



## New in Our Nation: Activities to Promote Self-esteem and Resilience in Young Asylum Seekers

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By P. Allen, Ian Warwick, Jan Begum

Lucky Duck Publishing, United Kingdom, 2004. Paperback.  
Book Condition: New. A4 Book and CD. 294 x 206 mm.  
Language: English . Brand New Book. Refugee children have often experienced great disruption, violence and fear. They have frequently lost members of their family and may even have witnessed their deaths. They have left everything that is familiar and found themselves deposited in a completely different, strange and sometimes frightening environment. This exceptional resource offers the adults who support these young people a sensitive, honest and practical programme. There is a good balance between affective and skills based activities and, whilst recognising the uncertainty they face, the eight sessions all provide a positive focus for the young people and their families. The programme includes: } Exploring our Feelings about Who We Are } Role-Models } Poetry and Painting } History, Legislation and my Bill of Rights } My Shield of Strength } Hopes, Fears and Dreams The resource includes copiable material for participants personal files, and posters for display.



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