

*My present, my past
and my future*

MY OWN BOOK



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HOW ARE YOU TODAY? DRAW FACES IN THE YELLOW CIRCLE.



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Hi there

You have been given this book because you have just arrived in Sweden. Welcome!

We know that it is not easy to move to another country and another language. There is so much that is new. Some things are great, while other things can be difficult to understand. But the most important thing of all is how you think and how you feel. What is important to you? How are you feeling?

We hope that you will get help from an adult to work on this book a little at a time, every now and then, during your first two years in Sweden. There is no right or wrong way to use this book, but the first few pages are best suited to when you have just arrived and the last pages are best when you have learned a little more Swedish and been here for a while.

Write your name in the white box on the front of the book if you want to. Fill in the book in the way that feels right for you – draw or write. Find out more in books or on the Internet, and paste in an extra image if you feel it's needed anywhere.

Make it to your book.



▲
*Can you translate the book's title
from English into your language?
Write it here if you can!*

This is who I am today!

DRAW YOUR PORTRAIT

Name:

Age:

Height:

Hair colour:

Eye colour:

Country and city/town/village where I was born:

Places I have lived in:

Now I live in:

I speak these languages:

People who are important to me:

Animals I like/love:

I like to eat:

My favourite smell:

My favourite place:

I would like to travel to:

My interests/I like to:

I am good at:

When I grow up, I want to be a:

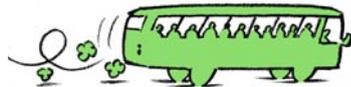
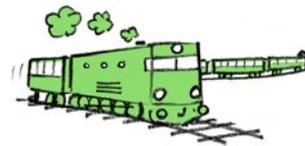
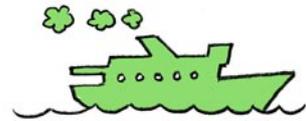
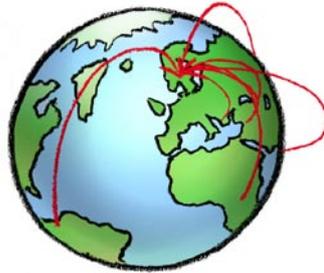
My favourite music:

Where I lived before, I used to:

If I could do whatever I wanted, I would:

My journey

HOW DID YOU COME TO SWEDEN? TICK THE BOXES. WRITE ABOUT YOUR JOURNEY.



HOW WAS YOUR JOURNEY?

.....
.....

HOW DID IT FEEL?

.....
.....

.....
.....

My new home

WRITE OR DRAW

HOW WAS IT, GETTING A NEW HOME? WHAT DID YOU THINK AND WHAT DID YOU FEEL?
WHAT KINDS OF THINGS WERE THERE IN YOUR NEW HOME?

WERE YOU SURPRISED BY ANYTHING?

WHO WAS THE FIRST PERSON YOU SAID HELLO TO WHEN YOU CAME TO SWEDEN?

What it looked like where I slept before:

DRAW HERE

What it looks like where I sleep now:

DRAW HERE

My feelings

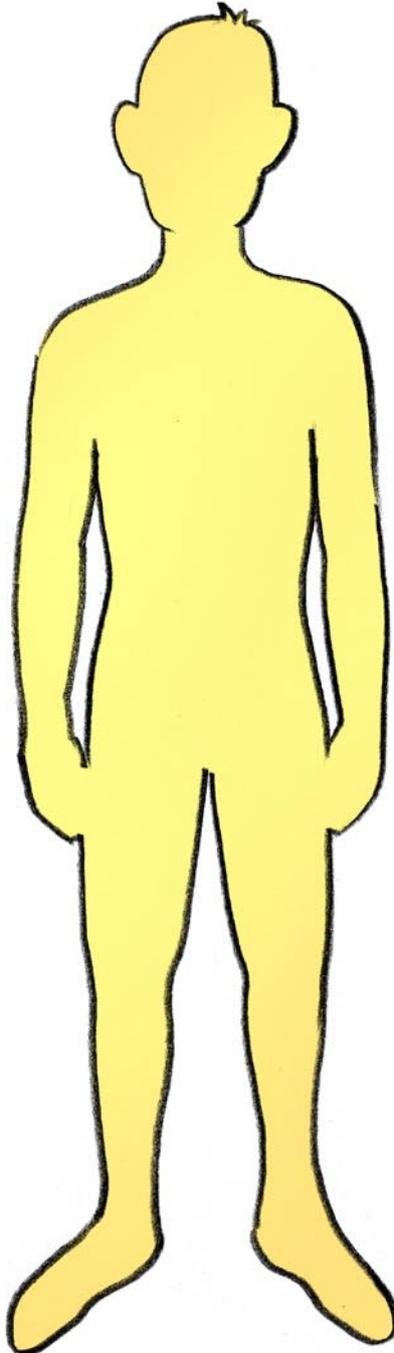
HOW DOES IT FEEL WHEN YOU'RE HAPPY, AFRAID, ANGRY OR SAD?



A series of horizontal dotted lines for writing, corresponding to the four illustrations of feelings.

Health

WRITE THE NAMES OF THE PARTS OF THE BODY, ORGANS AND MUSCLES OF YOUR BODY AND DRAW LINES TO THE RIGHT PLACE. HOW MANY ORGANS DO YOU KNOW ABOUT? DRAW THEM IN!



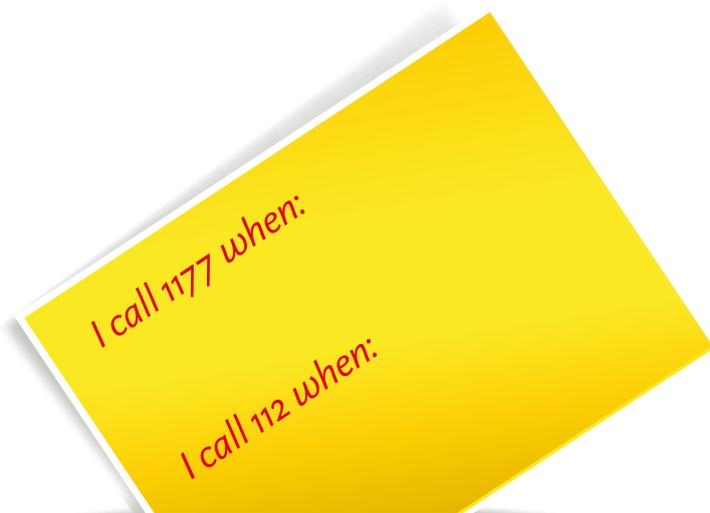
*Learn more about the body!
Information in Swedish and
many other languages.
www.umo.se and
www.rfsu.se and www.rfsl.se*

Health

FIND THE PHONE NUMBERS ON THE INTERNET TO A MEDICAL CENTRE (HÄLSOCENTRALEN) AND THE SWEDISH DENTAL SERVICE (FOLKTANDVÅRDEN) FOR EXAMPLE. CALL THE SCHOOL NURSE AND ASK WHEN SHE IS OPEN FOR CONSULTATIONS.

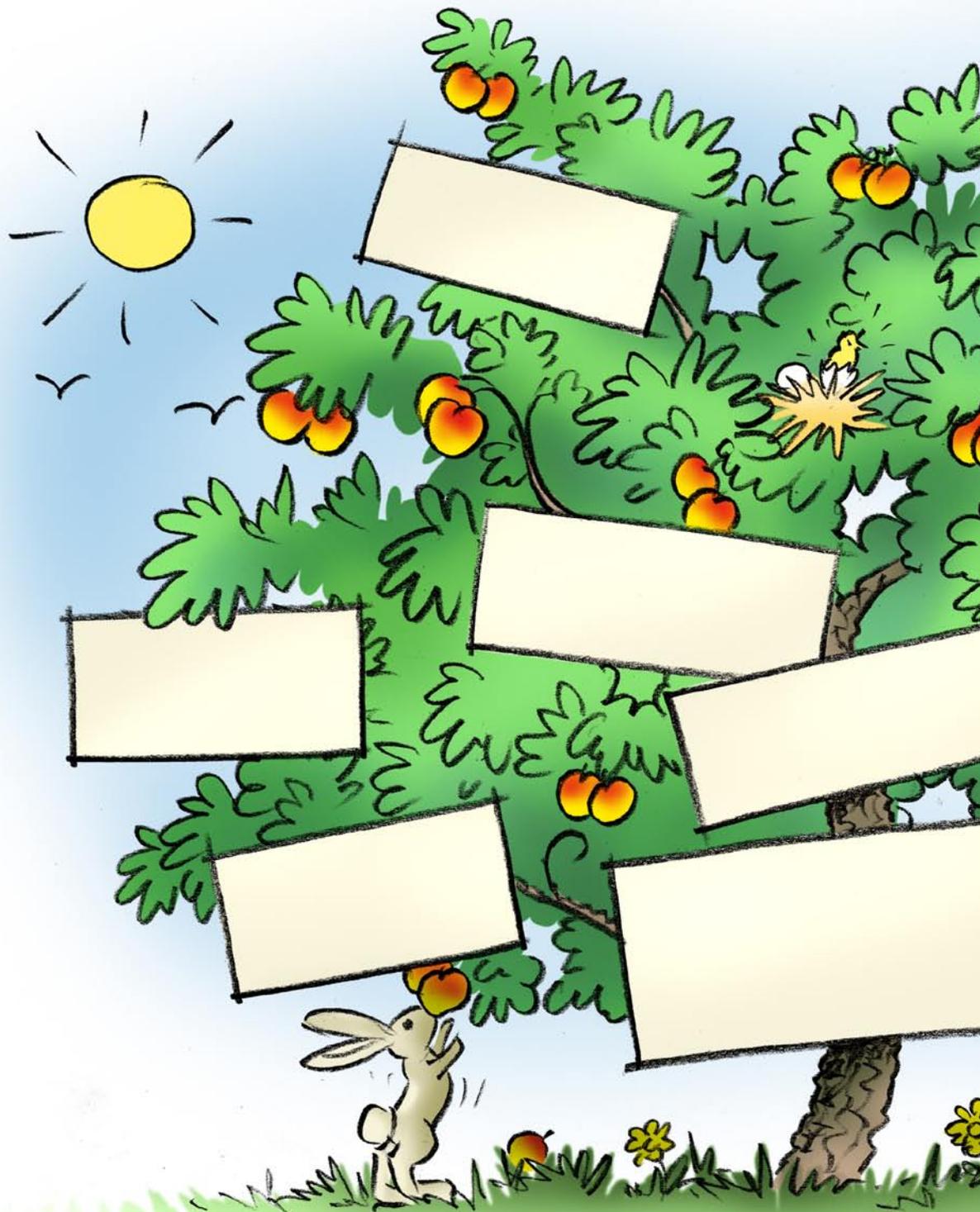
Who can I get help from?

Phone number:



My immediate family

WRITE YOUR NAME IN THE LARGE BOX. FILL IN OTHER IMPORTANT NAMES AND



Family and my relatives

AROUND YOU, AND WRITE WHO IS WHO! FOR EXAMPLE, AMIR, GRANDFATHER.



Reflecting

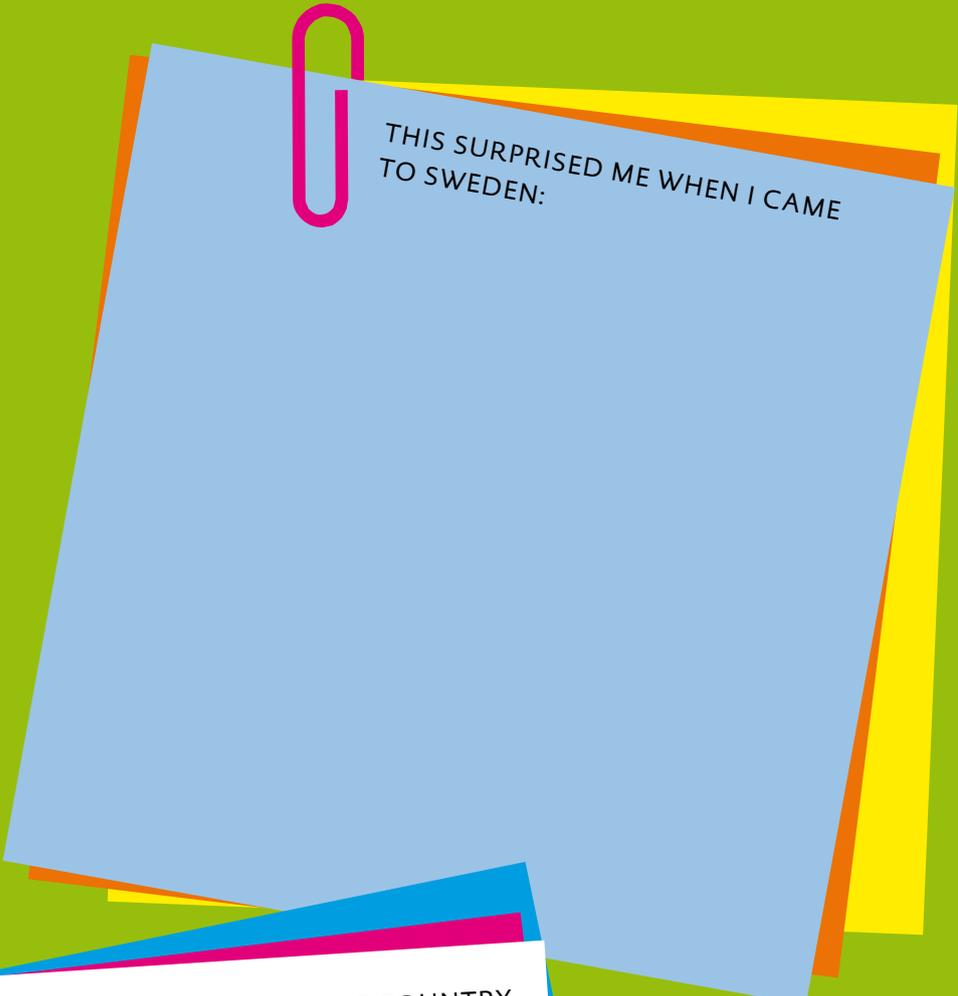
GET ANOTHER PIECE OF PAPER AND WRITE DOWN SOME THINGS ABOUT SWEDEN. THEN SELECT TWO GOOD THINGS AND TWO BAD THINGS AND WRITE THEM ON THE "POST-IT NOTES" IN THIS BOOK.



THE BEST THING ABOUT SWEDEN IS:



THE WORST THING ABOUT SWEDEN IS:



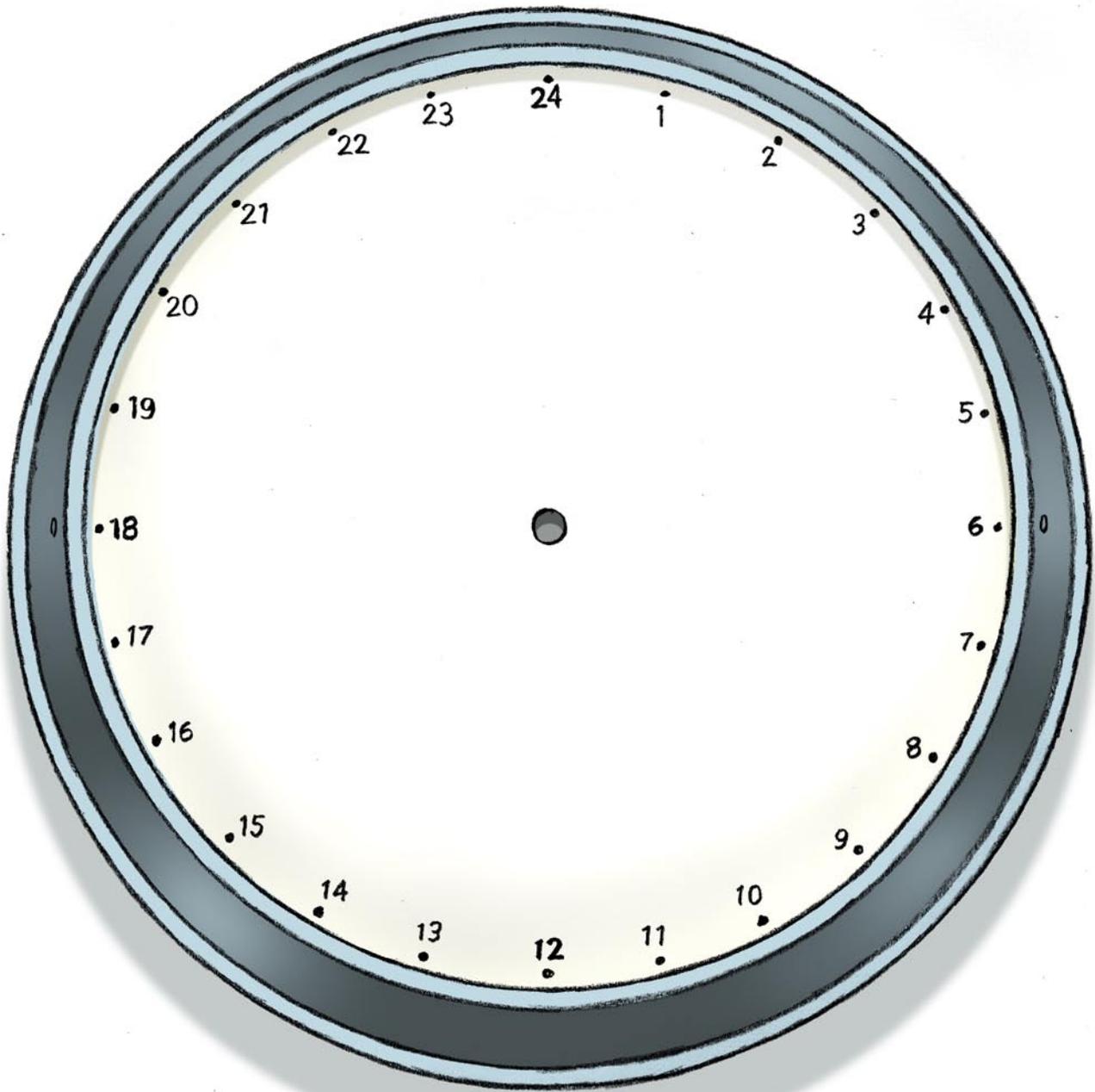
THIS SURPRISED ME WHEN I CAME
TO SWEDEN:



THE BEST THING ABOUT THE COUNTRY
I LIVED IN BEFORE IS:

Around the clock

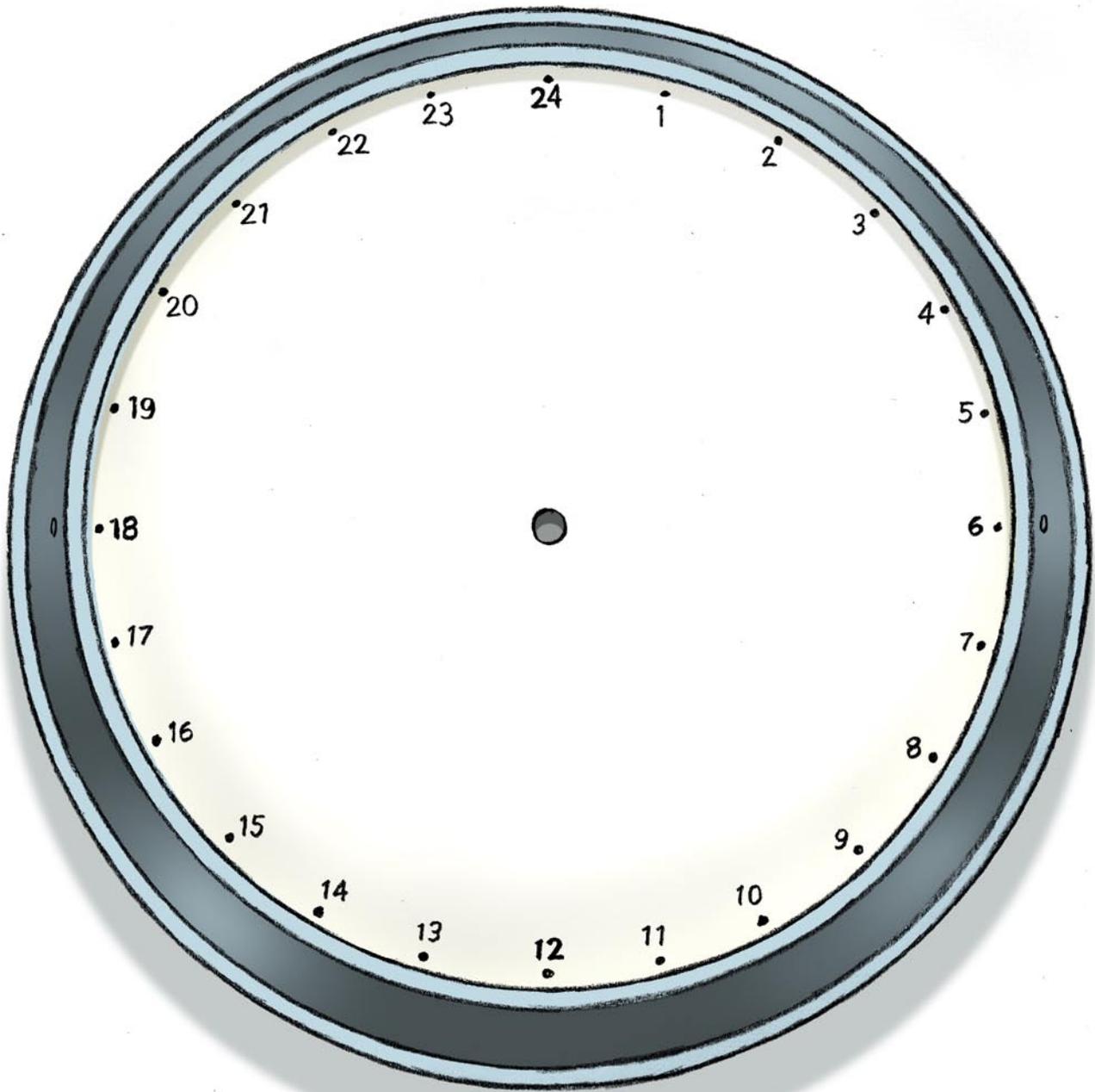
THIS IS HOW I LIVE!



~~~~~  
WHEN DO YOU EAT, WHEN DO YOU SLEEP? FOR  
HOW MANY HOURS DO YOU DO DIFFERENT THINGS?  
PASTE THE SYMBOLS ON THE CLOCK.  
~~~~~

Around the clock

THIS IS HOW IT COULD BE!



PASTE THE SYMBOLS ON THE CLOCK TO SHOW
HOW THINGS COULD BE. WHY SO? TALK ABOUT IT.

DRAW A MAP OF THE PLACE WHERE YOU LIVE OR PRINT
CUT OUT THE SYMBOLS AND PASTE THEM ON THE MAP. MAKE YOUR OWN SYMBOLS IF YOU

IMPORTANT ADDRESSES:

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.....
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.....

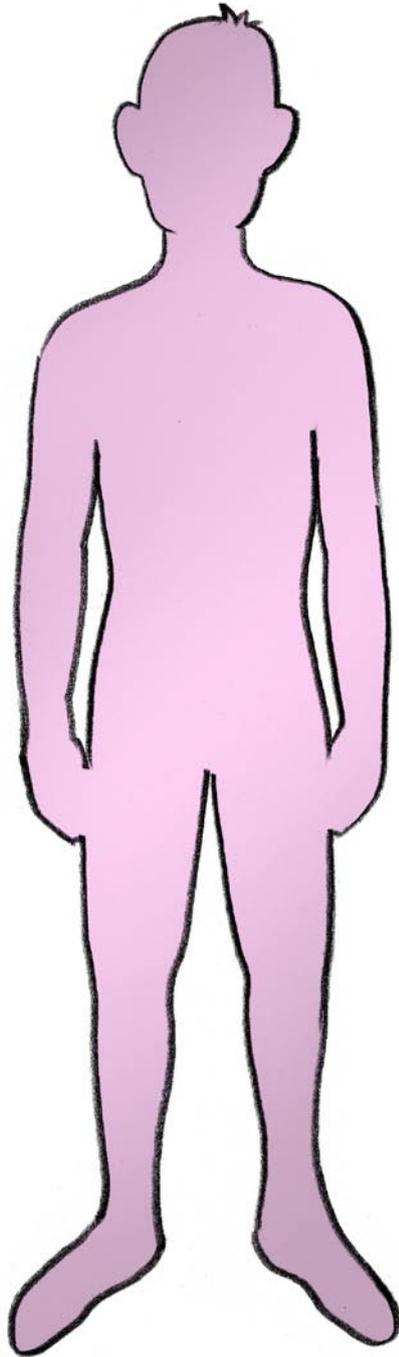
on map

PRINT OUT A MAP FROM THE INTERNET AND PASTE IT IN.

IF YOU CAN'T FIND WHAT YOU NEED, WRITE IN THE ADDRESSES THAT ARE IMPORTANT TO YOU.

My feelings

WHERE DO YOU FEEL ANGER IN YOUR BODY? WHERE DO YOU FEEL JOY? GRIEF? FEAR?



My feelings

A FEELING THAT I FIND IT DIFFICULT TO SHOW OTHERS:

A FEELING THAT I FIND IT EASY TO SHOW OTHERS:

WHAT DO YOU DO TO FEEL BETTER IF YOU ARE FEELING SAD?

WHAT DO YOU DO IF YOU CANNOT SLEEP?

*“We don’t choose feelings.
All feelings are okay.”*

The future

WRITE OR DRAW IN THE CLOUDS

MY DREAMS FOR
THE FUTURE WHEN I'M AN ADULT

OTHER PEOPLES' DREAMS AND
EXPECTATIONS ABOUT MY FUTURE

I am good!

FIVE THINGS I AM GOOD AT:

1

2

3

4

5

THREE THINGS (QUALITIES) THAT I AM PROUD OF:

1

2

3

Rights and obligations

WRITE OR DRAW THREE RIGHTS AND THREE OBLIGATIONS THAT YOU HAVE.
WHAT DO YOU THINK ABOUT THEM?

1

1

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~~~~~

2

2

~~~~~

~~~~~

3

3

www.barnombudsmannen.se
www.bris.se

Who is the children's ombudsman?
What is BRIS? Find out more!

Rules

WHAT RULES ARE THERE? WRITE DOWN ANY THAT YOU KNOW OF.
WHAT DO YOU THINK ABOUT THEM?

SCHOOL

HOME

SOCIETY

TRAFFIC

Seasons

WHAT DOES SPRING SMELL LIKE?

.....
.....

WHAT DOES SUMMER TASTE LIKE?

.....
.....

HOW DOES THE AUTUMN SOUND?

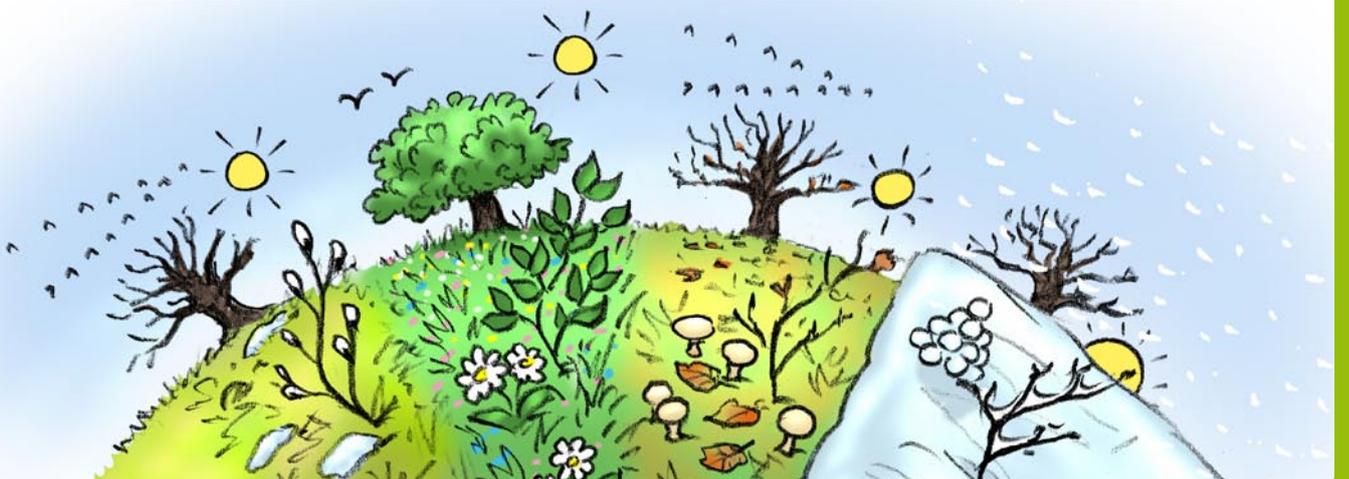
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WHAT DOES WINTER FEEL LIKE?

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WHAT ARE SEASONS AND THE WEATHER LIKE WHERE YOU LIVED BEFORE?

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Reflecting

SMELLS THAT I LIKE:

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SMELLS THAT I DON'T LIKE:

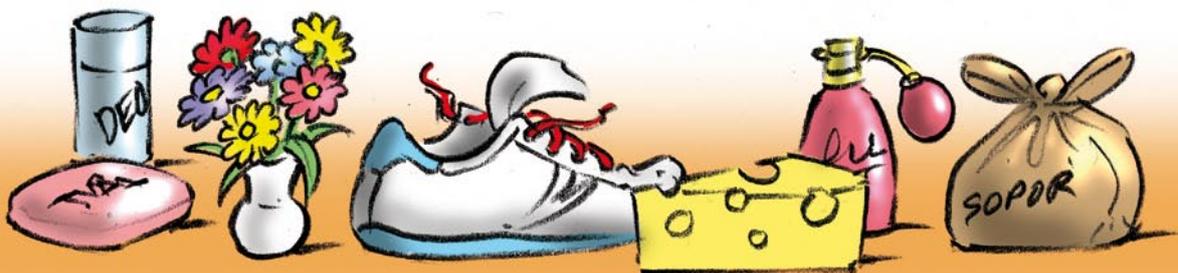
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WHAT DO YOU FEEL THEN?

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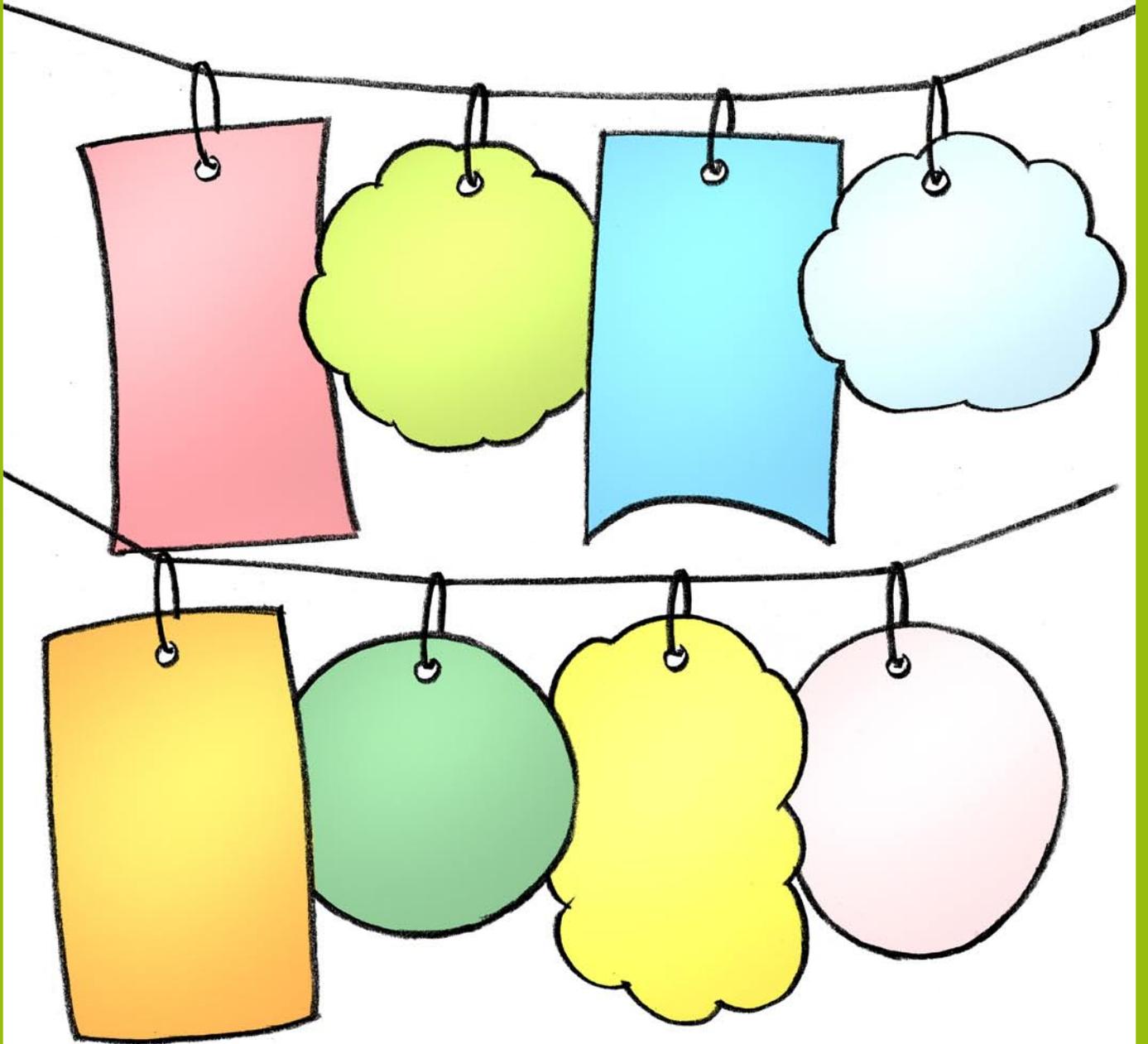
WHAT DO YOU REMEMBER THEN?

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Celebrations

WHAT KINDS OF FESTIVALS ARE THERE? WHAT CAN YOU CELEBRATE?
WRITE DOWN EVERYTHING YOU CAN THINK OF HERE.



Celebrations

WHAT FESTIVALS AND FEASTS DO YOU CELEBRATE WITH YOUR FAMILY?

.....

.....

.....

IS THERE ANY DIFFERENCE IN HOW YOU CELEBRATE NOW AND HOW YOU CELEBRATED BEFORE?

.....

.....

DO YOU CELEBRATE ANY FESTIVALS AT SCHOOL?

.....

.....

.....

WHAT IS THE MOST IMPORTANT THING WHEN YOU ARE CELEBRATING? WHY?

.....

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.....

DRAW OR PASTE IN A PICTURE OF A FESTIVAL THAT IS IMPORTANT TO YOU.

Feelings



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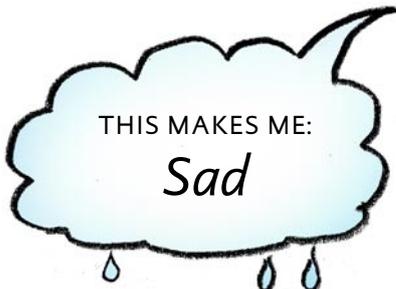
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Reflecting

WRITE DOWN ALL THE WORDS THAT YOU CAN THINK OF THAT ARE ABOUT SCHOOL ON A DIFFERENT PIECE OF PAPER. PICK OUT SOME GOOD AND BAD THINGS AND WRITE THEM IN THIS BOOK.



My responsibilities as an adult

PUT A CROSS IN FRONT OF THE THINGS THAT YOU THINK ARE IMPORTANT TO BE ABLE TO DO AS AN ADULT. WHAT IS THE MOST IMPORTANT? THINK ABOUT THESE THINGS AND DISCUSS.

- SWIM
- SEW
- SKI
- PUT UP WALLPAPER
- COOK
- PUT ON MAKE-UP
- READ A MAP
- PLAY FOOTBALL
- RIDE A HORSE
- DANCE
- MAKE YOUR BED
- READ
- SPEAK SWEDISH
- KNOW WHAT A BANK IS
- CLEAN THE HOUSE
- WRITE
- FIGHT
- DRESS YOURSELF
- FIX THE CAR
- DRINK ALCOHOL
- KNOW WHAT INSURANCE IS
- WASH YOUR CLOTHES
- USE A COMPUTER
- CYCLE
- PLAY CHESS
- SPEAK MANY LANGUAGES
- PAY BILLS
- CLEAN THE WINDOWS
- DRIVE A CAR
- LIE
- SMOKE
-
-
-
-
-
-

The future

CAN YOU FIND YOUR WAY OUT OF THE MAZE FROM THE CENTRE?
WRITE DOWN THREE GOALS OR DREAMS YOU HAVE FOR THE FUTURE IN THE CLOUDS.
(WRITE WHAT THINGS WILL BE LIKE IN FIVE YEARS OR WHEN YOU ARE AN ADULT.)



HOW OLD WILL YOU BE THEN?

WHO WILL YOU BE LIVING WITH, AND WHERE WILL YOU BE LIVING?

.....

.....

.....

WHAT CAN YOU DO TO ACHIEVE YOUR GOALS AND DREAMS?

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What I look like now

PHOTO
OF MYSELF

MY NAME IS:

.....

I AM YEARS OLD.

MY HEIGHT IS CM.

I AM GOOD AT THIS AT SCHOOL:

.....

.....

.....

I AM GOOD AT THIS AT HOME:

.....

.....

.....

I AM VERY PROUD OF THIS:

.....

.....

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.....

For the adults

This book is the result of many years of work with – and for – newly arrived children and young people in Strömsund Municipality and in Jämtland County. The book is also based on thoughts and comments from children and adults in other locations in Sweden and abroad. We have created a method and materials to make the child's start in the new country as good as possible and the migration process as comprehensible as possible for young quota refugees.

You are perhaps an employee at a school, non-governmental organization (NGO) or family centre. It does not really matter where you work: the main thing is that you are a dedicated person who wants to help the child to work on this book on a regular basis during his or her first two years in Sweden. We also hope that you can help him or her to store the book during that time. Our hope is that this book will give the child an opportunity to reflect on their situation here and now, but also to remember and reflect on how things were before. Our experience is that even the most distressing emotions must be given space; it is okay to talk about grief, anxiety and fears. What are needed are adults who are willing to give their time in order to listen.

This book can be used without following our structure, but if you or any of your colleagues want to get an overall picture and go into more detail, there is also a method and materials book. In it, we present among other things our information material on Sweden which we have created in cooperation with the Swedish Migration Board. For those who would like to work in parallel with group activities for parents or children, there is also a complete guide which in turn has links to the child's book.

The idea is that this book will link the present with the past – and with reflections on the future. It thus becomes a tool for working with identity and belief in the future, while it also obviously provides the opportunity to practise the language and learn important concepts. The first pages are best suited for the beginning and the last pages are best suited for when the child has been in Sweden for a couple of years. But for the rest, it is about adapting the tasks to the child's age and needs – and using an interpreter or language support as often as possible.

Please tell us what you and the children that you work with think about this book. Send your comments by e-mail to begripligt@stromsund.se

Below is a list of the names of the people who have worked on the book and projekt Begripligt hela vägen:

Elisabeth Lindholm, Anders Fabricius, Sara Adelhult, Jenniffer Bennoit, Ulrica Engholm, Sara Edvardsson, Berit Holter, Lisa Persson och Maria Nummelin Björklund.



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*Materials and method:
www.begripligt.nu
begripligt@stromsund.se*



Nu, då och sen
Min egen bok

دیروز، امروز و فردا
کتاب خودم

Dellie, daeli
lijtjen gän

hachowto
ha

les
978 09

HERE ARE PICTURES THAT YOU CAN CUT OUT AND PASTE TO THE WATCHES.
DRAW YOUR OWN PICTURES IF YOU THINK THAT SOMETHING IS MISSING.
THESE PICTURES BELONG TO PAGE 16 AND 17.



HERE ARE PICTURES THAT YOU CAN CUT OUT AND PASTE TO THE MAP.
DRAW YOUR OWN PICTURES IF YOU THINK THAT SOMETHING IS MISSING.
THESE PICTURES BELONG TO PAGE 18 AND 19.

