

Reconnecting Families

Teenager Workbook



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Produced by Fairfax County Public Schools
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In partnership with

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Your teen years are a good time to ask these questions:

- Who am I?
- Who do I want to be?
- What do I want to do?

Use this activity to help find answers. Remember you have the ability to change. To grow. To become who and what you want. Make it your job to learn about the true you. Your past will always be a part of you. But your past does not determine who you will become.

- Take responsibility for your behaviors.
- Seek out positive choices.
- Choose behaviors that will help you become the person you wish to be.
- Set goals and plan.

Let's do this!

- If I were an animal what would I be? Why?
- If I were a fruit, I'd be a _____ because _____.
- If I were a building, I'd be a _____ because _____.
- If I could be a color, I'd be _____ because _____.

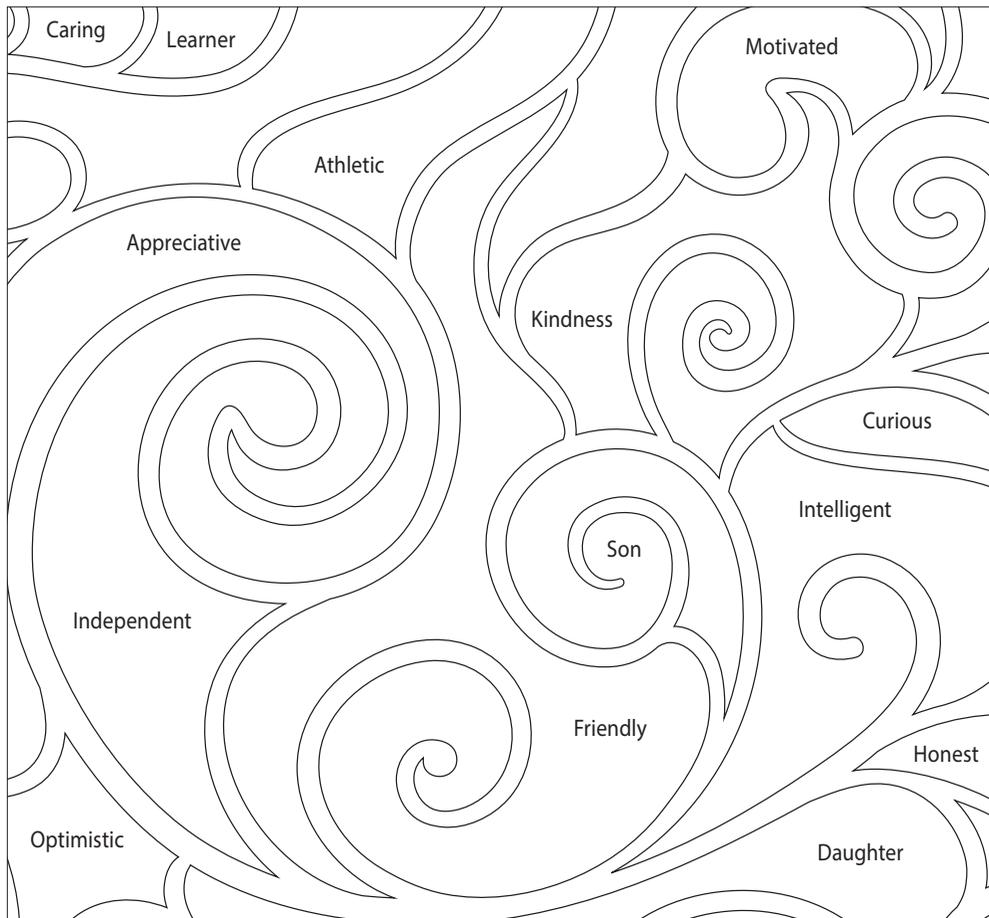
Here is an example: **If I could be a tree**, I'd be a weeping willow, because it has deep roots, provides shade, and blows gently in the wind.

If I were a fruit, I'd be a pineapple, because they are prickly on the outside, but soft and sweet on the inside.

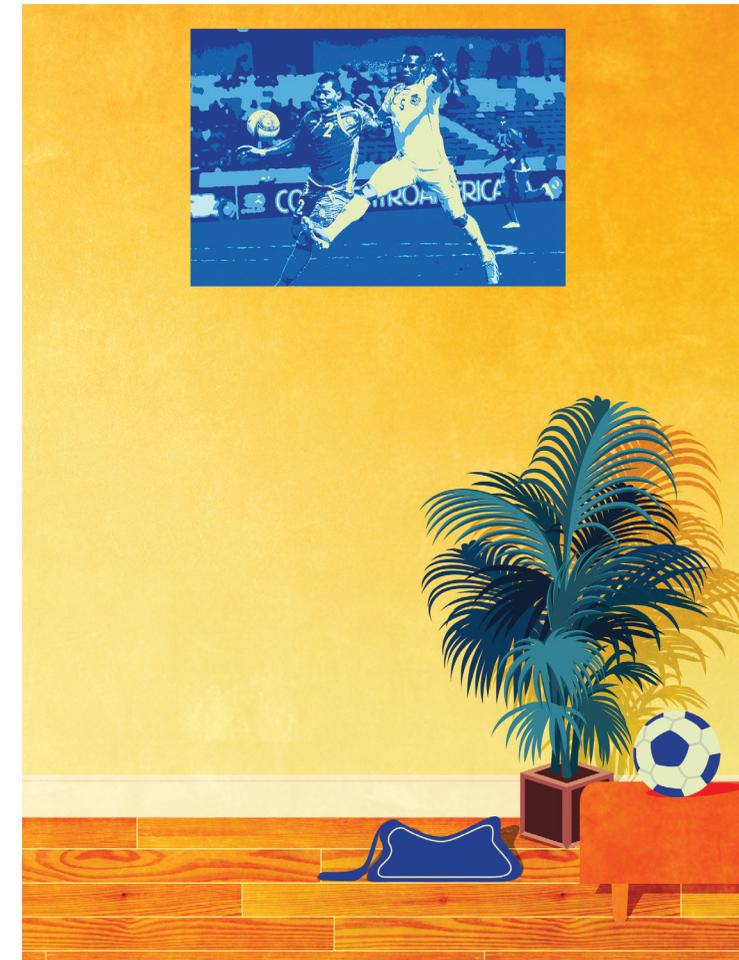
If I were a building, I'd be a department store, so that I would never feel lonely or alone.

The words below represent assets. Assets are positive traits. When life gets difficult we turn to our strengths. The more assets we develop the less likely we are to take part in risky behaviors. We can always add to our assets. It may take work, but it is worth it.

1. Write your name in the middle
2. Color in all words that describe you.
3. Add any other words to describe you.



Create a special and personal place at home (a closet door, a wall, a poster). Hang keepsakes, souvenirs, pictures, and drawings. Draw items that remind you of people and things in your home country. Make your special place nice to look at. Make it comforting and powerful.



Hope for your future is important. You are the expert on your life. Try this, Imagine that tonight as you sleep a miracle occurs in your life. A magical momentous happening that has completely solved your problems and perhaps rippled out to cover and infinitely improve other areas of your life too...

Think for a moment ... how is life going to be different now? Describe it in detail.

So after your problem is gone, what will life look like? What goals can you set to actually make this happen?

Here is Maria's answer: *In my miracle I would speak English. Speaking English will help me make friends in school. Speaking English will help me do better in school. I won't be misunderstood anymore. I will be as smart as I am in Spanish. Oh, I get it. Once I speak better English I can help make the other things happen. I do have some control.*

Source: Steve De Shazer (1988)

1. Hang this heart somewhere in your house. The refrigerator is a good place. Your special place is good too.
2. Cut out the word boxes below.
3. Tape the words that describe how you feel in the heart. You can change the words as you change your mood.



