

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.

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