

IRC Healing Classrooms – Unit 3 Preparing a Safe Place to Land

Student Activity: I am, I have, I can, I dream



Creating feelings of self-worth

Follow the first example to complete the I am, I have, I can, I dream exercise below, and consider how it can help develop a sense of self-worth for the students in your classroom.

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| <p>I am ...</p> <p>Syrian, the oldest sister, intelligent, multilingual, Muslim</p> | <p>I have ...</p> <p>a supportive family, good friends, a cat, dreams to be an architect</p> | <p>I can ...</p> <p>speak 3 languages, play basketball, do a handstand, be a good friend</p> | <p>I dream ...</p> <p>of being an artist, going to university, playing professional football</p> |
| <p>I am ...</p> | <p>I have ...</p> | <p>I can ...</p> | <p>I dream ...</p> |