

MY LIFE JOURNEY BOOK

A black and white line drawing of a globe with three hikers walking across its top. The hikers are carrying backpacks and are positioned along the top edge of the globe. The globe shows the outlines of continents and oceans.

NAME:

.....

NAME (UKRAINIAN ALPHABET):

.....

NAME (ENGLISH ALPHABET):

.....

AGE:

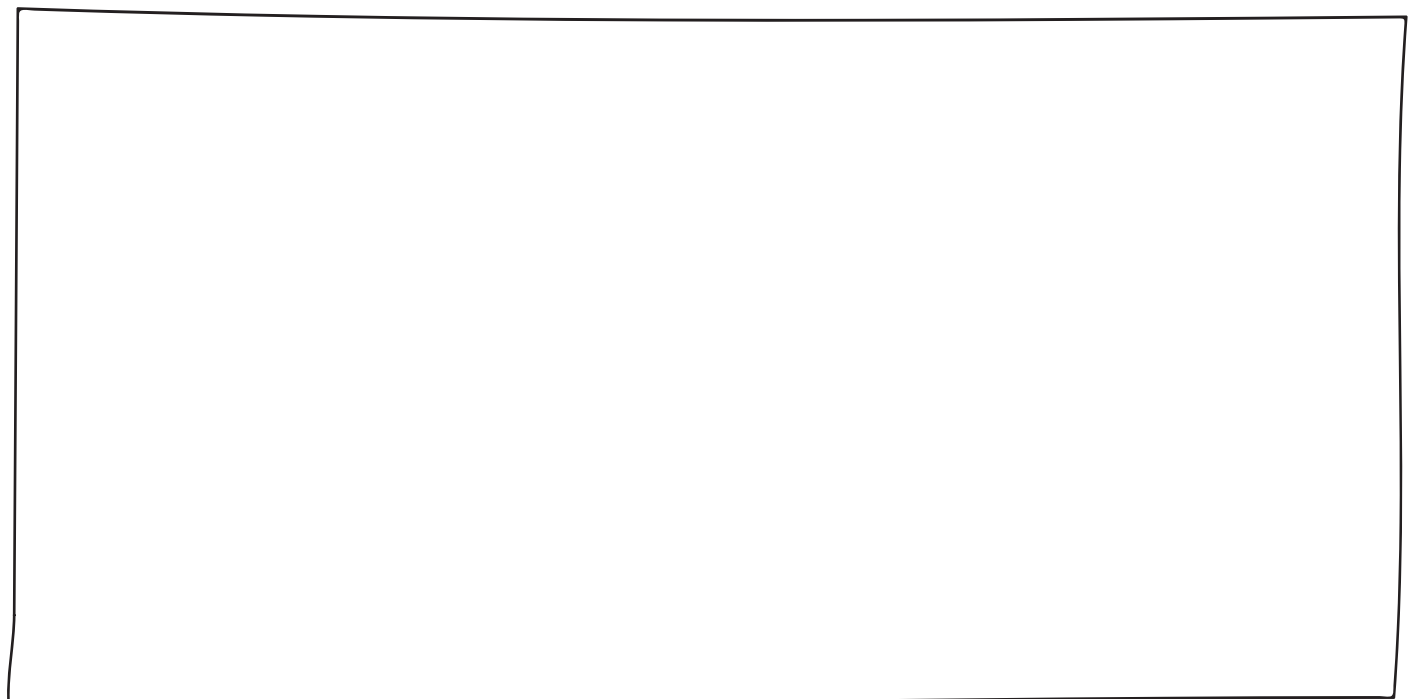
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WHAT IS THE MEANING OF YOUR NAME?

.....

.....

THIS IS ME (PHOTO OR DRAWING):



HERE I WAS BORN

COUNTRY:

PLACE:

INDICATE ON THE MAP WHERE YOU WERE BORN AND THE PLACE(S) WHERE YOU HAVE LIVED.



BEFORE DEPARTURE

WHAT DO YOU LIKE ABOUT UKRAINE?

.....

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WHAT DID YOU DO ON A NORMAL DAY BEFORE THE WAR STARTED?

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WHAT DID YOU FIND FUN THINGS TO DO IN YOUR SPARE TIME IN UKRAINE?

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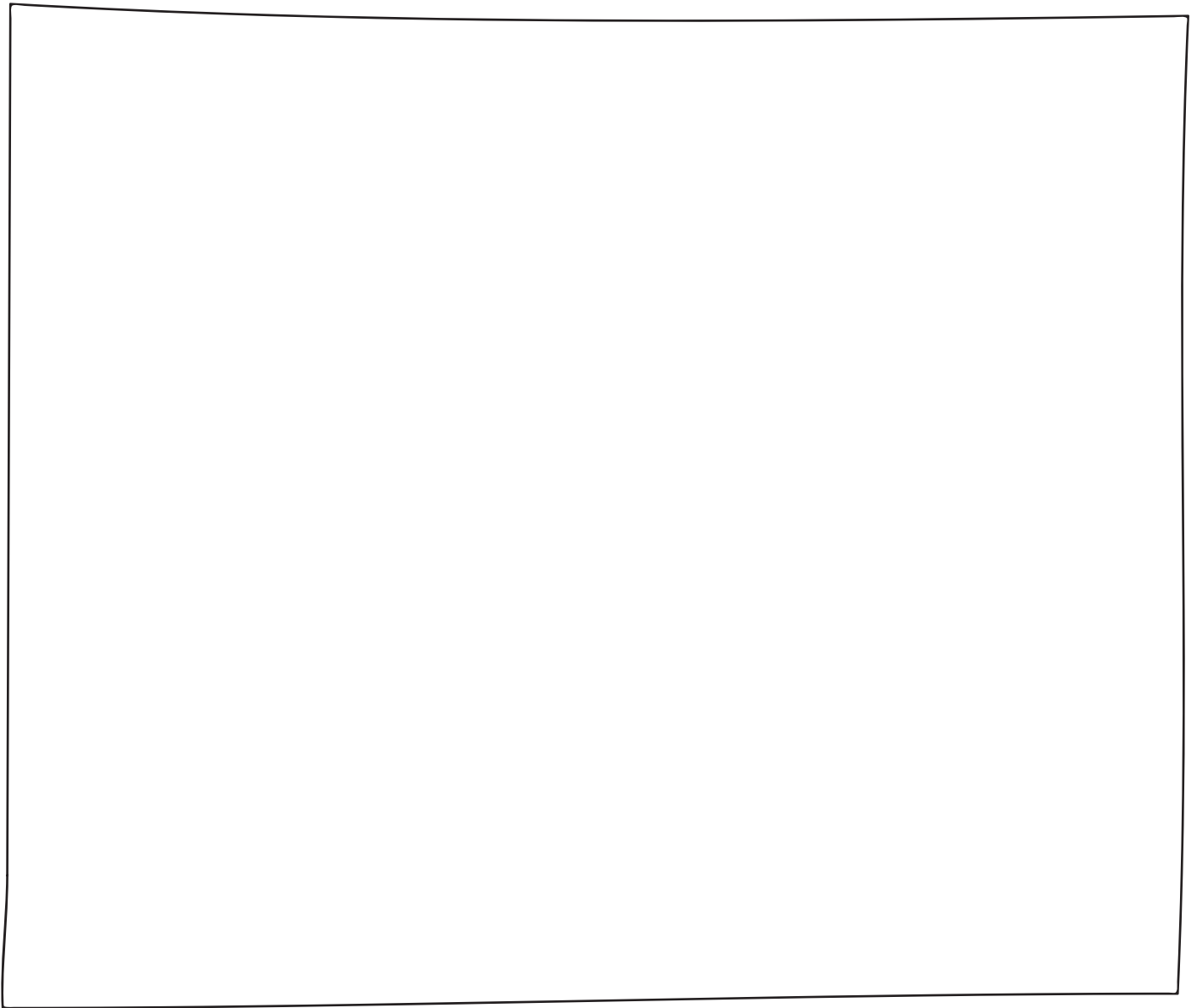
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THIS IS WHAT THE HOUSE LOOKED LIKE WHERE I LIVED:



I LIVED HERE WITH:

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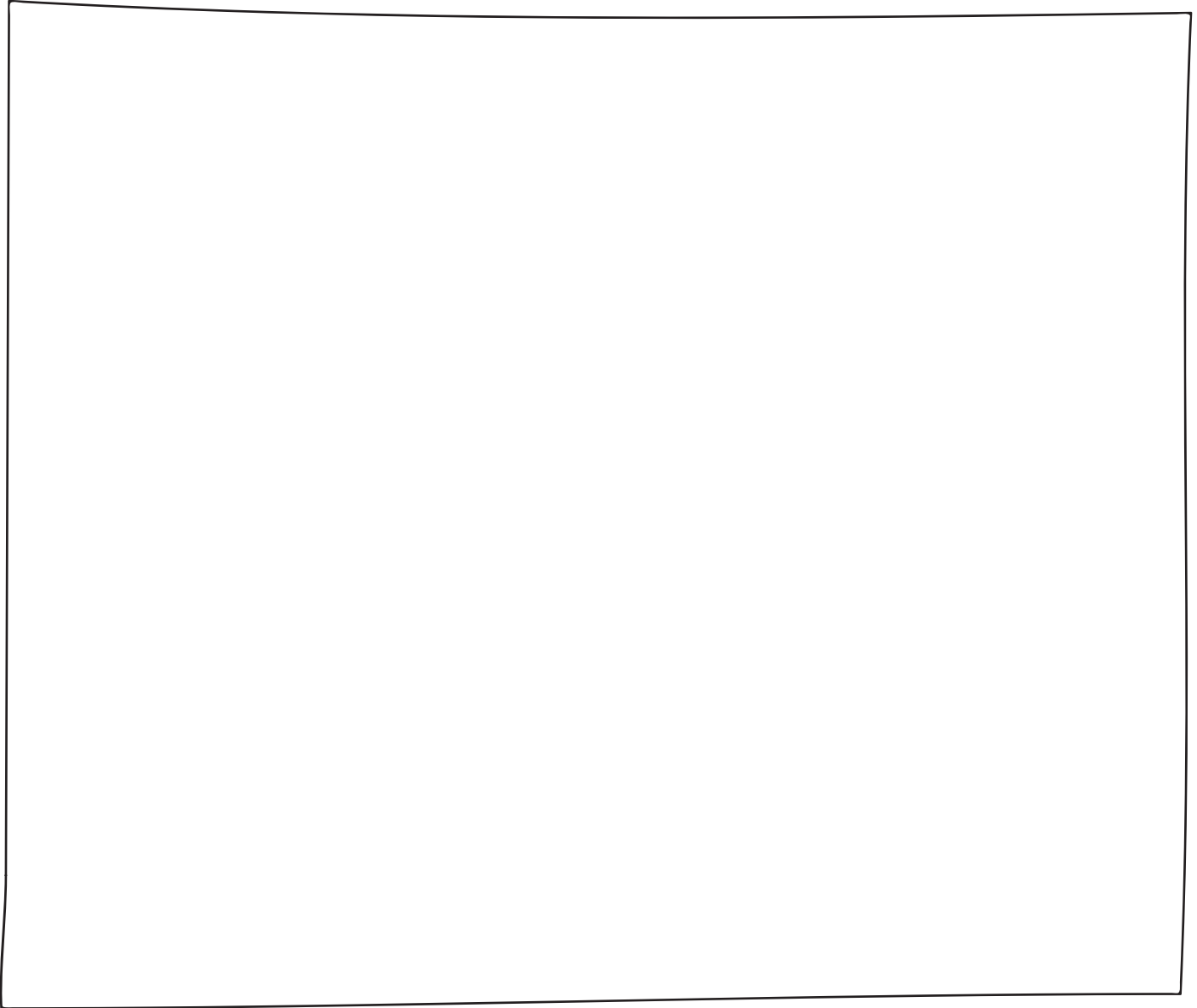
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I OFTEN PLAYED WITH:

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THIS WAS MY FAVORITE PLACE (INDOORS OR OUTDOORS) DRAW THIS PLACE



THESE ARE MY FRIENDS FROM BACK HOME:

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THESE ARE OTHER IMPORTANT PEOPLE FROM MY LIFE IN UKRAINE:

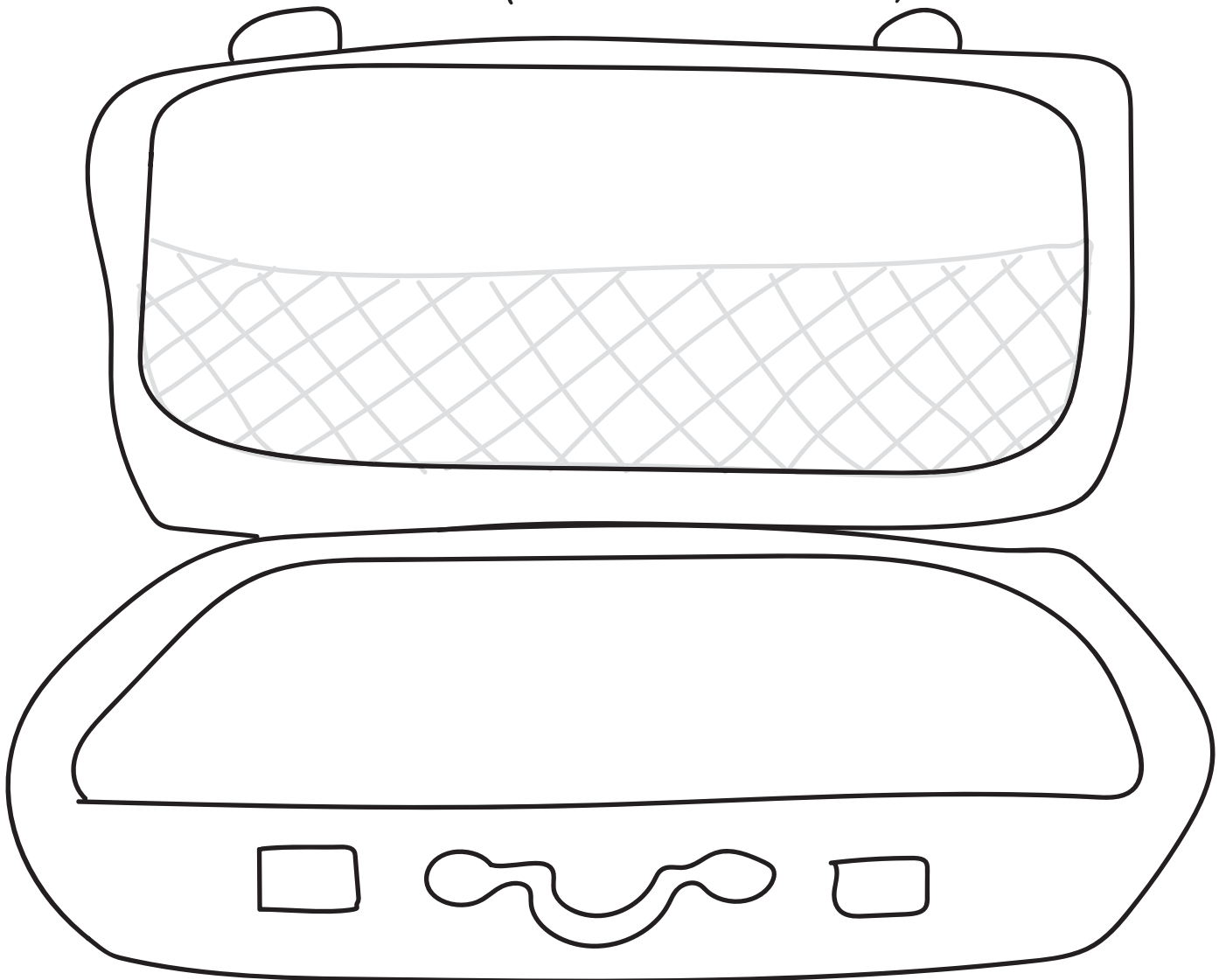
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MY JOURNEY

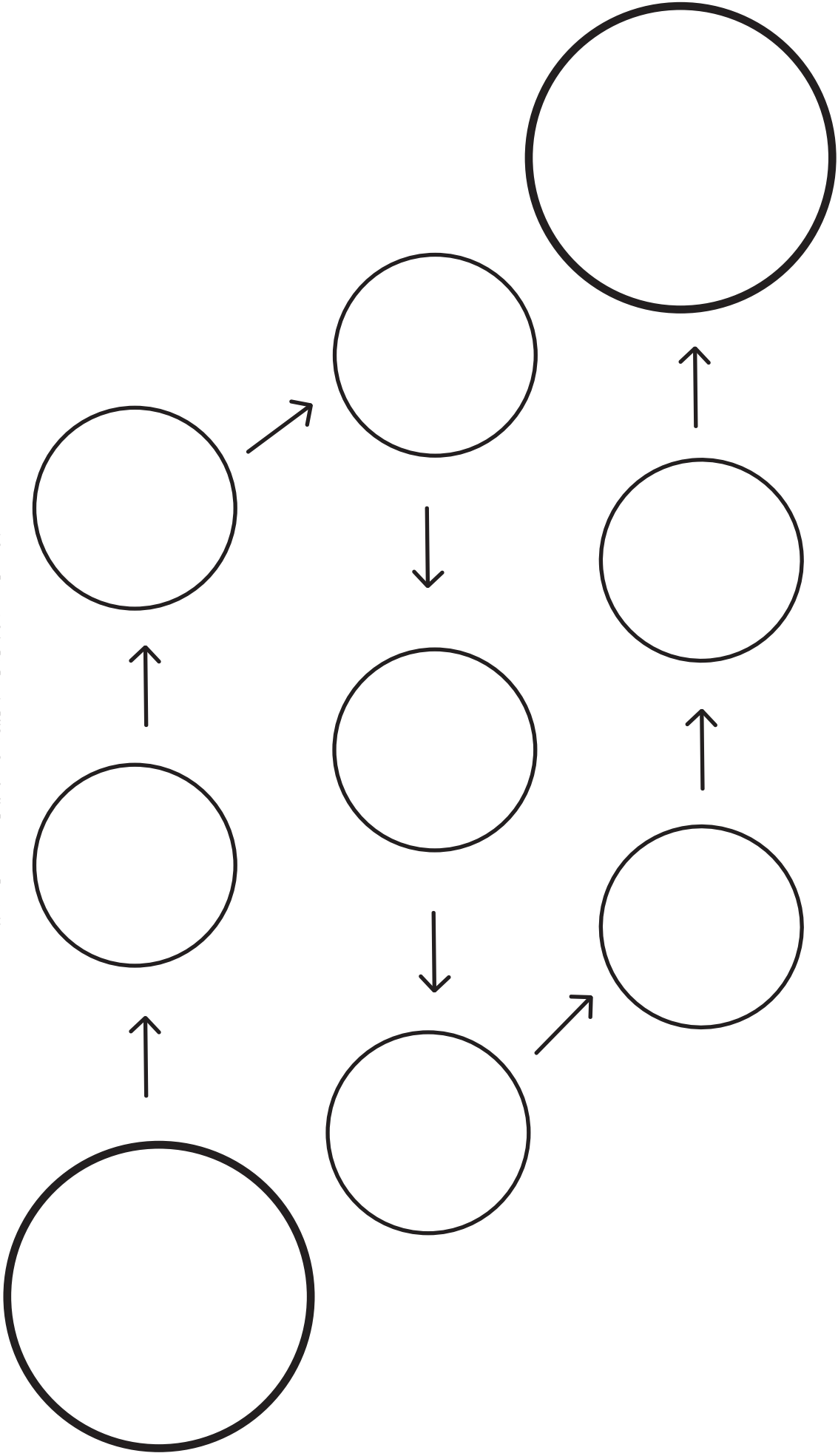
I LEFT HOME AT (DATE):

WHAT DID YOU BRING WITH YOU? (WRITE IT IN THE SUITCASE)



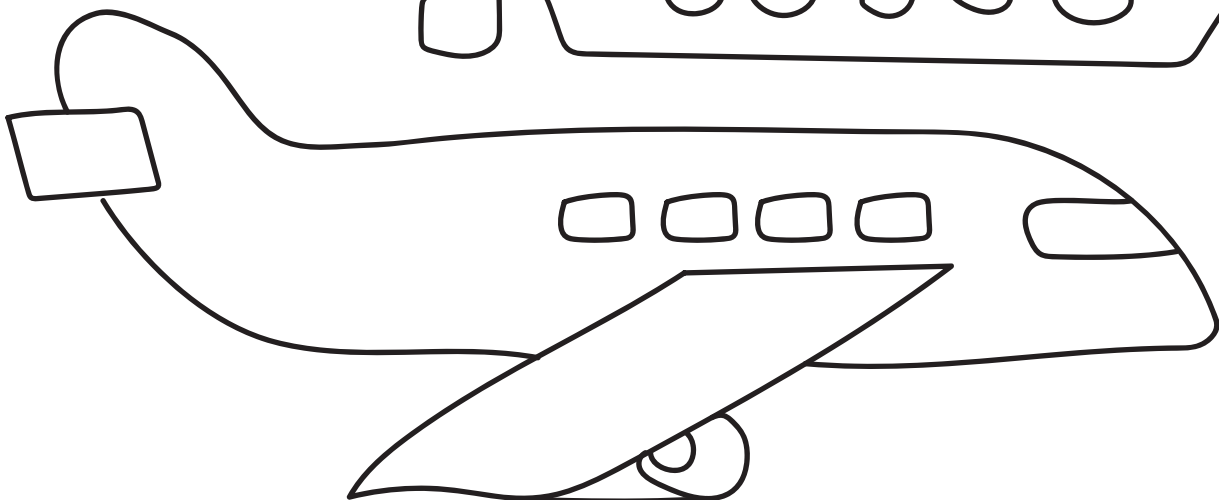
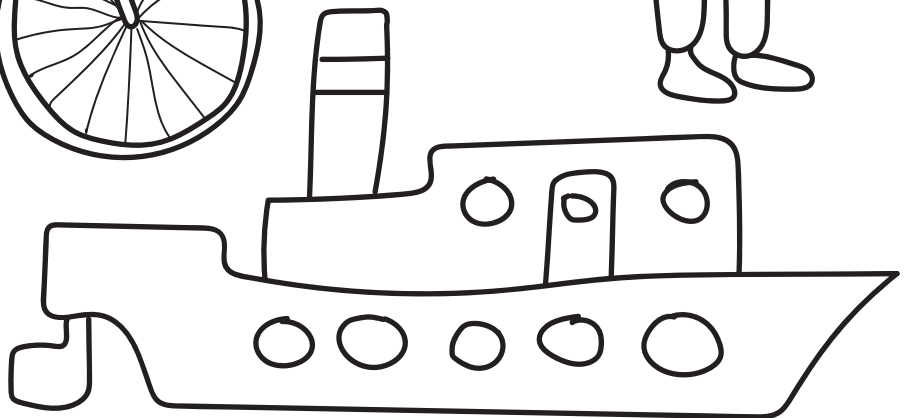
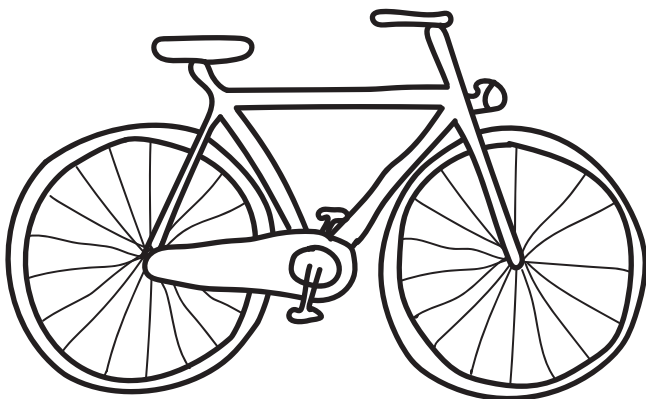
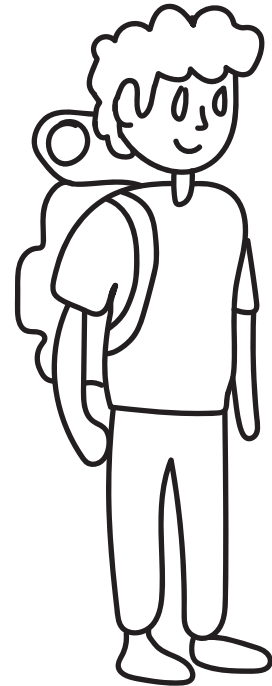
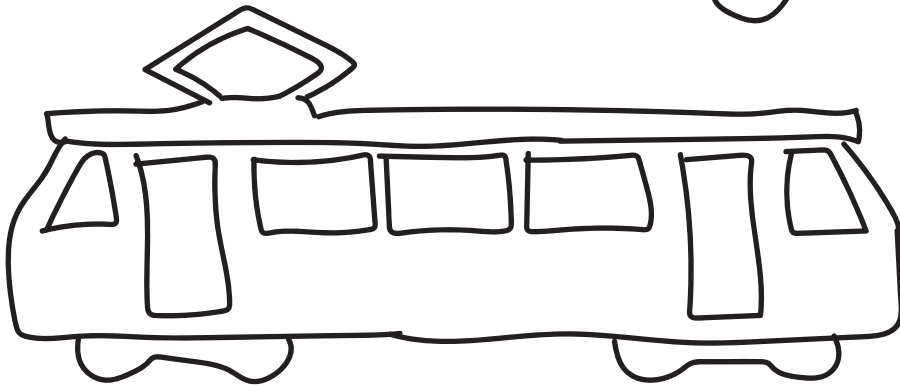
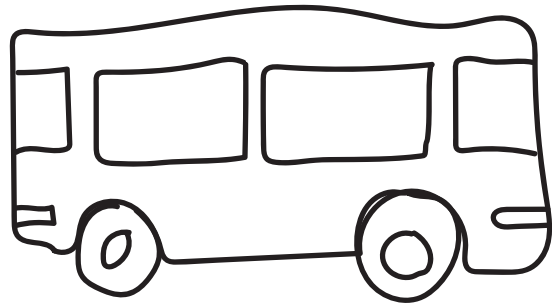
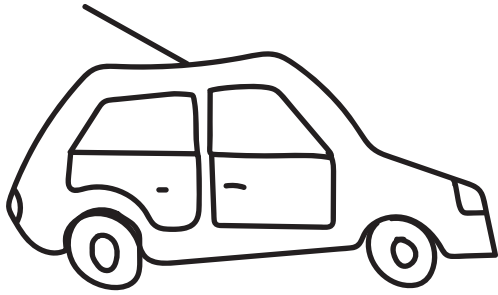
WHAT DID YOU WANT TO BRING, BUT COULDN'T?

WRITE IN THE FIRST CIRCLE WHERE YOU LIVED IN THE UKRAINE
WRITE IN THE LAST CIRCLE WHERE YOU ARE NOW



WRITE IN THE CIRCLES IN BETWEEN:
• PLACES WHERE YOU STOPPED ALONG THE WAY
• WHERE YOU CROSSED THE BORDER
• PLACES WHERE YOU HAVE SLEPT

WHAT MODES OF TRANSPORTS HAVE YOU USED DURING YOUR JOURNEY?



WHAT IS THE REASON THAT YOU LEFT UKRAINE?

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WHAT DO YOU REMEMBER OF YOUR JOURNEY?

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.....

HOW DID YOU FEEL DURING THE JOURNEY?



THESE ARE FUNNY OR NICE THINGS THAT HAPPENED ALONG THE WAY:

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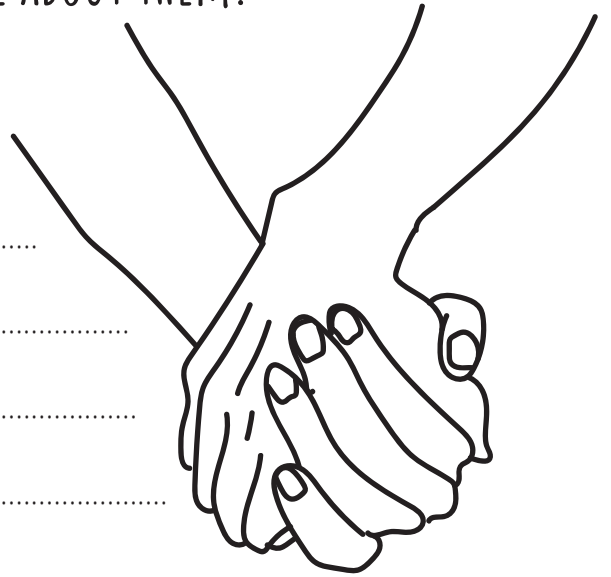
THESE ARE STUPID OR BAD THINGS THAT HAPPENED ALONG THE WAY:

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WHO DID YOU LEAVE WITH? WHAT DO YOU LIKE ABOUT THEM?
WHAT ARE THEY GOOD AT?



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WHAT DO THE PEOPLE YOU TRAVELLED WITH LIKE ABOUT YOU?

.....

.....

.....

WERE YOU ABLE TO HELP SOMEONE ALONG THE WAY?

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.....

WHO HELPED YOU OR YOUR GROUP ALONG THE WAY AND HOW?

.....

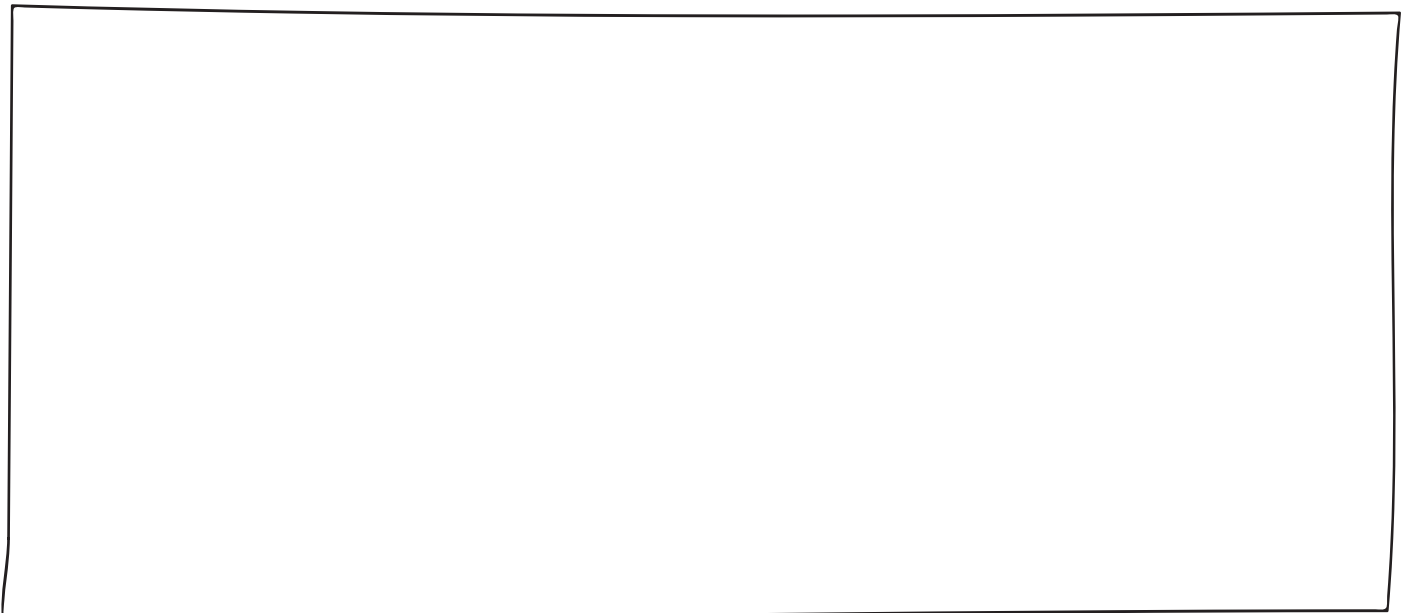
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WHERE I AM NOW

WHERE ARE YOU NOW?

WHAT ARE YOUR FIRST WORDS THAT YOU LEARNED IN THE LANGUAGE OF THE COUNTRY YOU ARE IN NOW AND WHAT DO THEY MEAN?

WHAT DO YOU LIKE ABOUT THE AREA WHERE YOU ARE NOW?
(MAKE A DRAWING OF WHAT YOU LIKE)



WHAT IS DIFFERENT IN THE COUNTRY YOU ARE IN NOW COMPARED TO UKRAINE?

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WHAT'S THE SAME IN THE COUNTRY YOU'RE IN NOW COMPARED TO UKRAINE?

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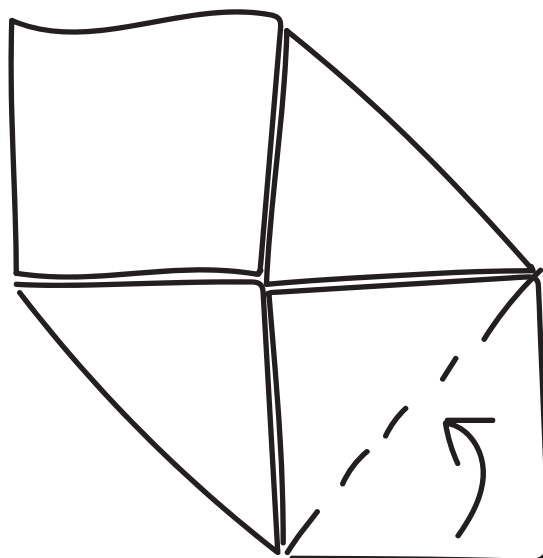
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WITH WHO DO YOU LIVE NOW?

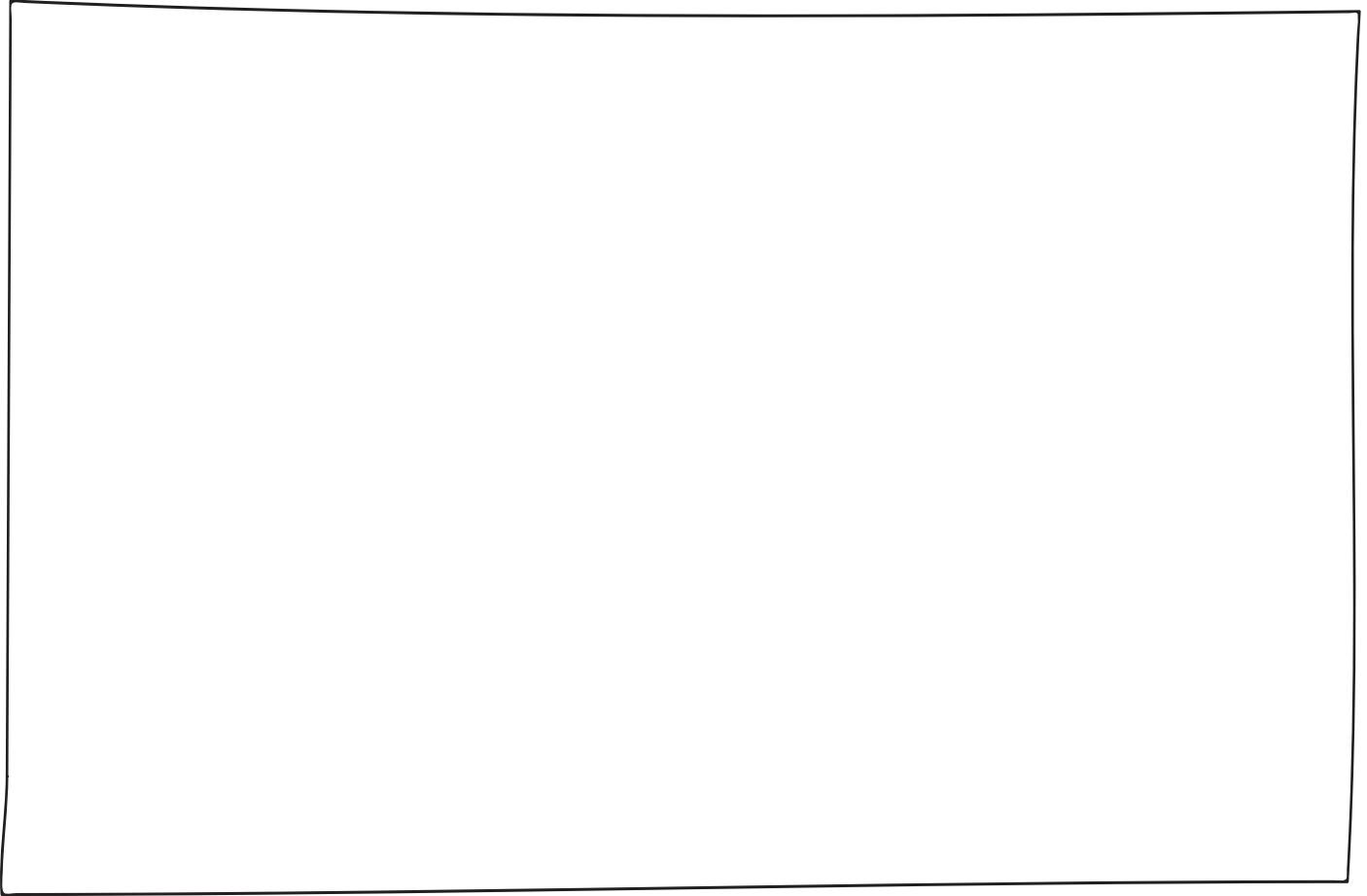
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ARE YOU WORRIED ABOUT SOMETHING? (FOLD AN ENVELOPE OF PAPER AND STICK THIS BELOW, WRITE YOUR WORRIES ON LITTLE NOTES AND PUT THEM IN THE ENVELOPE)



DRAW THE PLACE WHERE YOU ARE SLEEPING NOW.



DO THEY EAT DIFFERENT THINGS WHERE YOU ARE NOW? WHAT DO YOU LIKE AND WHAT DON'T YOU LIKE?



TASTY:



NOT TASTY:

DOES IT SMELL DIFFERENT WHERE YOU ARE NOW? WHAT DOES THIS SMELL REMIND YOU OF?

.....

.....

GETTING TO KNOW ME

WRITE DOWN 5 THINGS, THINK OF SOMETHING YOU CAN DO WELL, THINGS YOU ARE PROUD OF, OR GOOD QUALITIES OF YOURSELF

MY POSITIVE TOP 5 LIST

1.....

2.....

3.....

4.....

5.....

TIP: IF YOU FIND IT HARD TO THINK OF 5, ASK SOMEONE ELSE WHAT THEY LIKE ABOUT YOU.

WHAT ACTIVITIES MAKE YOU HAPPIEST AT THE MOMENT? WHAT DO YOU ENJOY DOING? WHAT GIVES YOU ENERGY?

.....

.....

.....

WHO MAKES YOU HAPPY AGAIN WHEN YOU'RE SAD?

.....

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WHICH FAMILY MEMBER/FRIEND WOULD YOU LIKE TO SEND A CARD OR MESSAGE?
(YOU CAN WRITE DOWN SEVERAL PEOPLE)

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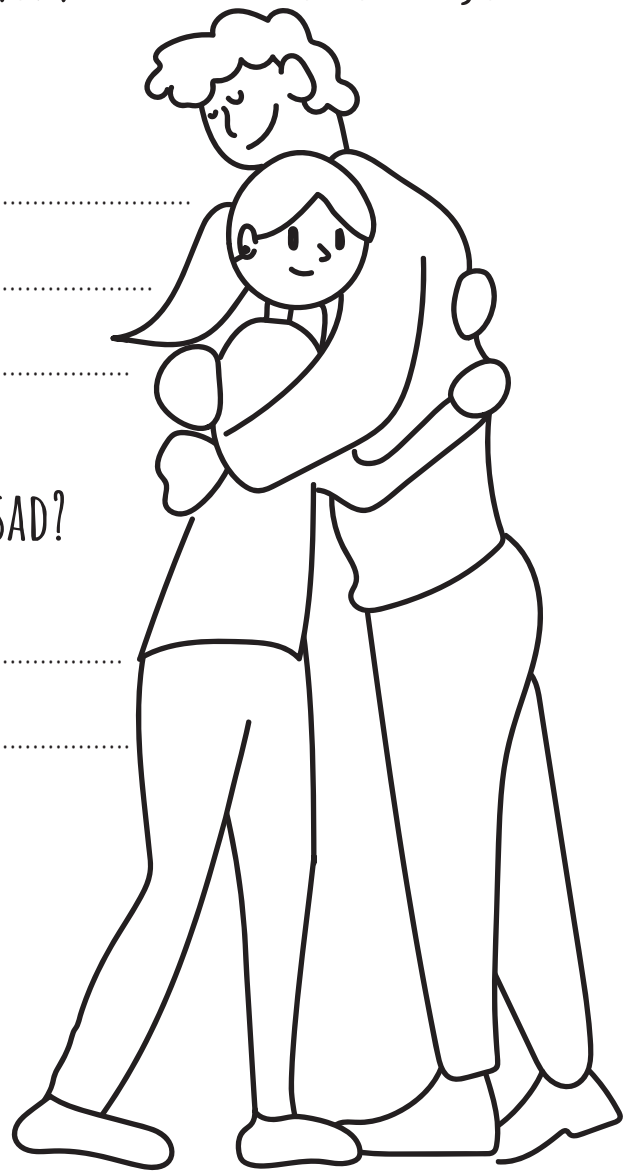
WHAT WOULD YOU WANT TO TELL THEM?

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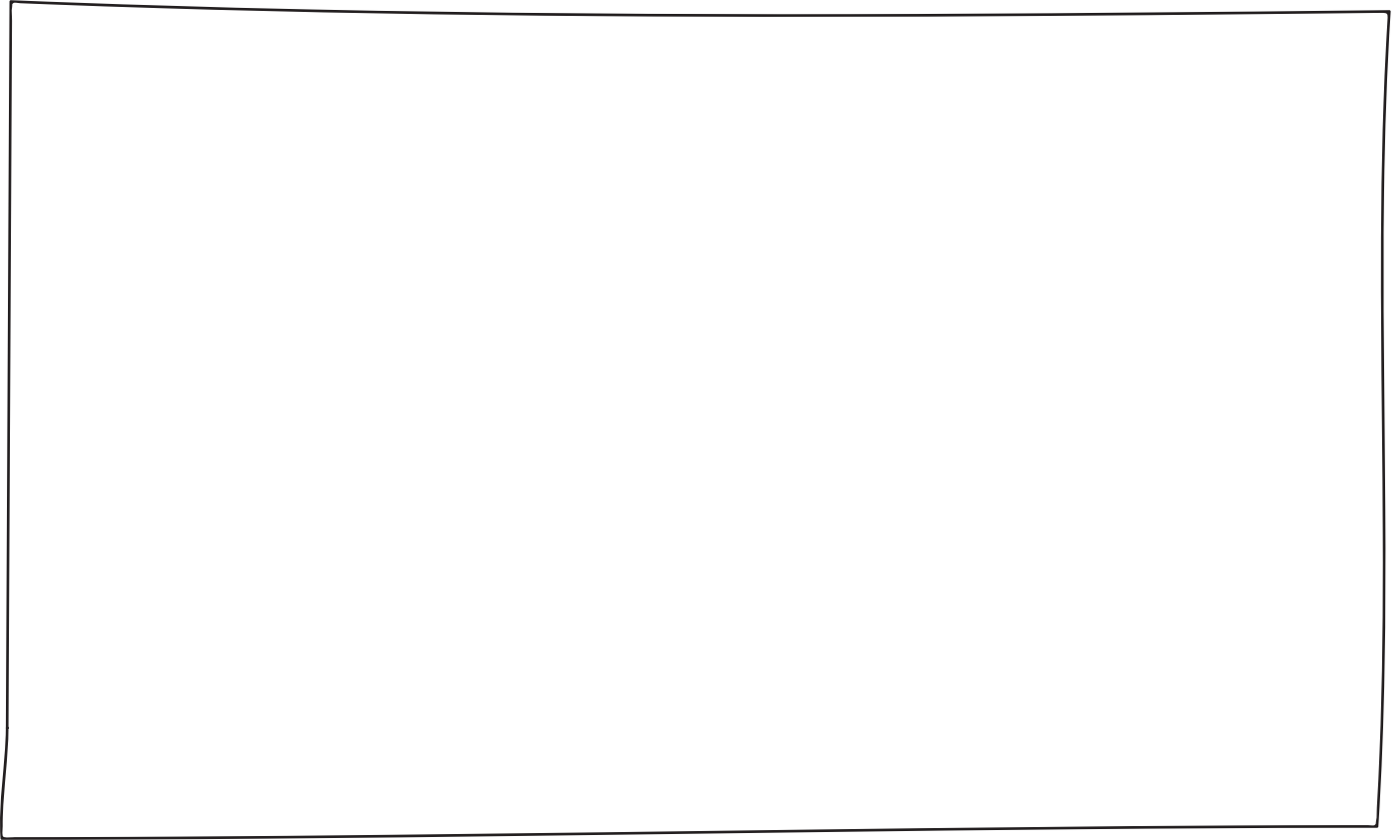
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WHAT WOULD YOU WANT TO ASK THEM?

.....



DRAW THE FRONT OF THE POSTCARD HERE



WHO IS YOUR SUPERHERO OR IDOL? A HERO CAN ALSO BE SOMEONE YOU KNOW FROM SCHOOL OR FROM YOUR FAMILY. WHAT IS YOUR HERO GOOD AT?

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DO YOU HAVE ANY SIMILARITIES WITH YOUR SUPERHERO OR IDOL? WHICH ONES?

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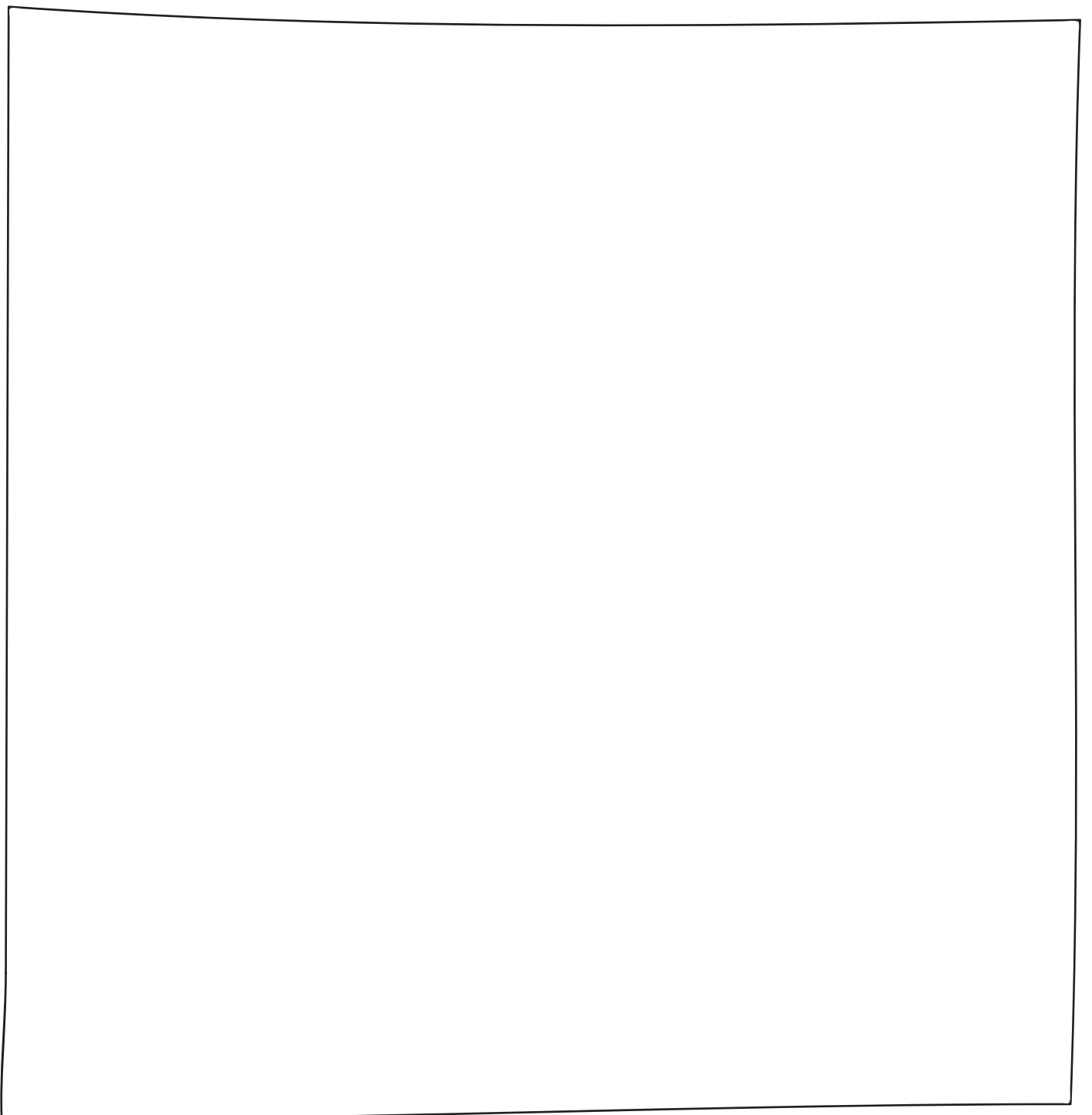
WHAT WOULD YOUR SUPERHERO DO IN YOUR SITUATION?

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DRAW YOURSELF AS A SUPERHERO



TOP 3 TIPS FROM SUPERHEROS



EVEN HEROES SOMETIMES FEEL INSECURE AND DON'T ALWAYS KNOW WHAT TO DO IN A DIFFICULT SITUATION. HERE ARE THEIR TOP 3 TIPS YOU CAN DO TO FEEL STRONGER AGAIN.

1. TELL ANOTHER PERSON HOW YOU FEEL AND WHAT YOU ARE WORRIED ABOUT. THIS HELPS TO MAKE YOU FEEL BETTER.
2. ASK FOR HELP WHEN YOU DON'T UNDERSTAND SOMETHING AND DO THINGS YOU LIKE. GO EXPLORING OUTSIDE (TOGETHER). IF YOU HAVE DONE SOME THING MORE OFTEN IT BECOMES LESS SCARY AND MORE FUN.
3. TRY TO THINK POSITIVELY SUCH AS: 'I'M GOING TO SUCCEED IN LEARNING NEW THINGS' OR 'I'M GOOD AT' OR 'I CAN DO IT'.

NATURE & WILDLIFE

WHAT SEASON IS IT NOW?

.....

.....

TRACE YOUR HAND AND AT EVERY FINGERTIP, DRAW SOMETHING YOU LIKE ABOUT NATURE OR WHAT YOU LIKE TO DO IN NATURE.

WHAT IS YOUR FAVOURITE ANIMAL?

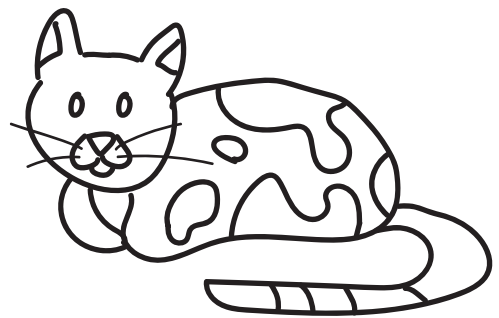
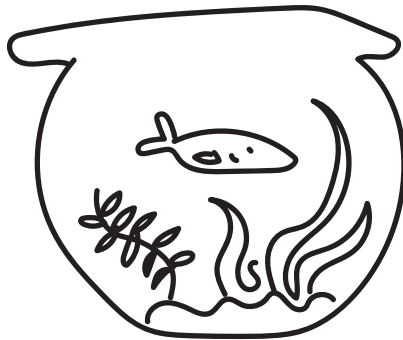
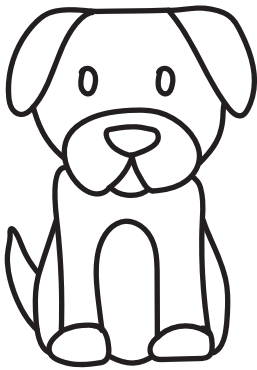
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WHAT DO YOU LIKE ABOUT THIS ANIMAL?

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DID YOU SEE ANY ANIMALS DURING YOUR JOURNEY? WHICH ONES?

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HAVE YOU SEEN ANY UNUSUAL PLANTS, TREES OR FLOWERS ALONG THE WAY OR IN THE COUNTRY YOU ARE IN?

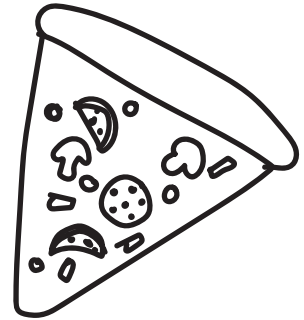
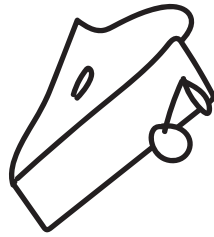
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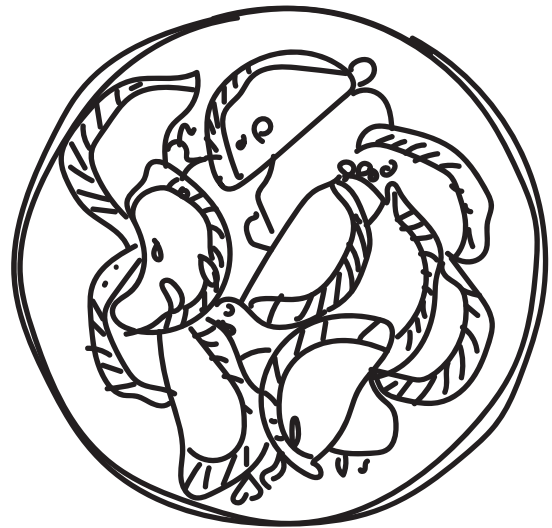
FREE TIME

TOP 3 FAVOURITE FOODS

1.



2.



3.

WHAT CAN YOU COOK?

.....

.....

.....

WHAT WOULD YOU LIKE TO LEARN TO COOK?

.....

.....

.....

WHAT IS THE RECIPE OF YOUR FAVOURITE FOOD?

A series of horizontal dotted lines for writing the recipe.



TOP 3 TV & YOUTUBE

1.

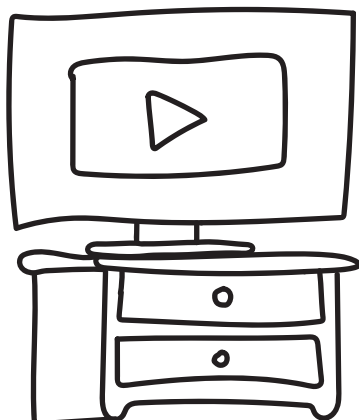
2.

3.

WHICH MOVIE DID YOU LAST WATCH?

WHAT IS YOUR FAVOURITE MOVIE?

WHAT'S A FUNNY MOVIE YOU'VE SEEN?

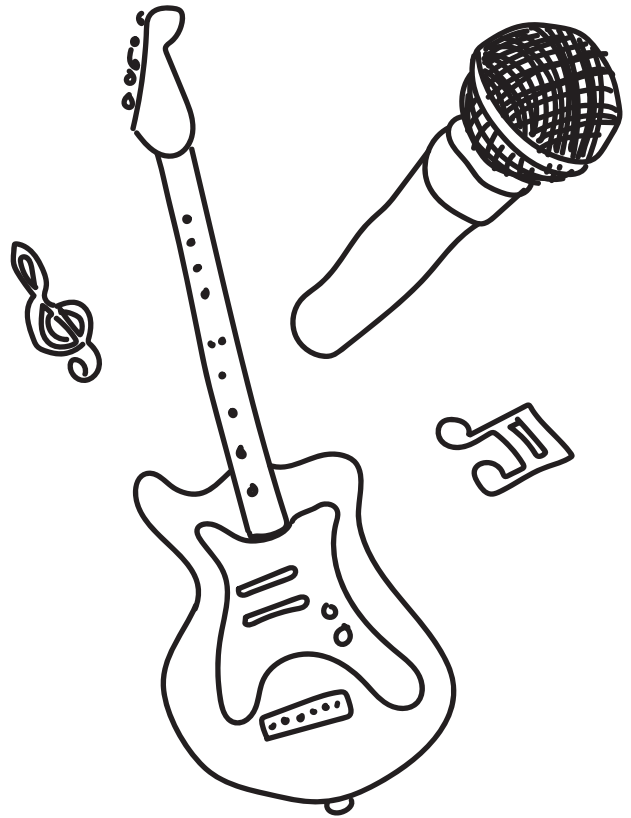


TOP 3 FAVOURITE MUSIC

1.

2.

3.

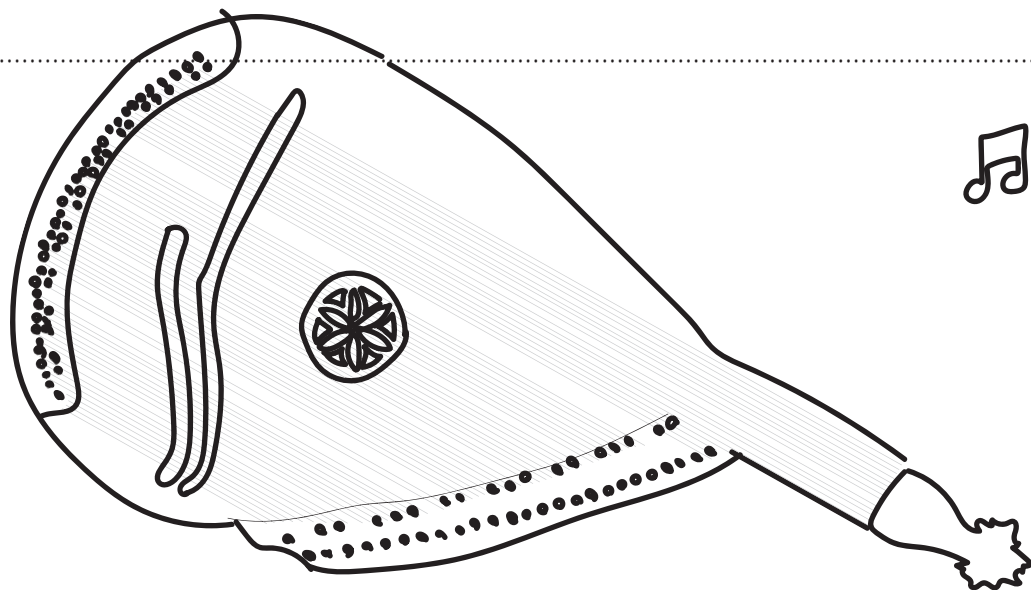


WHAT MUSIC DO YOU LISTEN TO WHEN YOU ARE SAD?

.....

WHAT MUSIC DO YOU LISTEN TO WHEN YOU ARE HAPPY?

.....



HAVE YOU READ AN EXCITING OR BEAUTIFUL BOOK?

WHAT IS THE TITLE OF THE BOOK?

.....

.....

.....



SPORT AND GAMES

WHICH SPORTS AND GAMES DO YOU LIKE?

.....

.....

.....

CREATE YOUR OWN GAME ON THE NEXT PAGE

YOU WILL NEED: A COUNTER FOR EACH PLAYER AND 2 DICE (IF YOU DON'T HAVE COUNTERS, YOU CAN ALSO USE COINS OR STONES INSTEAD. YOU CAN ALSO TRY MAKING YOUR OWN DICE BY FOLDING SOME PAPER.)

COME UP WITH A THEME FOR YOUR GAME. THINK ABOUT YOUR JOURNEY, THE LIFE OF YOUR SUPERHERO, A FANTASY THEME, OR SOMETHING ELSE. FOR THE EMPTY SQUARES, MAKE UP EVENTS AND DRAWINGS RELATED TO YOUR THEME. THE EVENTS AND DRAWINGS CAN BE POSITIVE OR NEGATIVE - YOU CAN DECIDE.

IN THE SQUARES WITH A POSITIVE EVENT, YOU GET AN ADVANTAGE AS A PLAYER, E.G.: THROW THE DICE AGAIN / ADVANCE SOME SQUARES.

IN THE SQUARES WITH A NEGATIVE EVENT, THE PLAYER FACES A DISADVANTAGE, SUCH AS: GO BACK TO THE BEGINNING / STAY HERE UNTIL ANOTHER PLAYER PASSES YOU / SKIP A TURN IF THERE ARE NO MORE PLAYERS BEHIND YOU / GO BACK SOME SQUARES / SKIP A TURN.

NAME OF MY GAME:

.....

FIRST RULE OF THE GAME:

- DID YOU THROW A 4 AND 5 WITH YOUR FIRST THROW OF THE DICE? IF SO, THEN MOVE IMMEDIATELY TO SQUARE 53.
- DID YOU THROW A 6 AND 3 WITH YOUR FIRST THROW OF THE DICE? IF SO, THEN MOVE IMMEDIATELY TO SQUARE 26.

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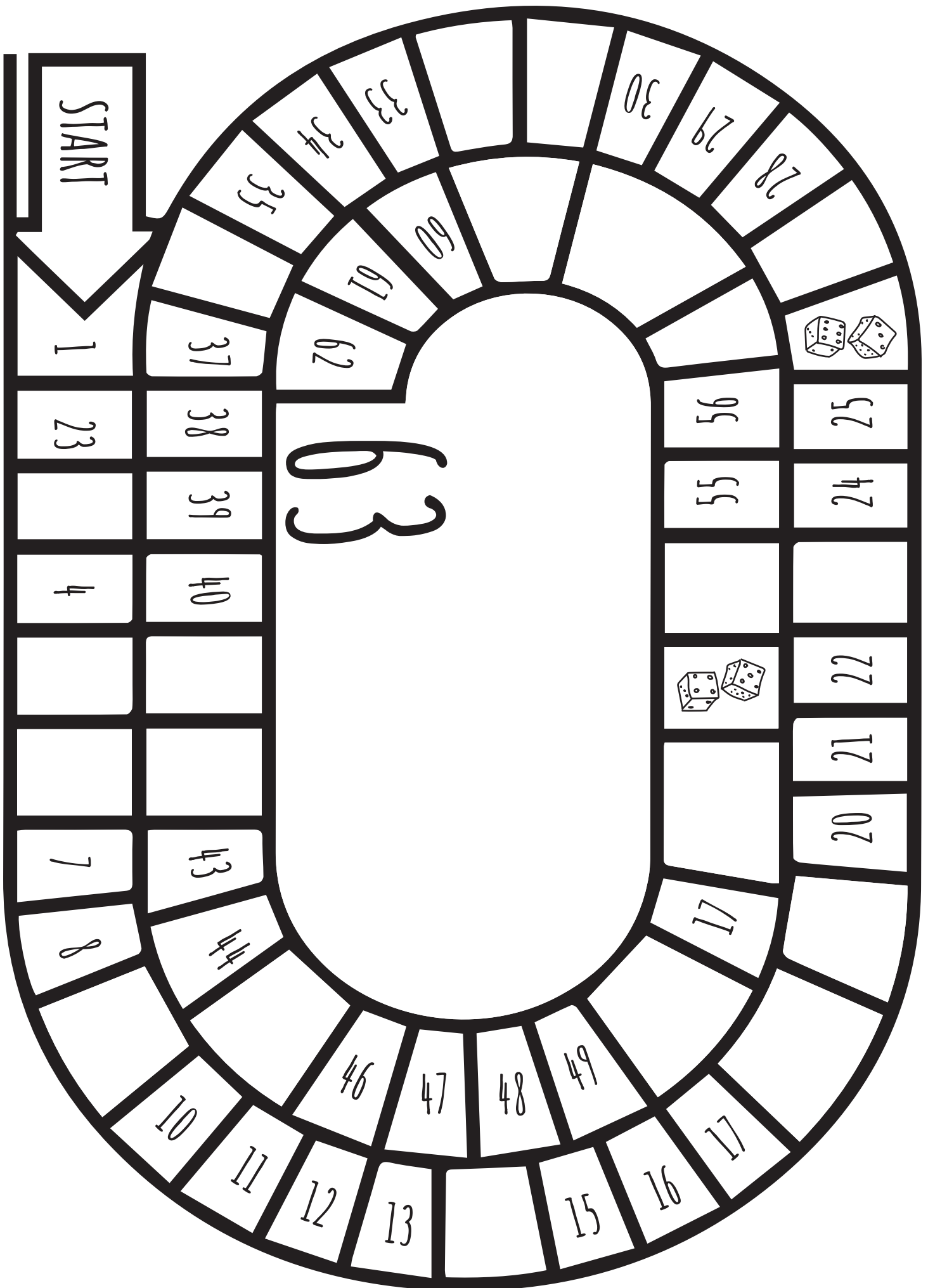
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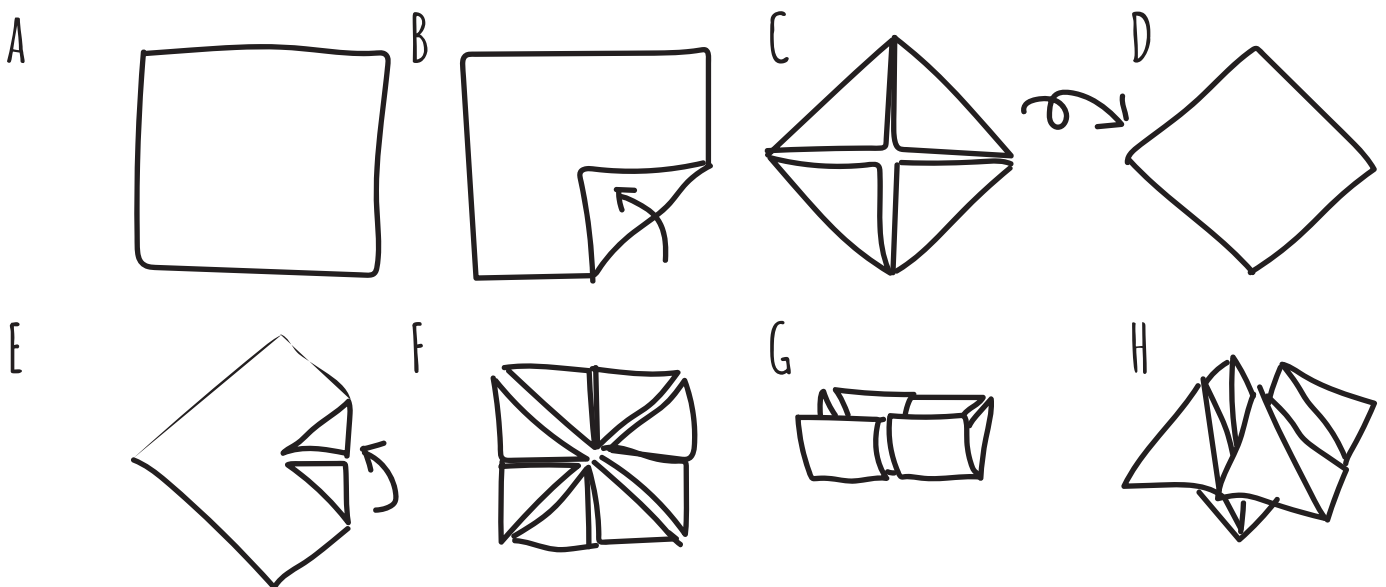


CHATTERBOX

WRITE DOWN ASSIGNMENTS ON THE 8 INNER SQUARES. HERE ARE A FEW EXAMPLES, BUT YOU CAN ALSO THINK OF OTHER FUNNY ASSIGNMENTS YOURSELF.

- JUMP 5 TIMES IN THE AIR
- DO A DANCE
- RECITE THE ALPHABET AS FAST AS POSSIBLE
- GIVE SOMEONE A HUG
- TOUCH YOUR NOSE WITH YOUR TONGUE
- DO A HANDSTAND OR SOMERSAULT
- JUMP LIKE A FROG
- RUN UP AND DOWN THE STAIRS 5 TIMES
- SAY <ENTER A WORD HERE> IN THE LANGUAGE OF THE COUNTRY YOU ARE IN RIGHT NOW

CUT OUT THE PAPER, PUT THE SIDE WITH TEXT DOWN AND FOLD YOUR 'CHATTERBOX' USING THESE INSTRUCTIONS.



PLAY TOGETHER

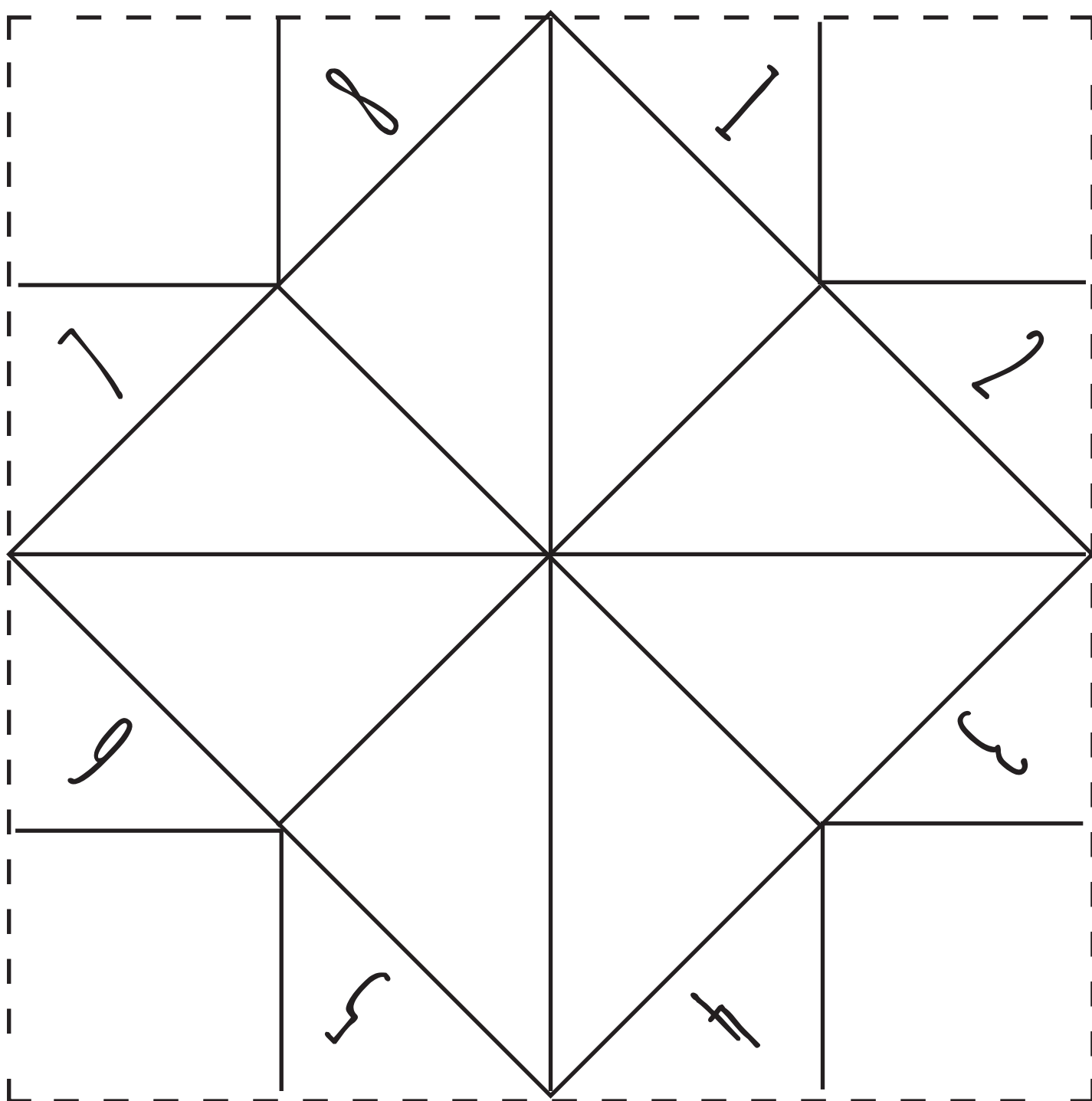
ASK THE OTHER PERSON TO NAME A NUMBER UNDER TEN.

CLICK THAT NUMBER BACK AND FORTH WITH THE 'CHATTERBOX'.

THEN ASK THE OTHER PERSON TO CHOOSE ONE OF THE TWO NUMBERS SHOWN.

OPEN THAT BOX AND READ OUT THE TASK.

THE OTHER PERSON HAS TO DO THE TASK.



I WEEK IN MY NEW LIFE

WHAT DOES YOUR DAY LOOK LIKE? WRITE OR DRAW WHAT YOU DID IN A DAY, ALL THE FUN THINGS BUT ALSO THE NOT SO FUN THINGS.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WHAT IS THE BIGGEST DIFFERENCE FROM A WEEK IN YOUR LIFE IN UKRAINE?

BEFORE THE JOURNEY

A large, empty rectangular box with a thin black border, intended for a drawing.

DURING THE JOURNEY

A large, empty rectangular box with a thin black border, intended for a drawing.

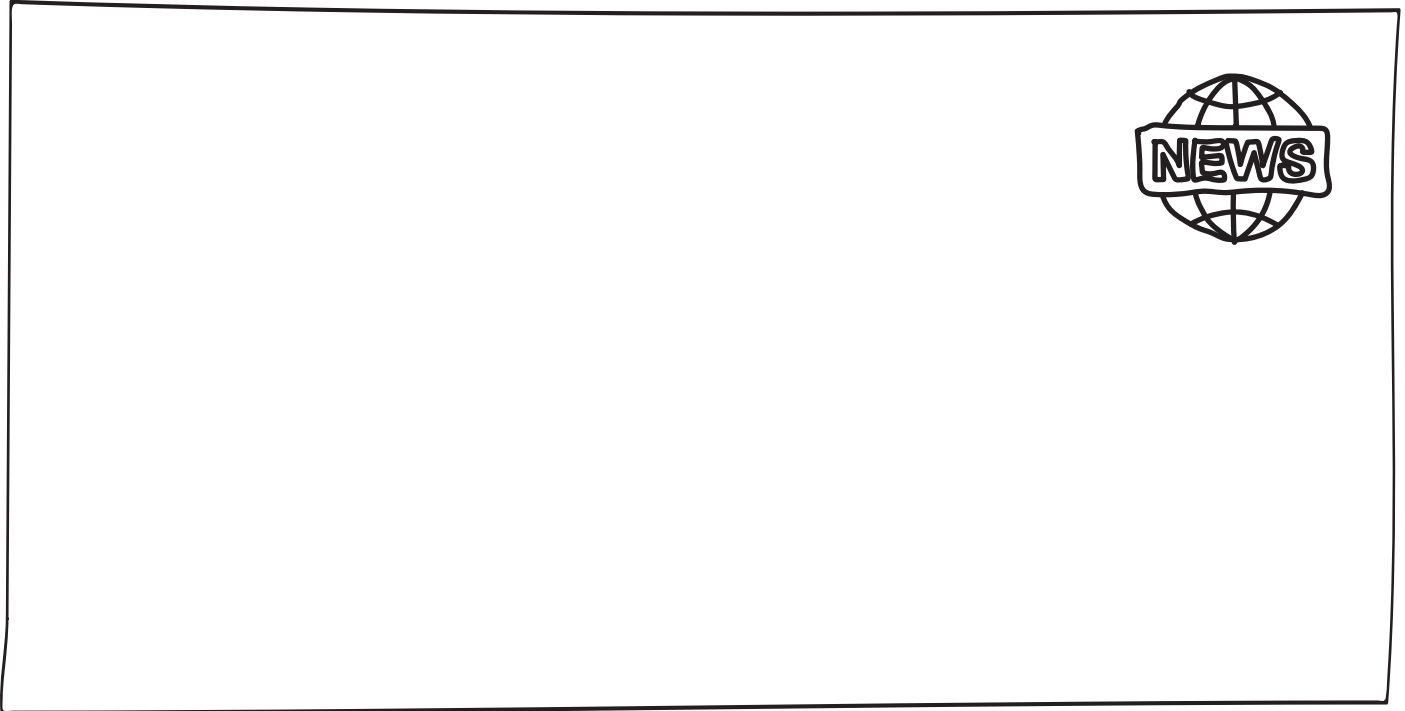
AFTER THE JOURNEY

A large, empty rectangular box with a thin black border, intended for a drawing.

MAKE 3 DRAWINGS ABOUT YOUR LIFE BEFORE THE JOURNEY, DURING THE JOURNEY, AND AFTER THE JOURNEY.

THE NEWS

IF YOU WERE ASKED TO WRITE A NEWS ARTICLE ABOUT UKRAINE FOR A NEWS PAPER OR MAGAZINE, WHAT TITLE WOULD YOU CHOOSE?



WHAT DO YOU HOPE THAT WILL BE DONE IN UKRAINE AFTER THE WAR?

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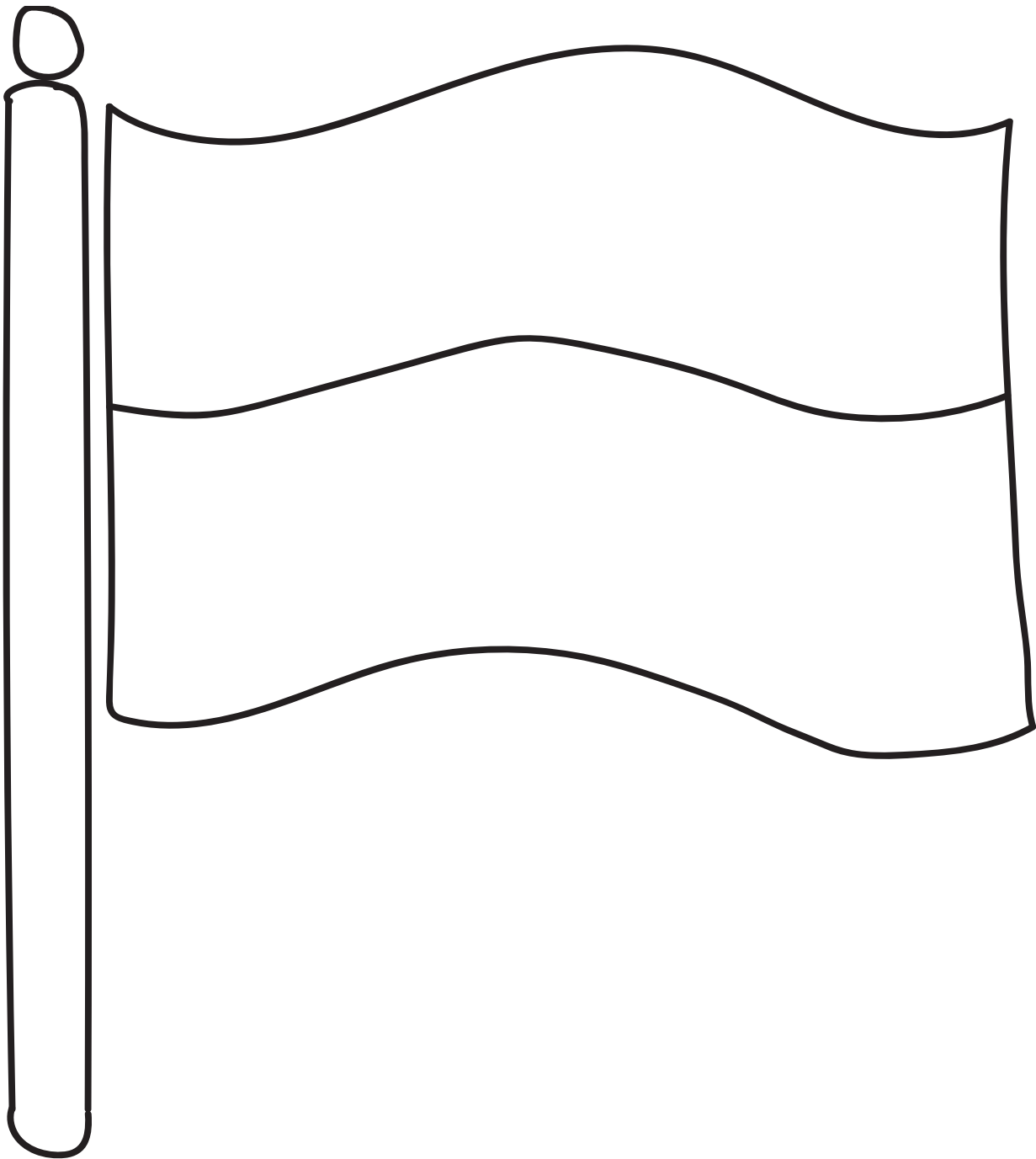
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WHEN I'M THE BOSS OF THE WORLD, I WILL

.....

.....

.....



WRITE IN THE FLAG ABOVE WHAT YOU THINK IS IMPORTANT ABOUT YOUR COUNTRY AND HOW ITS PEOPLE LIVE TOGETHER.

THINK ABOUT: TRUST, HONESTY, PEACE, HUMOUR, FUN, RELAXATION, RESPONSIBILITY, COMMITMENT, LOVE, COURAGE OR SOMETHING ELSE.

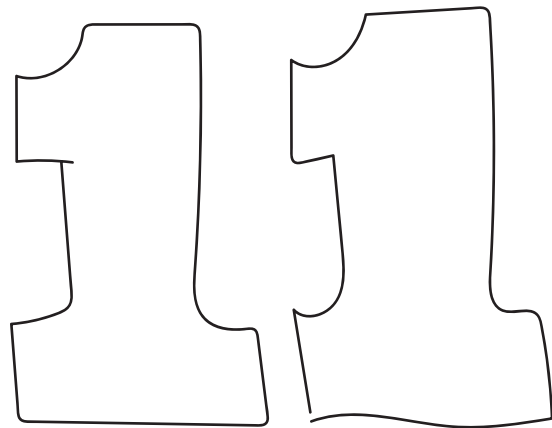
(DO YOU LIKE TO SHARE THE ANSWER TO THIS QUESTION ON SOCIAL MEDIA? IF SO, THEN TAKE A PICTURE AND SHARE IT ON FACEBOOK OR INSTAGRAM #MYLIFEJOURNEYBOOK)

EL(E)V(EN) - 11

WRITE A POEM FOLLOWING THE RULES OF 11. FOR EXAMPLE, THE TRIP, UKRAINE, OR THE NEW COUNTRY YOU ARE IN.

RULES:

FIRST LINE 1 WORD
SECOND LINE 2 WORDS
THIRD LINE 3 WORDS
FOURTH LINE 4 WORDS
FIFTH LINE 1 WORD



EXAMPLE 1:

AWAY
FROM HOME
WITH MY FAMILY
FINDING SOME SAFE SPACE
NEW

EXAMPLE 2:

ADJUSTING
NEW PLACE
WITH NEW FOOD
AND A STRANGE LANGUAGE
ENGLAND

A series of horizontal dotted lines for writing, consisting of 25 lines spaced evenly down the page.

INTERVIEW SOMEONE YOU WANT TO KNOW BETTER.

ASK THESE QUESTIONS:

MAKE UP YOUR OWN QUESTIONS IF YOU LIKE!

WHAT IS YOUR NAME?

.....

WHAT IS YOUR FAVOURITE ANIMAL?

.....

WHAT DO YOU DO IN YOUR FREE TIME?

.....

WHAT IS YOUR FAVOURITE FOOD?

.....

WHO IS YOUR HERO? WHAT DO YOU LIKE ABOUT HIM OR HER?

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.....

.....

MY FUTURE

WHAT WILL YOU DO FIRST WHEN THE WAR IS OVER?

.....
.....
.....

WHAT ARE YOU LOOKING FORWARD TO MOST OF ALL?

.....
.....
.....

WHAT DO YOU WANT TO BE IN THE FUTURE?

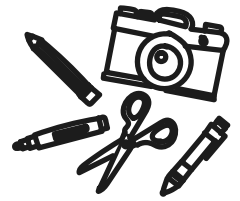
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MY BOOK IS FINISHED ON (DATE):

.....

MY SIGNATURE:





COLOPHON

My Life Journey Book is an initiative of Lifebook for Youth (NGO), the program team of It Starts with Me and FICE Netherlands. It has been carefully compiled by a committed team of social workers and psychologists. The book may be copied and distributed free of charge.

Disclaimer:

This book is intended as a self-help book for children who have fled from Ukraine.

Stop filling out the questions in this book if it makes you feel sadder.

If you find it easier, you can fill out the book with someone.

You decide who you want to show the book to. You don't have to show it to anyone.

Would you like to share what you think of the book? Let us know via info@lifebookforyouth.com.

Help bring the book to the attention of as many organizations and children who could use it as possible by sharing the book on Instagram or Facebook. Search on Facebook and Instagram for the "My life journey book" page [#mylifejourneybook](https://www.facebook.com/mylifejourneybook)

Created by:

Lifebook for Youth has over 10 years of experience in biographical work with children on several continents. The original Lifebook is completed by children only under the guidance of a certified coach. After the My Quarantine book, this special book for children from Ukraine is the second self-help book released by Lifebook. www.lifebookforyouth.com

It Starts With Me ('Het Begint Bij Mij - HBBM) is, a positive change programme developed in South Africa in 2003 for parents and youth. HBBM develops tools and group trainings. Since 2010 HBBM has trained dozens of social workers in the Netherlands as trainers of the parenting programme. Their experience is that this training empowers parents who have had negative experiences in their lives to be positive role models for their children. More information can be found at www.peer3.nl/het-begint-bij-mij/

FICE NL bases its work on the International Convention on the Rights of the Child. It wants to contribute to the quality of care for young people in its own country and in FICE member states, in accordance with this international convention. She does this by using her international network to give policy makers, professionals and young people in care the opportunity to look beyond borders. Literally by stimulating and facilitating international exchange, but also figuratively, by connecting innovative knowledge from other countries to practice in the Netherlands. www.fice.nl

Information parent/caregiver/provider

This book is for children who have fled from Ukraine to another country.

Writing helps to process events and can help to give intense experiences a place.

If the child likes it, you can offer support in filling it in.

Do not force the child to work on this book against his or her will.

The child is the owner of this book. The child may therefore decide if and to whom they will show it.

Supporters:

