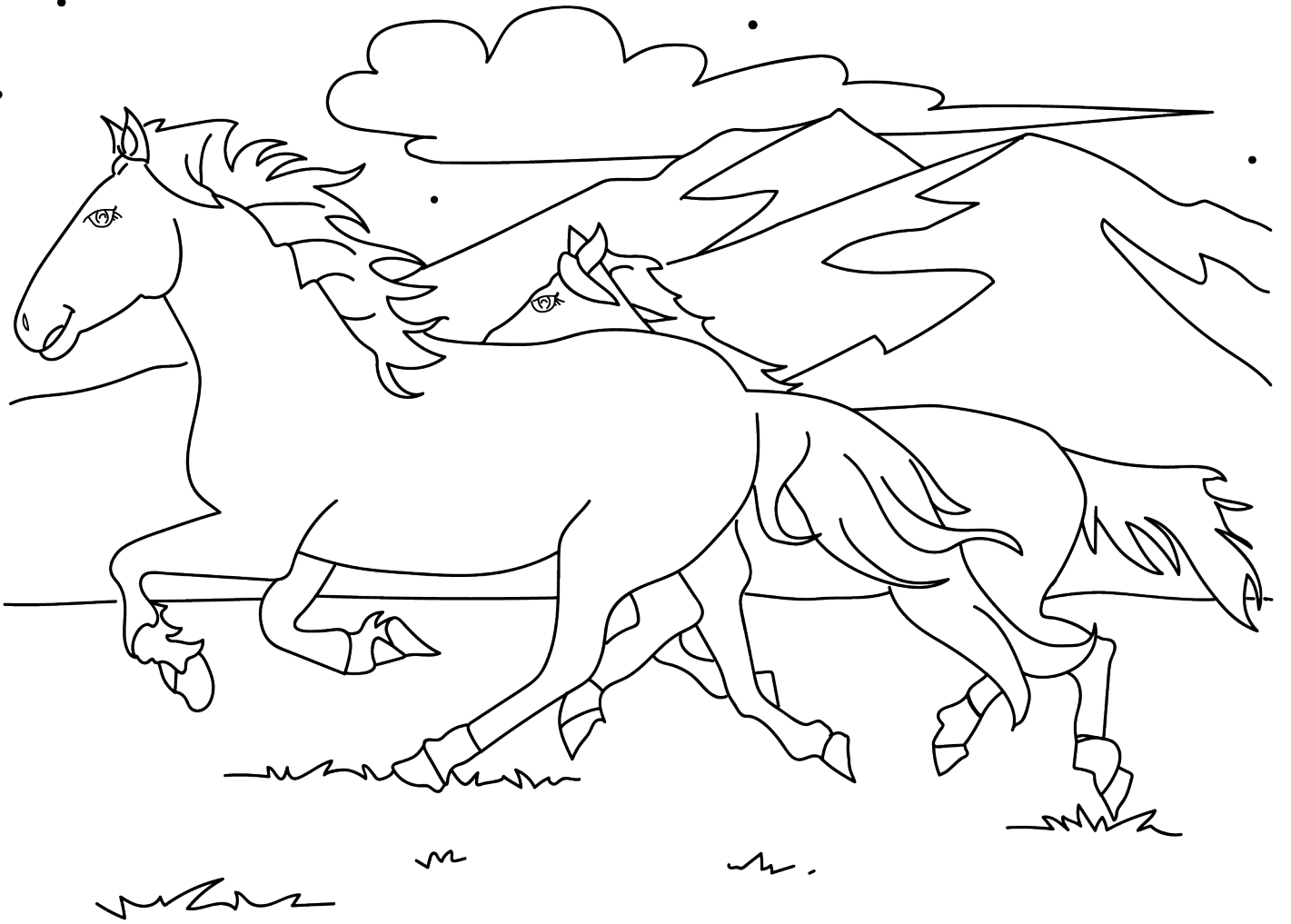
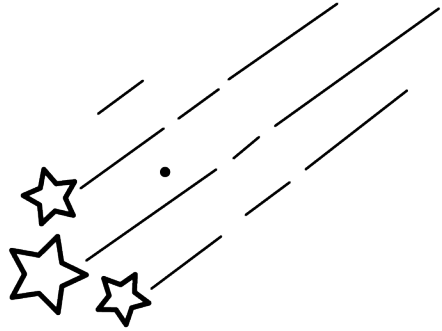
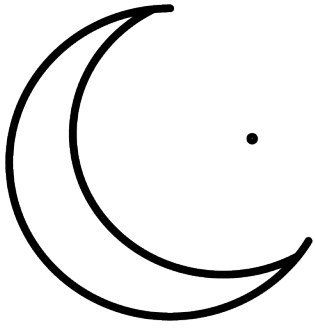


RESOURCES



Did you know that monarch butterflies migrate almost 5,000 kilometers each year? They use the sun and an internal compass to guide their journey.







BREATHING

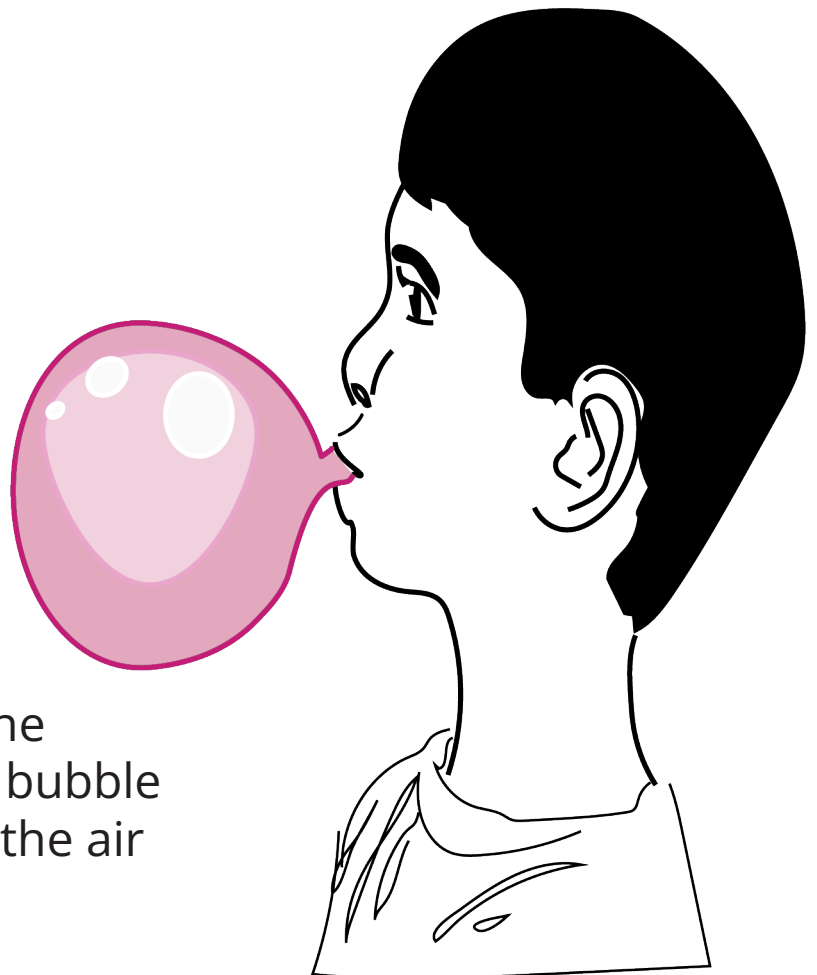
When we feel nervous or anxious, it can be hard to breathe. Perhaps it is difficult to breathe deeply, or we breathe too quickly.

This activity can help you feel calm. You can practice it now and at other quiet times so that you can use it when you feel nervous in the future.

1 Imagine a giant bubblegum!

2 Inhale deeply. Let the air fill your whole stomach

3 Exhale to blow up the biggest bubblegum bubble in the world! Let all the air out and do it again.



THE FIVE SENSES



Before doing something difficult, it can help to use all five senses. What can you see, hear, smell, taste, or feel right now? Write or draw those things in each box.



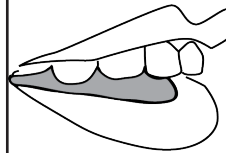
Something I **see**...
(such as the sun, my hand, or a flower.)



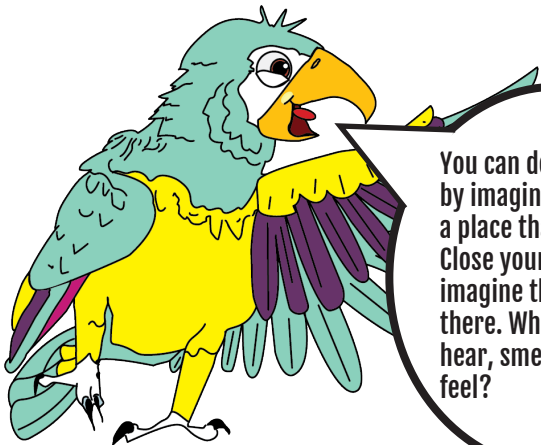
Something I **hear**...
(such as music or a friend's voice)



Something I **smell**...
(such as food or a scented candle)



Something I can **taste**... (such as a piece of chocolate or gum)



You can do this activity by imagining you are in a place that you enjoy. Close your eyes and imagine that you are there. What do you see, hear, smell, taste, and feel?

Something I can **touch**... (such as a my shirt or blanket)





MY HOME, MY LIMITS

Imagine you have your own house. In your house, you can make up the rules.

On the next page, you can write or draw the limits, rules, or habits that you want to have in your own house.

What and who do you want inside and outside your space?

Who do you give permission to enter and not?

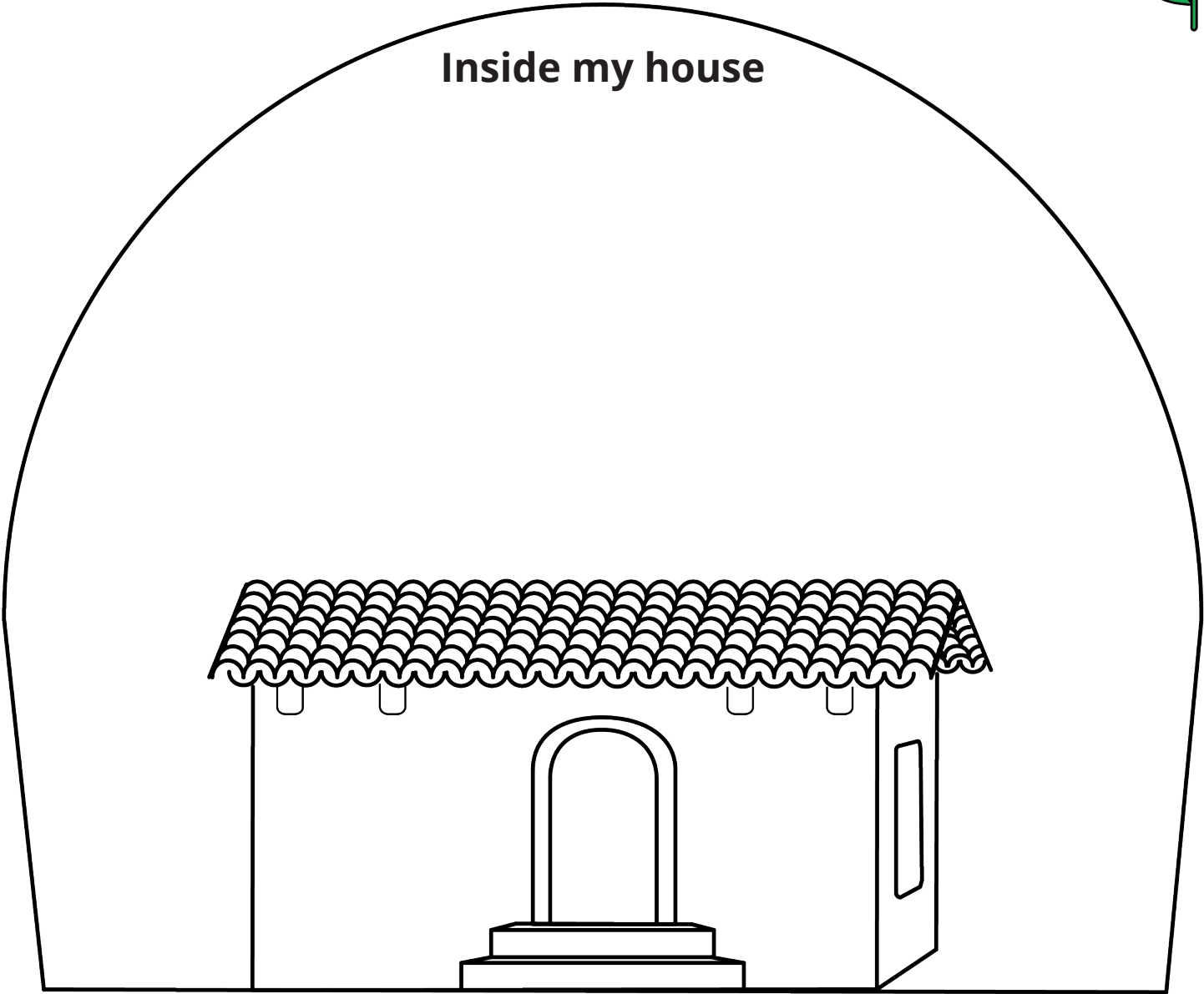
How are people treated in your house?



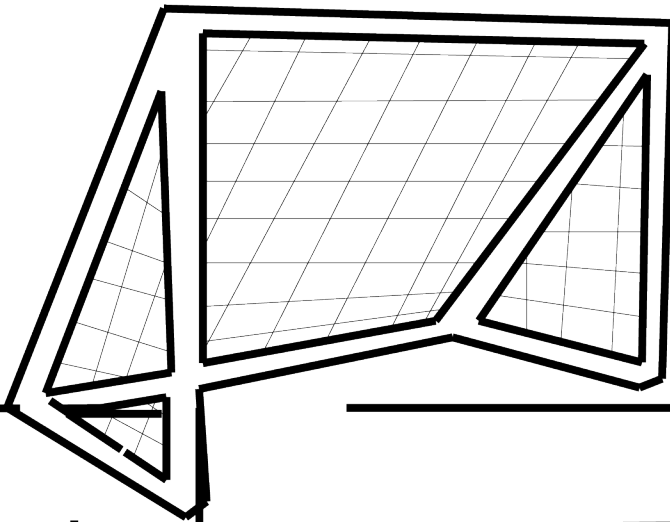
The purpose of this activity is to think about how you want to be treated and how you want to treat others. Even when we are not physically in our own place, we can communicate our desires and limits.



Inside my house

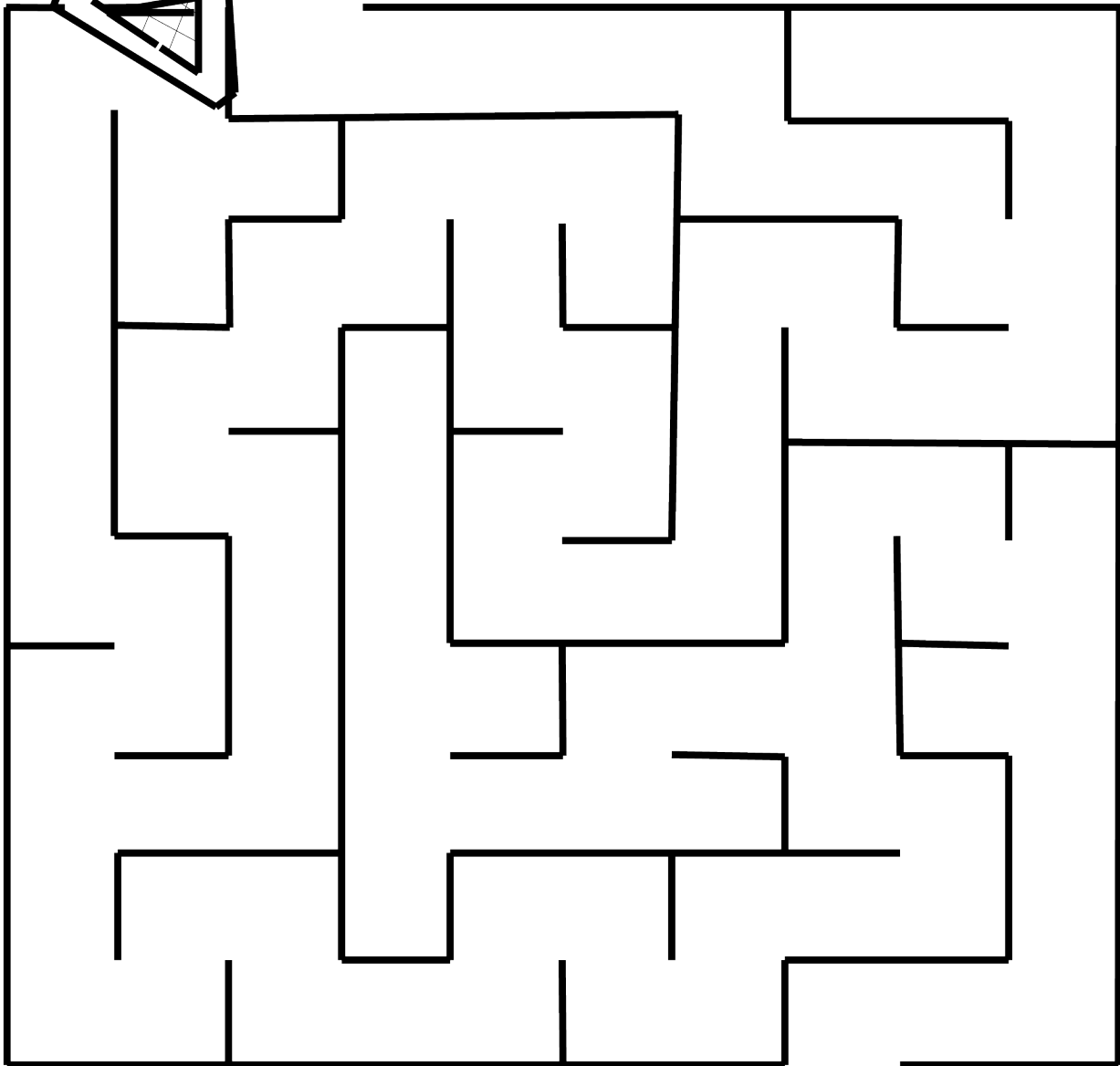


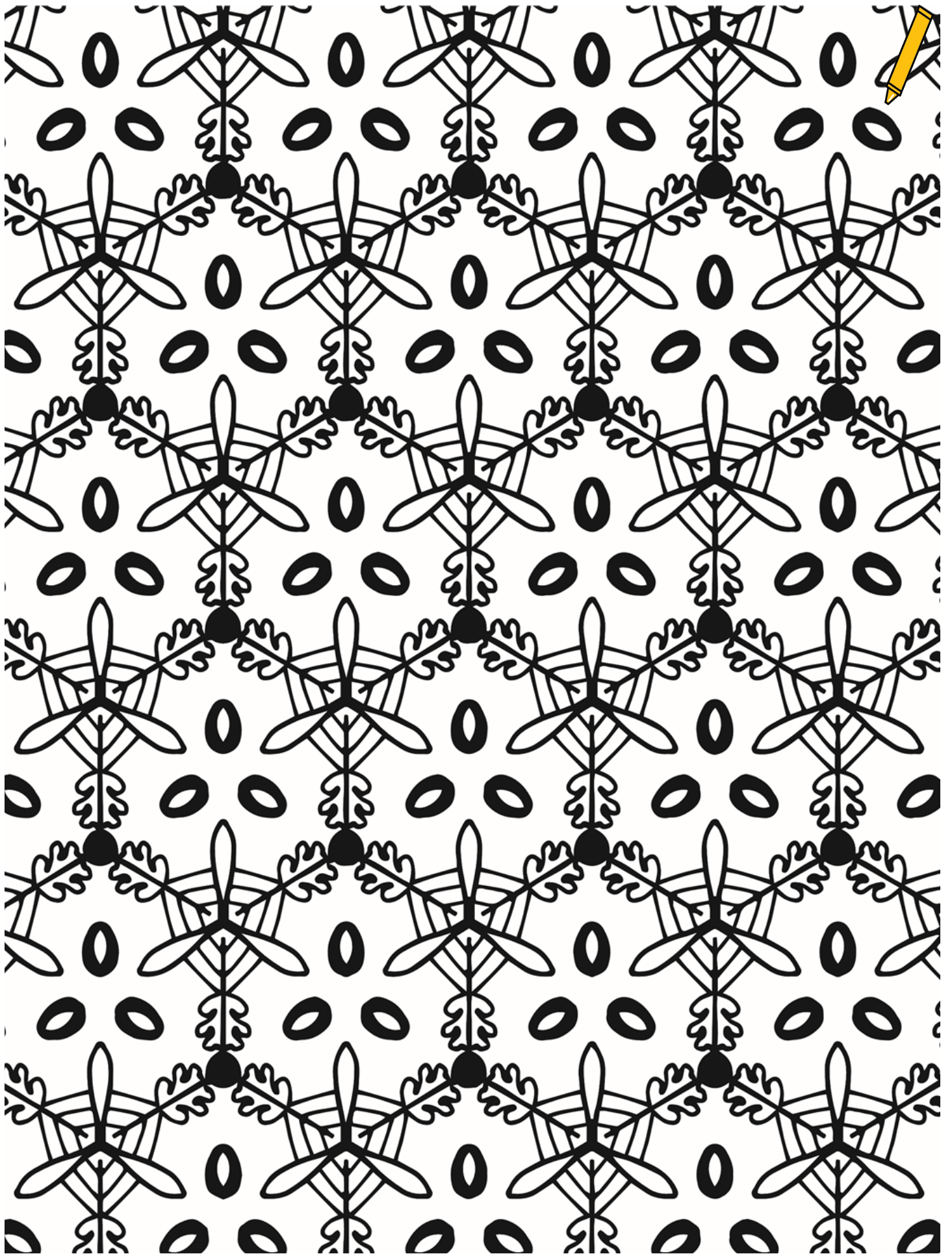
Outside of my house



Kick the ball through the maze
to score a goal!

i G o o o o o a a a a a l !

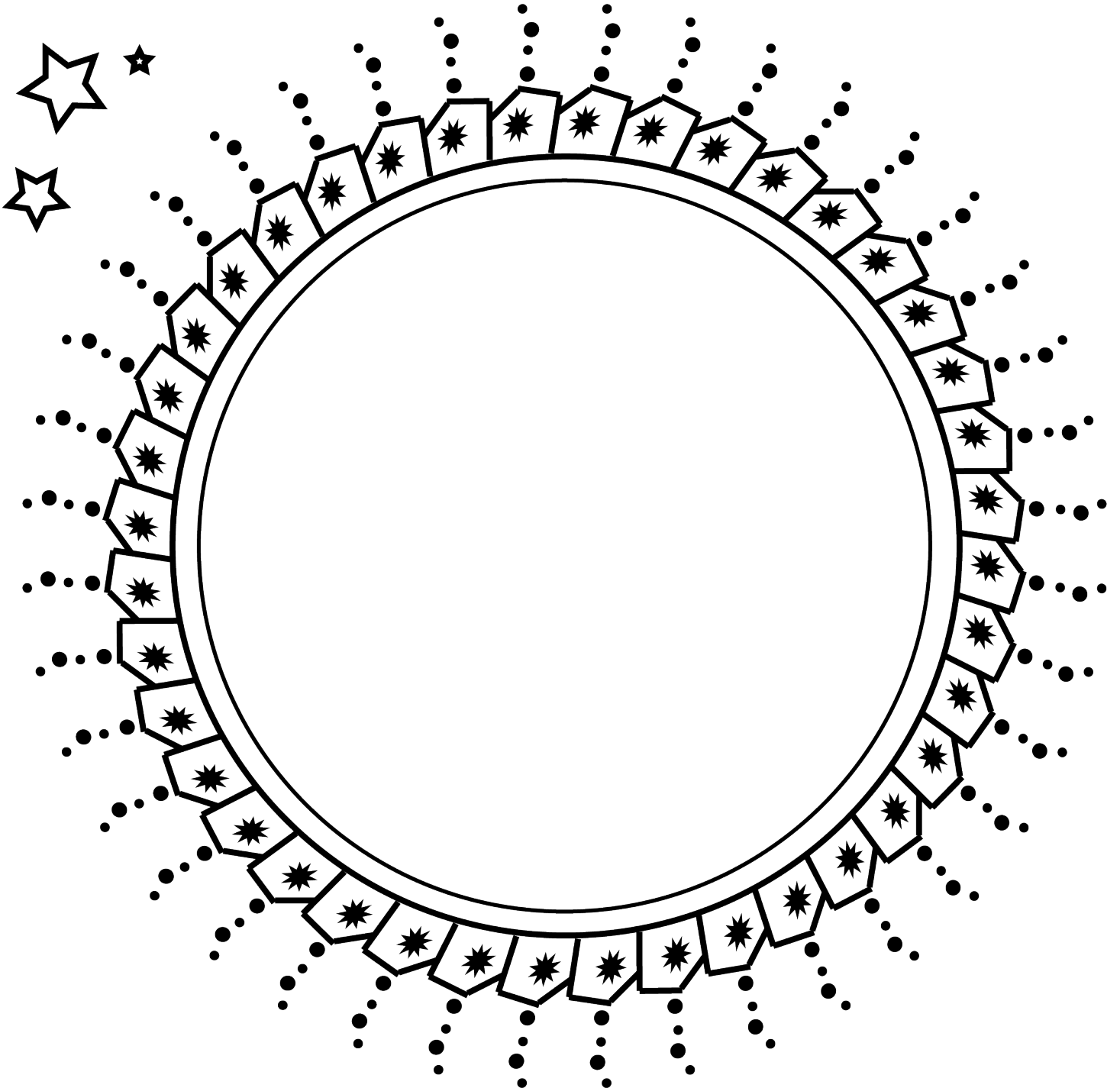






WHAT I LIKE ABOUT ME

Below is a magic mirror that only reflects **the best** in each person. Draw on the magic mirror what you like most about yourself.



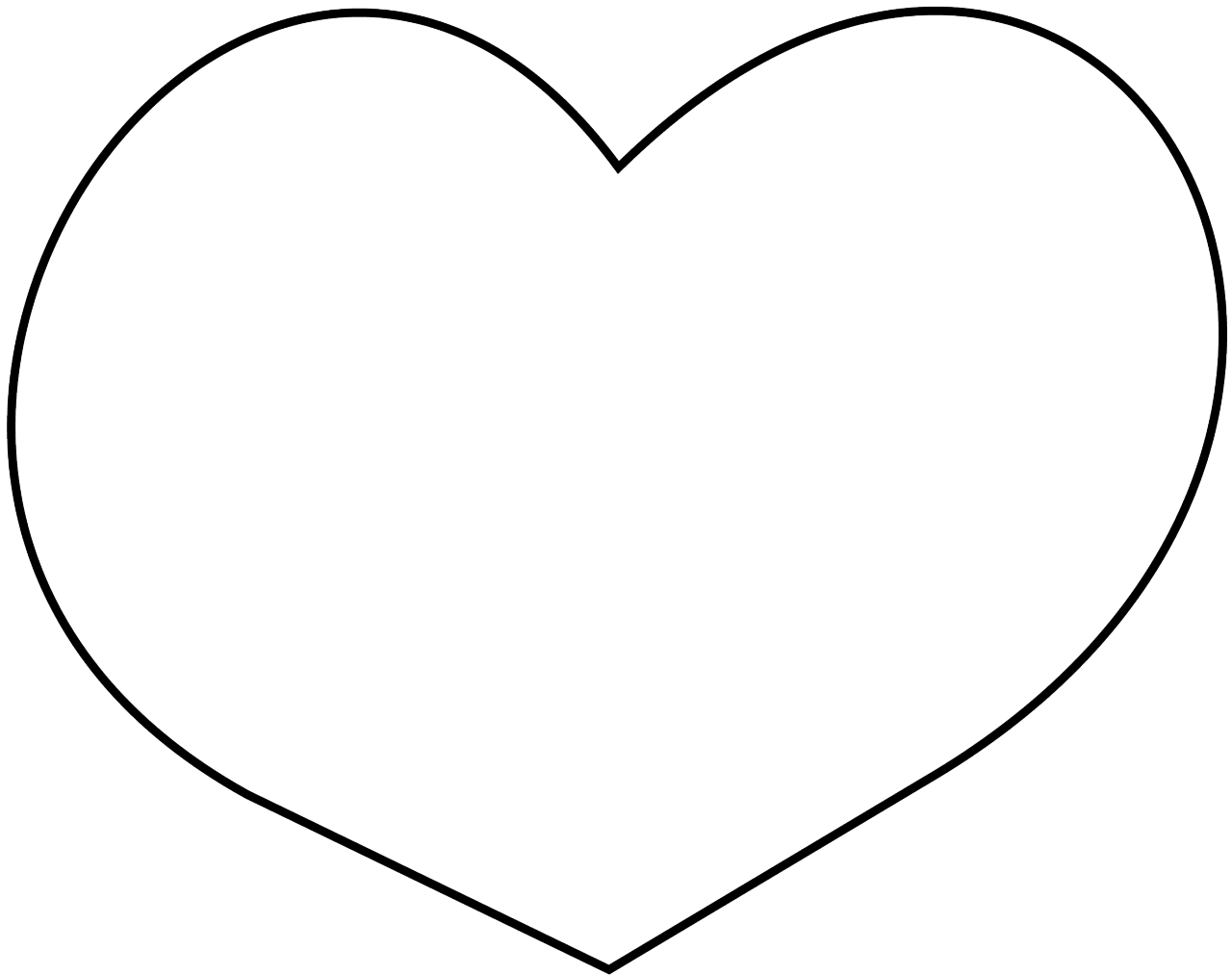
NOBODY CAN TAKE IT



When we travel away from home, we can feel like we've lost something. We miss our friends, family, pets, and our land.

Even though we don't have those people, pets, and things around us, we still have a lot that no one can take away from us. You have your memories, your talents, and the many things that you like. Those things are yours and no one can take them away from you.

We want to know about you! In this heart, draw or write the things that no one can take away from you.





MANTRAS FOR MY SOUL

A mantra is a word or phrase that you can say or write when you feel sad to make yourself feel better. When you repeat your mantra over and over again, you can keep it forever in your soul.

Below are several mantras. You can choose one you like or create your own. Practice saying your mantra slowly ten times to feel it deeply.

Peace

I deserve love

Liberty, freedom

I can

I fly on the wing of a bird

This happened to me, but it is not me

I am strong

I deserve to be loved just as I am

God will bless me

I am worthy

I am me

MANTRAS FOR MY SOUL



A large rectangular area with a light blue background and horizontal blue lines, designed for writing mantras. A vertical pink line runs down the left side of this area, creating a margin.

On this page you can practice your favorite mantras, or you can come up with your own.

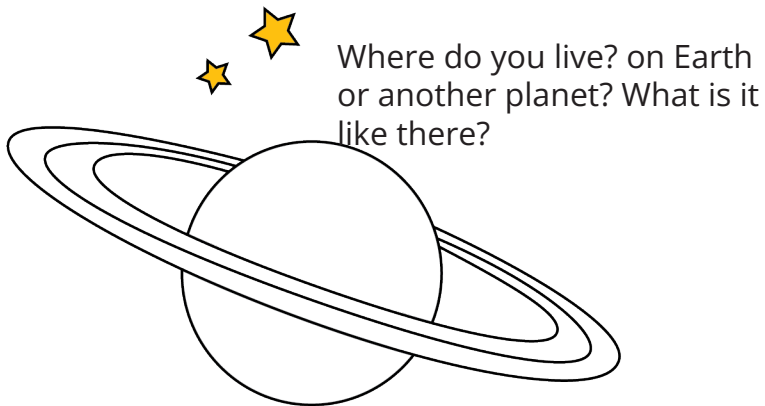




I AM A SUPERHERO!

Who is your favorite superhero? What can you do out of the ordinary? And how is that superhero when they are hiding their superpowers?

You are like a superhero. When you meet someone new, they don't really know much about you. You know that you have superpowers, but they are hidden within you.

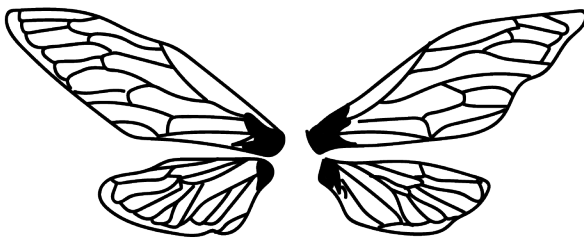


Where do you live? on Earth or another planet? What is it like there?

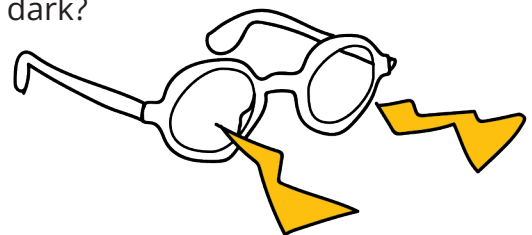


Do you wear a cape? Do you have a magic wand? What type of accessories do you have?

Do you have wings like an insect or a bird? Do you have other animal-like characteristics, like running as fast as a leopard?



Do you have glasses that give you x-ray vision, or allow you to see in the dark?





Hi! On this page I would love to see your drawing or yourself as a superhero.



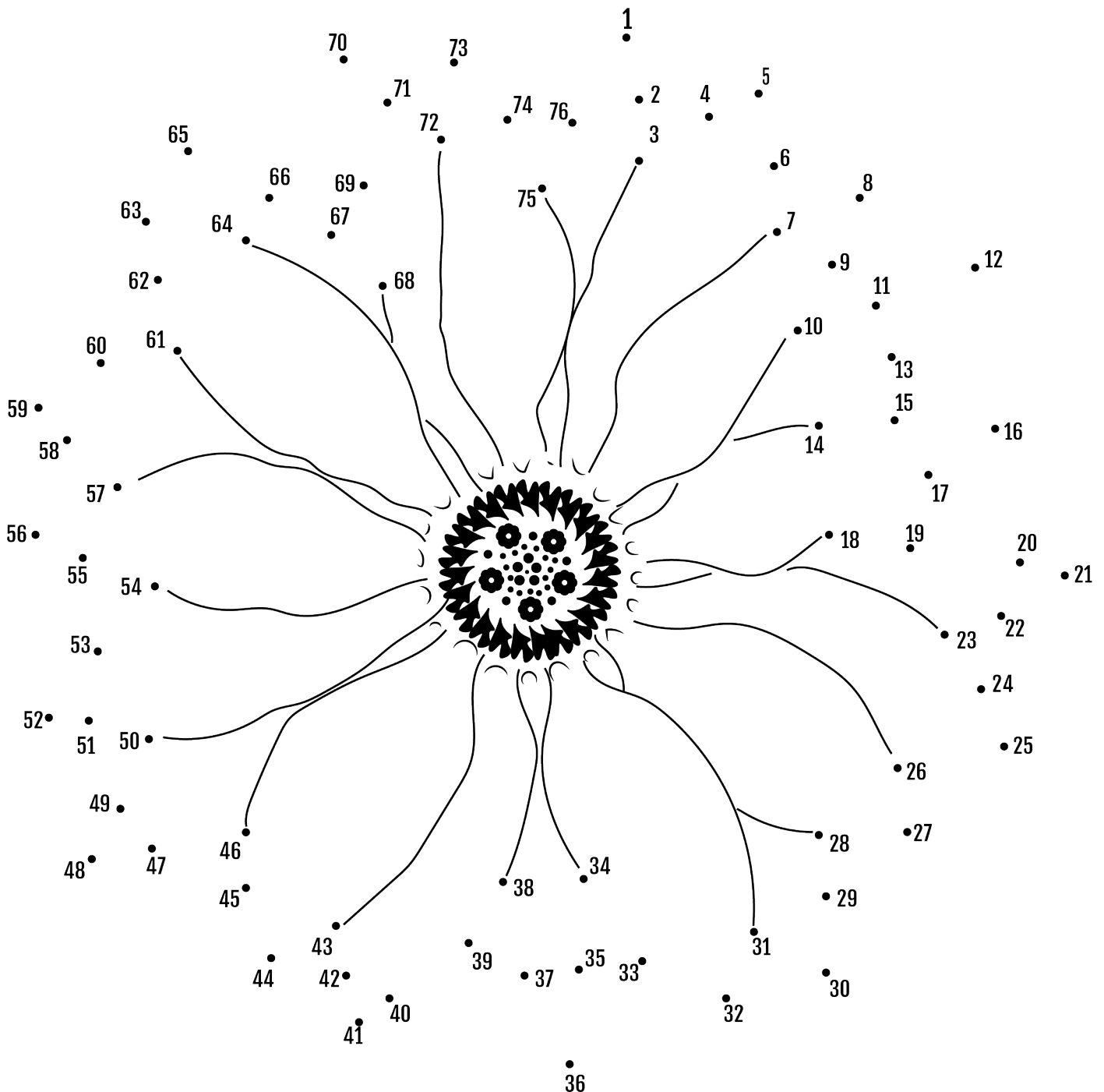
On this page, draw yourself as a superhero!

What are your superpowers? How do you use them? How have they helped you in life?



CONNECTING THE DOTS

Find the dot next to the number one. starting with number one, draw a line between each number in order: 1 to 2, to 3, to 4, and continue until all the dots are connected. An image will appear and you can color it however you want.





Did you know that it is good to draw or write any idea that you have? On this page, use your creativity to fill the page however you want!



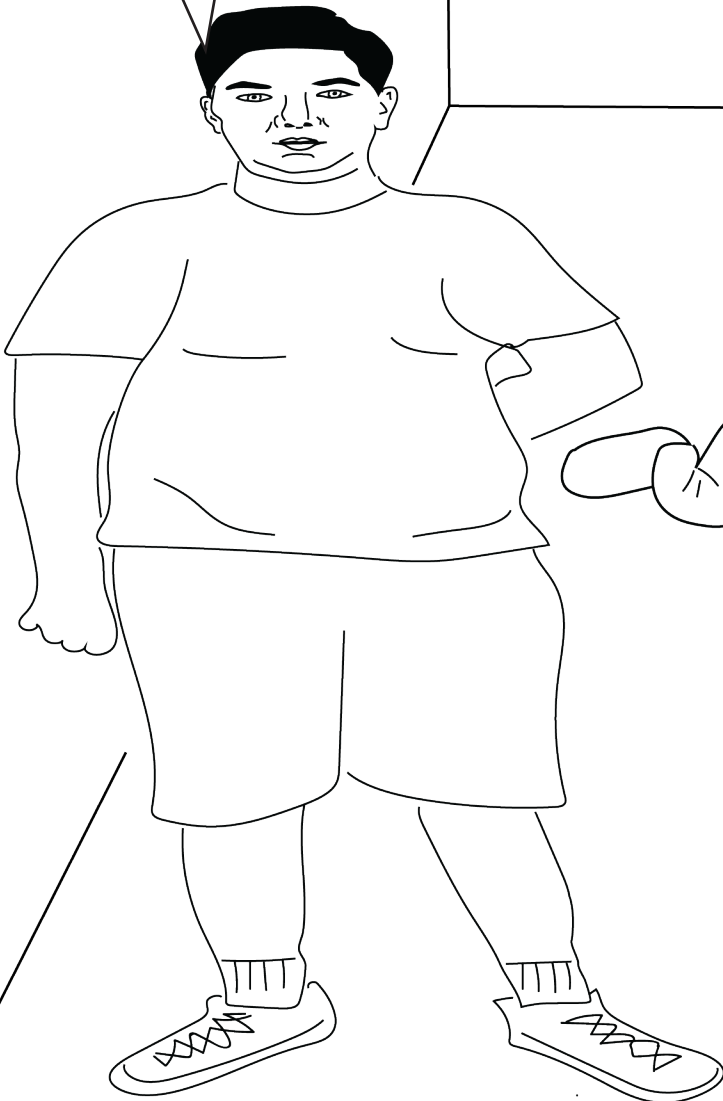


WHEN I TRAVEL...

My name is Miguel. When I travel, I appear stoic and serious, no matter what is going on in my mind.

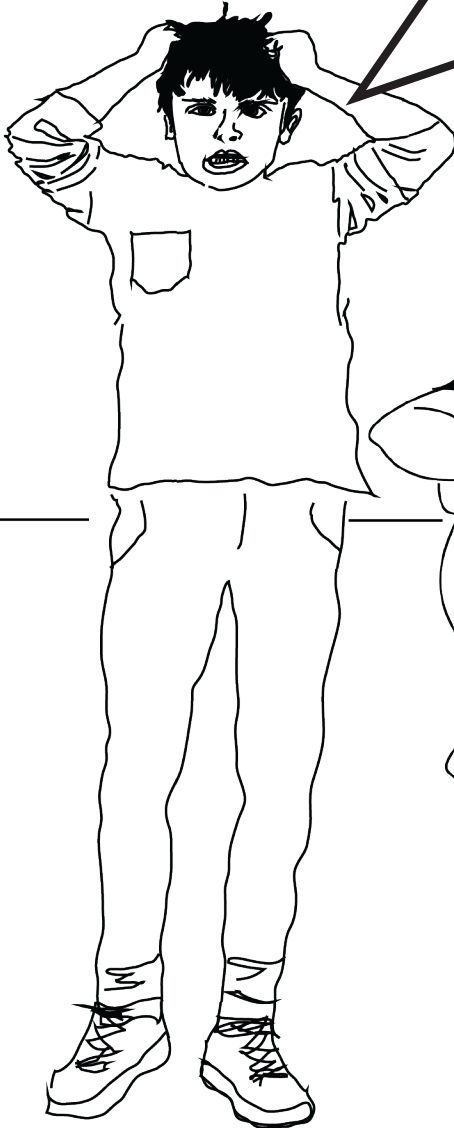
My name is Hector. When I travel, I always appear happy and try to have fun.

My name is Lupe. When I travel, I don't trust others and try to keep my distance until I get to know them better.



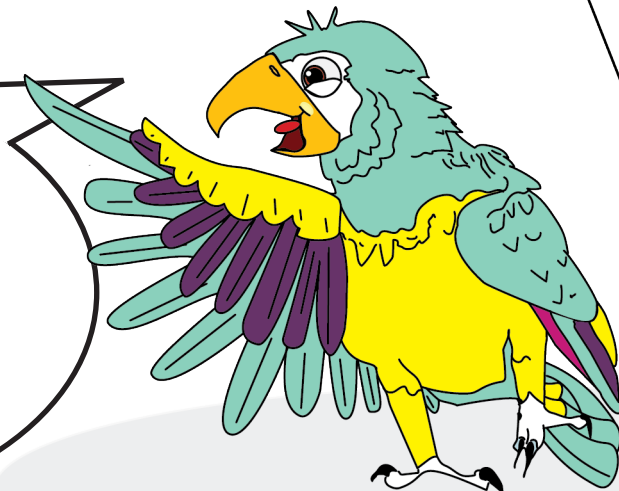


My name is Rodrigo. When I travel, I appear chaotic and sometimes I scream or I throw my hands up in new situations. I'm always in middle of the action.



My name is Ariana. When I travel, I try to stay in the corner of the room and stay silent.

Look at each person in this page. What do you imagine they are thinking? What are they feeling? Circle the words or images with which you identify.





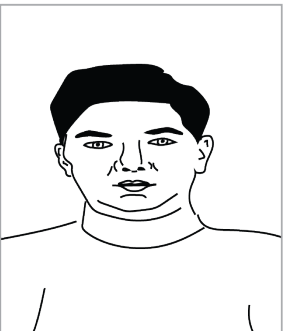
HOW WE FEEL ...



I feel restless.
I feel alone.
I feel nostalgic.



I feel tired.
I feel hopeful.
I feel irritated.



I feel overwhelmed.
I feel connected.
I feel embarrassed.



I feel surrendered (like giving up).
I feel exhausted.
I feel heartbroken.



I feel terrified.
I feel lost.
I feel grateful.

WHAT WE NEED



Draw a line to connect each emotion (on the left) with the needs (on the right).
You can connect more than one person with each need.

I need movement.

I need belonging.

I need rest.

I need inclusion.

I need compassion.

I need stability.

I need space.

I need connection.

I need to be heard.

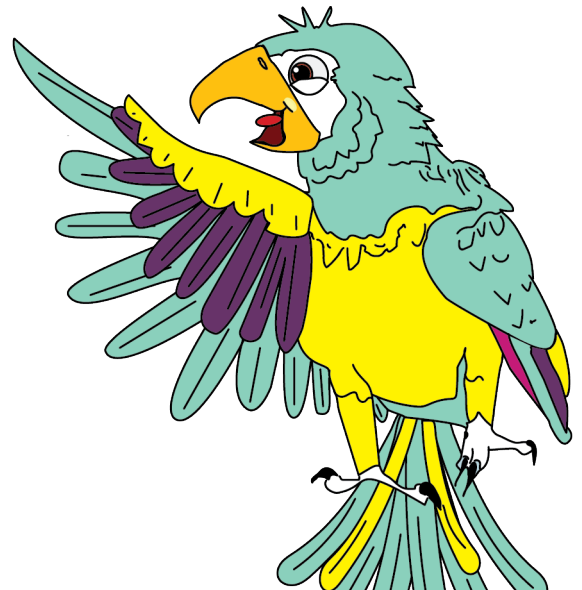
It needs to be accepted.

I need sleep.

I need food and water.

I need laughter.

It is normal to feel more than one emotion at a time and to have more than one need at a time as well. Sometimes we even have emotions that seem to be opposite.





HOW I FEEL...

How did you feel after traveling?

Look at the list of feelings at the bottom of the page, and write your feelings in the box.

Draw your face here.

Describe how you feel here.

I FEEL...

caring
compassionate
friendly
loving
grateful
confident
proud
secure
hopeful
excited
energetic
happy
optimistic
calm

comfortable
trusting
exuberant
enthusiastic
contained
alert
curious
rested
cheerful
afraid
distrustful
suspicious
concerned
confused

overwhelmed
ashamed
embarrassed
disconnected
upset
aggravated
frustrated
impatient
sad
upset
discouraged
fatigued
tired
nostalgic

anxious
irritated
nervous
worn out
vulnerable
guarded
helpless
insecure
reserved
anguished
distress
jealous
longing
tense

damaged
lonely
guilty
bored
distracted
indifferent
numb
restless
upset
annoyed
outrageous
resentful
hatred
contempt

WHAT I NEED



Write what YOU need on the lines below.

Draw a line connecting feelings (on the left page) with needs (on the right page).

Remember that every need can be connected to more than a feeling!

Escribe lo que tu necesitas aquí



I NEED...

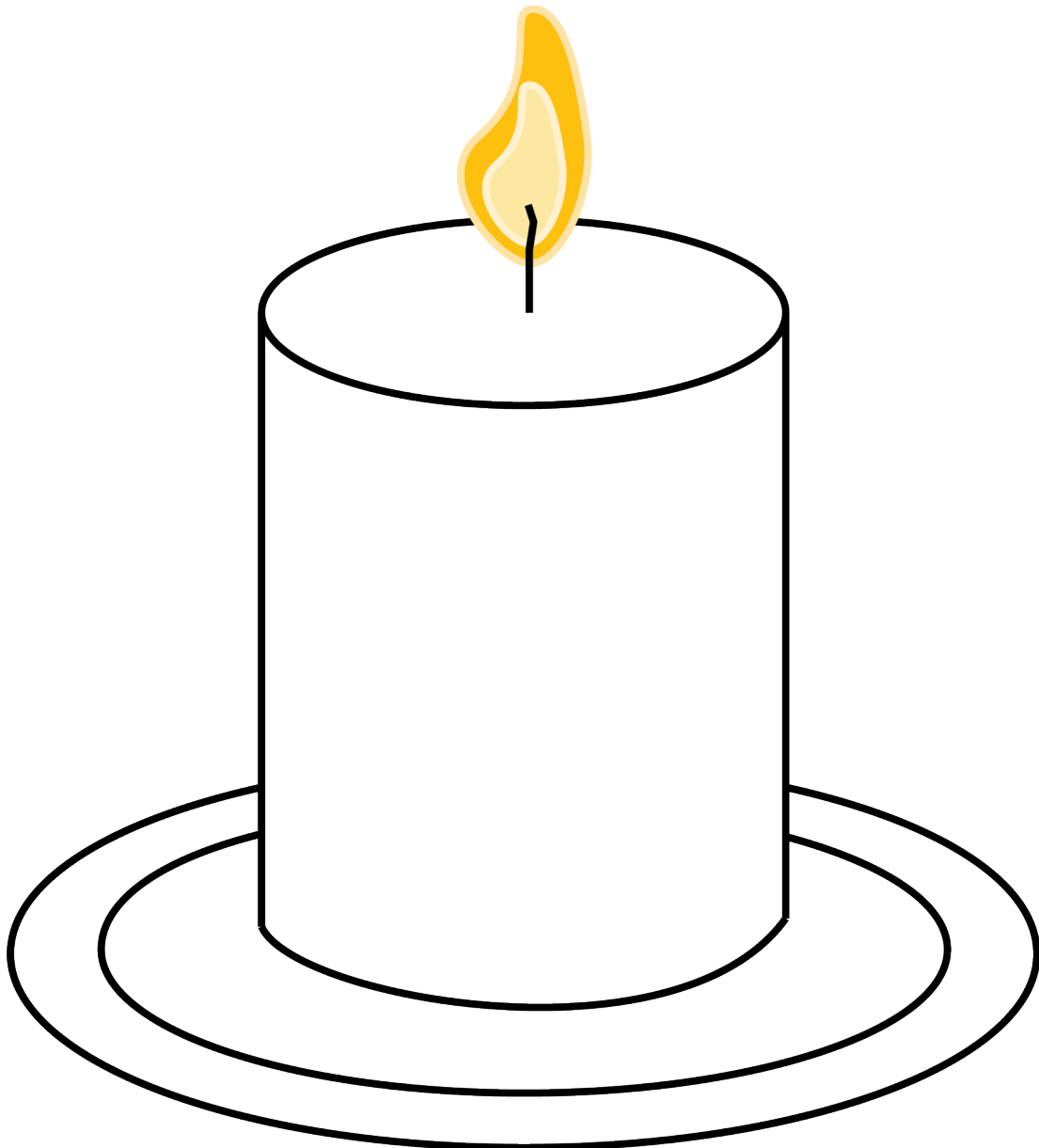
- | | | | | |
|------------------|---------------|--------------|-----------------|--------------|
| connection | sustenance | authenticity | contribution | space |
| acceptance | respect | integrity | development | happiness |
| care (affection) | wellness | humor | learning | love |
| appreciation | stability | beauty | regret | air |
| belonging | support for | relaxation | participation | food |
| collaboration | understanding | equality | purpose | play |
| communication | confidence | inspiration | self-expression | peace |
| closeness | movement | order | stimulation | water |
| community | rest | meaning | to matter | warmth |
| fellowship | shelter | celebration | understanding | serenity |
| compassion | contact | protection | autonomy | choices |
| stability | hope | clarity | freedom | appreciation |
| empathy | honesty | competition | independence | harmony |
| inclusion | creativity | spontaneity | discovery | health |



LIGHT IN THE DARKNESS

Sometimes we have experiences that make us feel like we are in the dark. They can be confusing experiences, causing us fear and anxiety.

Decorate the candle with pictures or words of the people and things in your life that give you hope, joy, and strength.

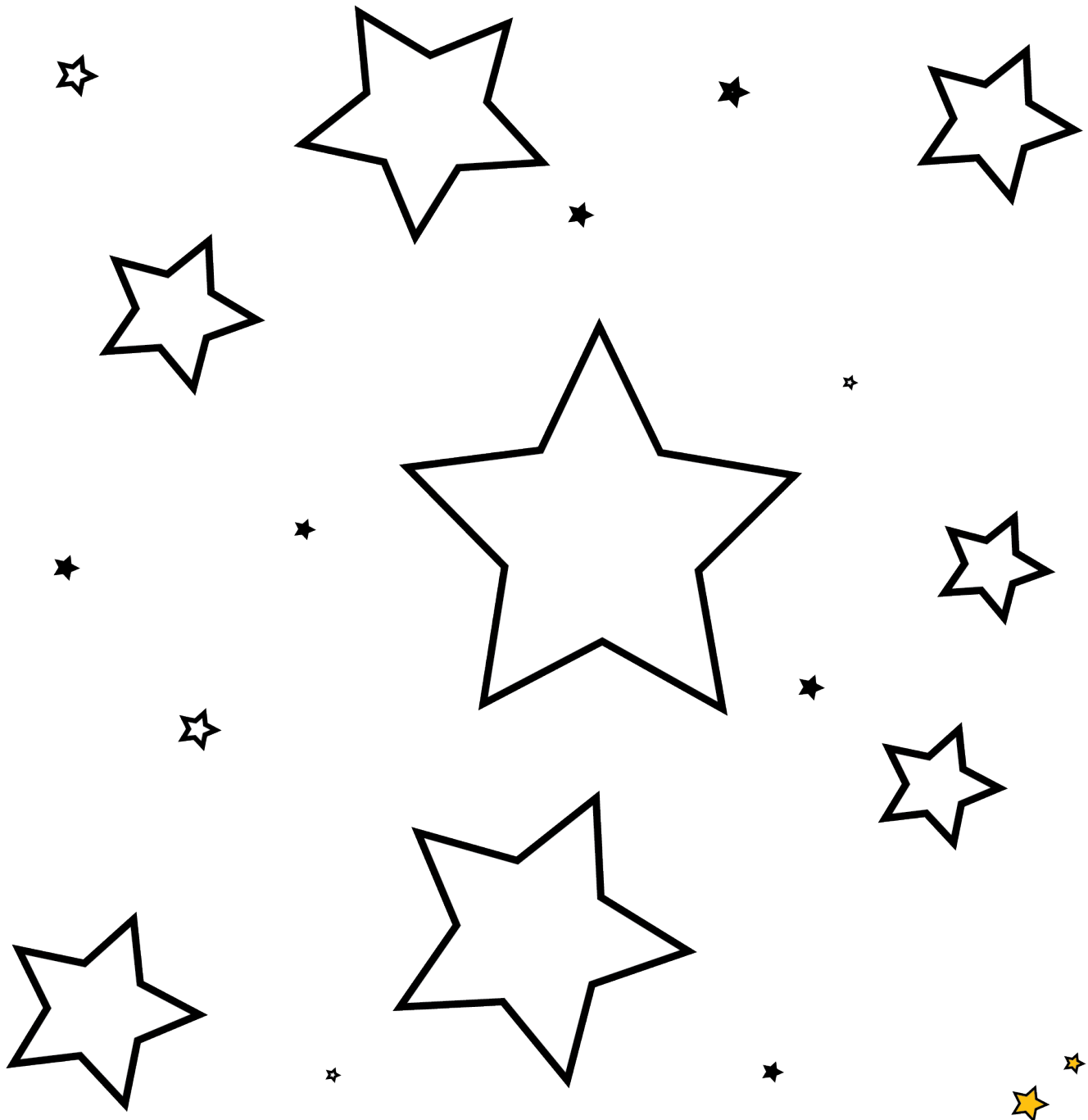


UNITED BY THE SAME SKY



Even when we are not close to the people most important to us, we know that we all see the same stars in the sky.

Here you can write the names of the most important people in your life. You can connect the stars with lines to form constellations.





WORD SEARCH

Each word below is hidden in English in the word search box on the next page.

- | | | |
|------------|-------|------------|
| airplane | | avión |
| candle | | vela |
| car | | carro |
| backpack | | mochila |
| basketball | | baloncesto |
| California | | California |
| Colorado | | Colorado |
| desert | | desierto |
| flower | | flor |
| volleyball | | vóleibol |
| forest | | bosque |
| house | | casa |
| love | | amor |
| mirror | | espejo |
| mountains | | montañas |
| school | | escuela |
| soccer | | fútbol |
| suitcase | | maleta |
| superhero | | superhéroe |
| ocean | | oceano |
| parrot | | loro |
| peace | | paz |
| stars | | estrellas |
| Texas | | Texas |

Look
 →, ↓, ↘, ↗
 to find the words.



K	O	P	E	O	S	F	P	O	M	F	N	M	P	C	O	F	Y	K	N
I	C	J	E	S	X	M	R	C	U	Q	L	F	I	Z	D	X	F	V	O
F	O	A	C	A	Z	T	S	E	R	O	F	U	G	R	A	Z	Y	N	L
L	Q	D	P	H	C	V	S	A	E	E	S	U	P	E	R	H	E	R	O
O	D	O	M	K	V	E	O	N	X	Y	G	B	E	D	O	O	P	F	E
W	C	E	I	Z	C	M	O	U	N	T	A	I	N	S	L	B	R	P	N
E	C	S	S	W	J	A	E	L	S	S	S	Z	O	L	O	V	E	X	A
R	S	F	X	E	L	Y	B	Y	K	E	R	Q	S	X	C	R	A	Z	L
I	K	L	U	O	R	J	N	E	L	L	A	B	Y	E	L	L	O	V	P
H	P	W	O	C	S	T	T	D	A	T	T	Z	D	F	G	W	D	F	R
P	H	H	T	O	E	B	N	I	M	E	S	H	X	J	D	W	J	H	I
H	C	E	C	R	A	A	N	Y	W	X	Z	J	N	X	V	F	B	G	A
S	H	C	W	L	C	R	R	H	F	A	D	V	Y	Z	J	S	E	D	L
T	E	J	L	F	O	E	O	J	O	S	O	S	C	G	W	B	Y	J	Q
R	O	U	Z	F	W	U	T	M	Y	J	U	S	K	A	K	M	H	U	M
P	H	R	I	V	S	J	G	U	M	U	P	G	G	Q	O	T	R	M	T
F	Z	L	R	E	R	Q	B	T	H	Y	C	D	F	C	J	S	V	A	W
H	A	K	P	A	P	J	G	Q	I	V	Z	P	E	Z	W	P	H	P	C
C	C	M	I	X	P	N	Q	M	D	E	S	A	C	T	I	U	S	M	H
F	M	W	C	L	V	G	T	S	U	B	N	V	X	Z	K	J	A	F	W



Did you know that there are 63 national parks in the United States? National parks are nature areas that are protected. They have mountains, beaches, rivers, deserts, plants, animals, and beautiful landscapes. What kind of landscape would you like to visit?



IN MY FUTURE




Imagine a future where you have gotten where you want to go and you feel good. Where are you in this future? Who is with you in this future? What do you have in this future? Draw it below!




THE FIVE SENSES

The five senses help guide us through life. We want to know what your favorite things are. Maybe you like to listen to music, or taste ice cream.


I like **to see**...



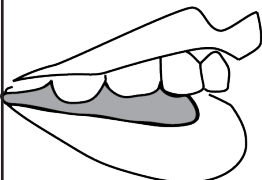
I like to **listen to**...



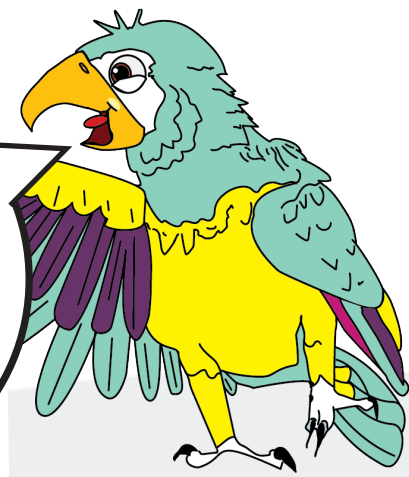

I like to **smell**...



I like to **taste**...



I like to **touch**...



When you think about things you like, it can help your body and mind to recover from difficult situations.

BREATHING



Now, imagine that you are breathing in the the shape of a square. You can use the guide below to try it. Trace the shape of the square as you inhale...hold... exhale...hold...





RESOURCES

CRISIS HOTLINES

National Domestic Violence Hotline

1-800-799-7233

National Suicide Prevention Hotline

Español: 1-888-628-9454

English: 1-800-273-8255

National Sexual Assault Hotline

1-800-656-4673

National Human Trafficking Hotline

1-888-373-7888

RAICES

number to contact with resources

1-800-409-2893

WEBSITES

FindHelp- Aunt Bertha

Website to find resources to help with basic needs like food, bills, and housing.

www.findhelp.org

Latinx Therapists Action Network

A network of mental health professionals committed to honoring and affirming the human dignity of Latinx communities marginalized by violence, detention, and deportation.

www.latinxtherapistsactionnetwork.org

Información sobre casos legales

Find an attorney to see if you qualify for legal help. (CAUTION: Notaries are not attorneys in the United States. Make sure you work with a licensed attorney.)

<https://njfon.org/our-services/case-types/>

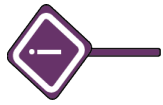
Conozca tus derechos

You have the right to go to school.
You have the right to receive medical help.
You have the right to remain silent.

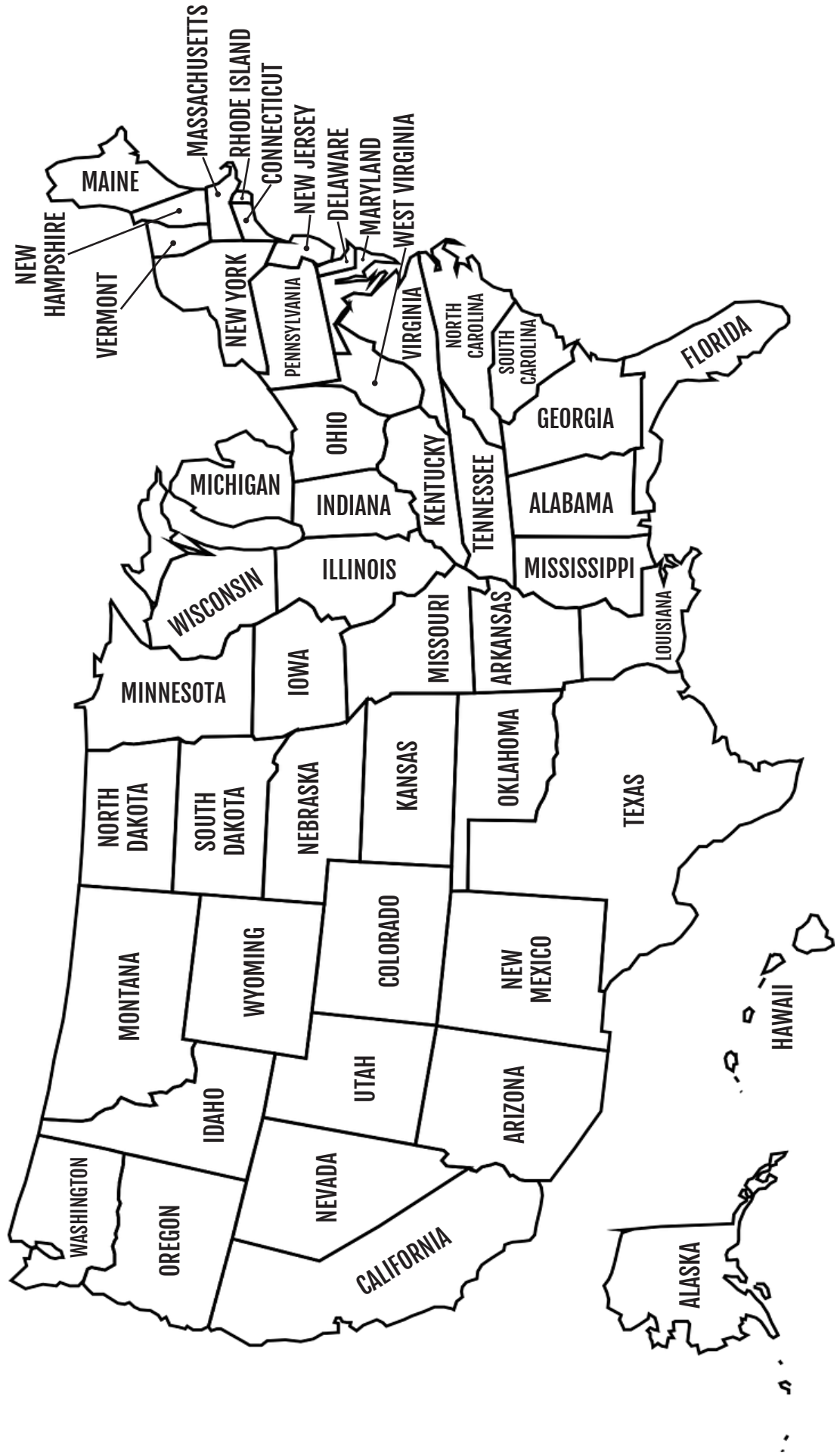
<https://www.aclu.org/know-your-rights/immigrants-rights/>

Asking for help can be scary. Perhaps you have learned that it is better to do things alone. But there are people in your community who can help you. You can call the resource numbers on this page if you are in a crisis, need food or shelter, or need legal help.





MAP OF THE UNITED STATES OF AMERICA



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