



# A Workshop for Parents & Children

## CHILD WORKBOOK



POST  
ADOPTION  
SUPPORT

CENTER FOR CHILD  
& FAMILY HEALTH



MODULE I  
**INTRODUCTIONS**



PARENT  
WORKBOOK





# MODULE I: INTRODUCTIONS



## WELCOME TO LEAF!

LEAF stands for Learning and Empowerment for Adoptive Families. LEAF gives kids who are adopted a chance to get together, learn new ways to talk about adoption with their parents and others, and learn skills to cope with strong feelings.

LEAF will be one night a week for 10 weeks. Each week will start with dinner and social connection time, then parents and kids will meet in their separate groups. Each week will end with Family Together Time, where kids and parents share what they've been working on in their separate groups.

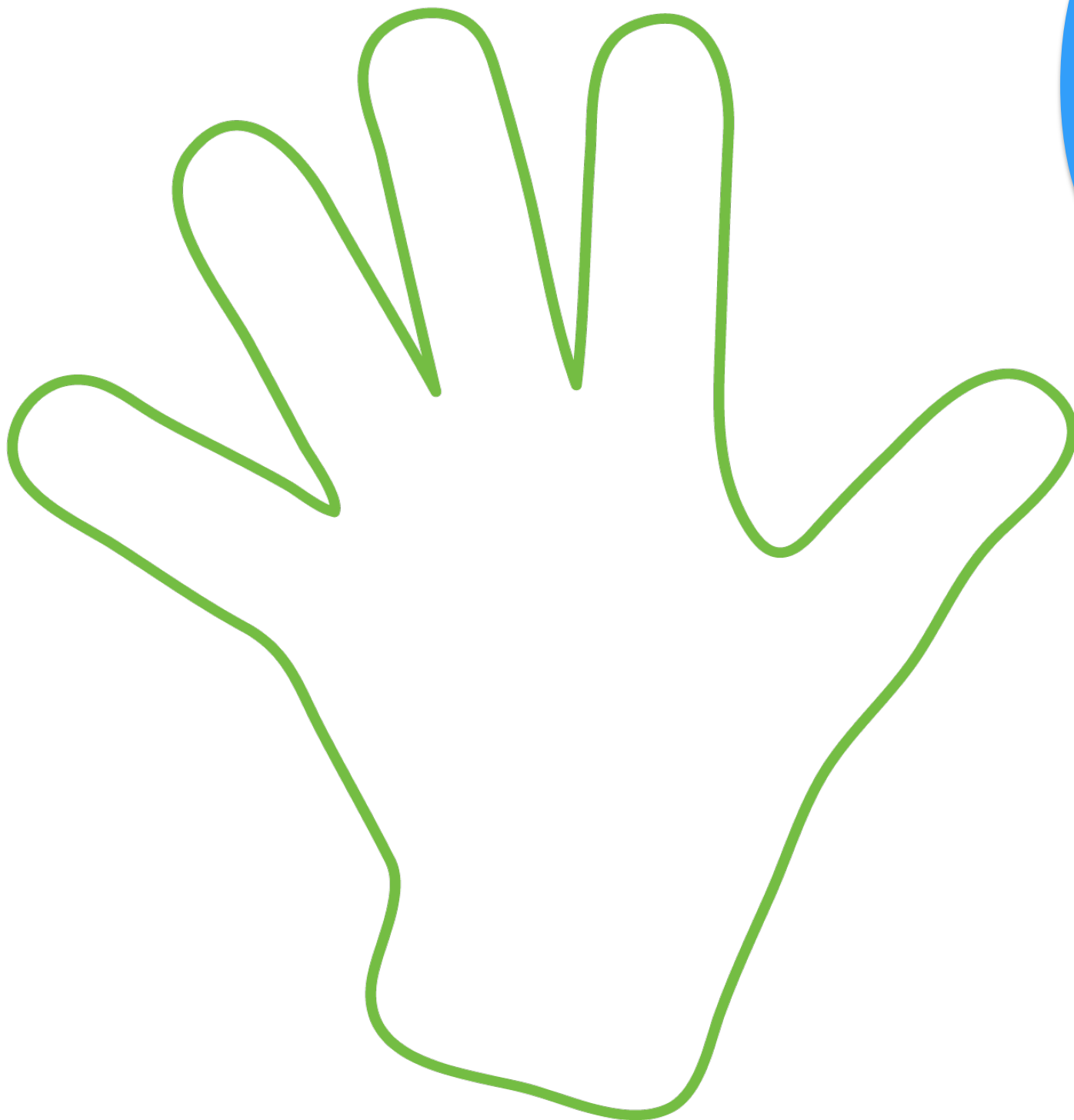


## GROUND RULES

- Confidentiality
  - “What we talk about in group, stays in group,” which means that we don’t share what others say in group with other people.
  - We want you to feel safe sharing.
  - If there is a safety concern, we as facilitators are required to tell someone who can help keep you safe.
  - We will encourage you to share during group and you will be sharing your workbook with your parent(s) during Family Together Time.
- Permission to Pass
  - You are strongly encouraged to engage in every activity, but you are given the opportunity to pass on sharing information about your story or what you create with the rest of the group.
- Take Care of Yourself
  - Listen to your body. If you feel worried or really stressed, tell one of the facilitators you might need to take a break.
- Agree to Disagree
  - We will have different opinions at times and that is okay as long as we are respectful of each other.
- Be respectful/Speak kindly to others.
  - It is very important that we are kind to each other in this group. That means listening while others are talking, not making fun of anyone else, not engaging in name calling, and not cursing or using bad language.

## HIGH FIVE: FACTS ABOUT ME

Write one fact about yourself on each finger of the hand below.





## THE COPING ZONES

### RED ZONE

You are out of control. You want to fight or run away. You may feel rage or panic.



### Getting Warmer

You are getting out of your green zone and may be feeling scared, stressed, irritated, excited or silly. Now is a good time to use a coping skill!



### GREEN ZONE

You can deal with what is happening in your life. Your brain is relaxed enough to learn. You might have feelings, but you can handle them.

Sometimes your green zone is big and it is easier to handle stress.



Other times your green zone is smaller. Little things may bother you a lot.



### Getting Cooler

You are starting to feel checked out. Now is a great time to do a coping skill!






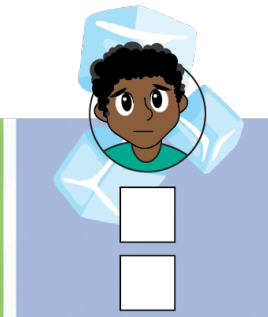
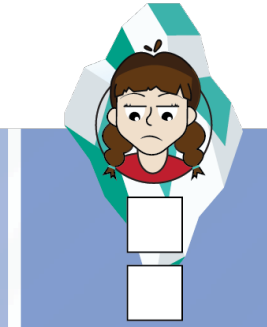
### BLUE ZONE

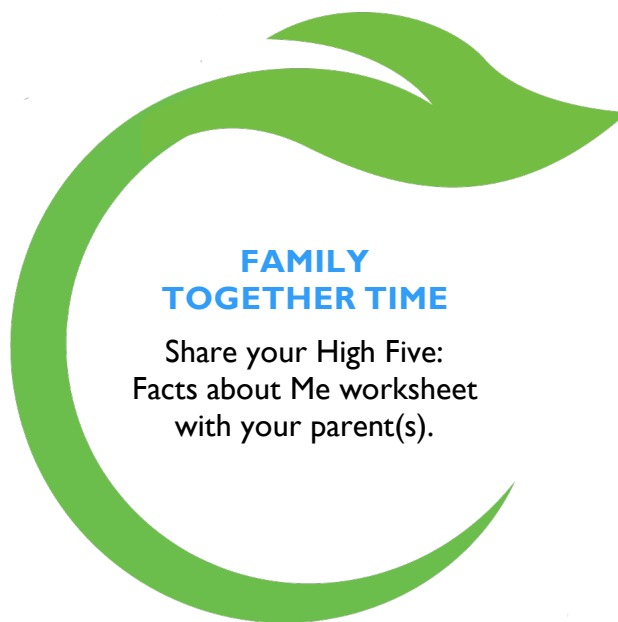
You are shutting down or checked out. You may be overwhelmed by what is happening around you, so you disconnect. You may feel spaced out, numb, or frozen.



## CHECK YOUR ZONE

What zone are you in?

				
<p><b>RED ZONE</b></p>	<p><i>Getting Warmer</i></p>	<p><b>GREEN ZONE</b></p>	<p><i>Getting Cooler</i></p>	<p><b>BLUE ZONE</b></p>



### FAMILY TOGETHER TIME

Share your High Five:  
Facts about Me worksheet  
with your parent(s).



MODULE 2

# LEARNING ABOUT ADOPTION



CHILD  
WORKBOOK





# MODULE 2: DEALING WITH STRONG FEELINGS

## AWARENESS OF OUR ZONES

- When we are in our green zone, we are capable of handling our feelings and able to stay relatively in control even though something difficult has happened. In general, we want to stay in our green zone, but when we have really strong feelings, it can be hard to manage. When it gets too hard to manage those feelings, we can get bumped out of the green zone and into either the red or blue zones.
- When we get bumped out of our green zone, our bodies react like we are in danger, and our brains are actually not capable of thinking clearly.
- When we get stressed and overwhelmed (i.e. bumped out of our green zone) and “flip our lids,” we don’t have access to the smart, thinking part of our brain.
- By examining how our body feels, what we are thinking, and how we are acting, we can determine which zone we are in.



## CHECK YOUR ZONE: DEALING WITH STRONG FEELINGS

What zone are you in?

<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>

CHILD WORKBOOK  
MODULE 2

## WHAT ZONE ARE THEY IN?

### James

James comes home and his mom scolds him for his room being a total mess. She says he can't go out and ride bikes until it is clean. He feels angry at her. He thinks that she is so unfair and is always picking on him. He even thinks she must not love him to treat him this way! He yells at her, and she shouts back, which makes him even madder until he goes up to his room and slams the door and starts ripping everything up! His face is hot, he wants to punch someone! He slams things on the ground and screams!

What zone might James be in? \_\_\_\_\_

### Kayla

Kayla gets called downstairs to talk to her parents after they read her diary. She is so worried about what they have found, she doesn't think she can handle facing them. She wants to run away and hides her face as they talk. She stops looking at them and hangs her head down. Even though they are talking she goes into her own world and doesn't really hear what they are saying.

What zone might Kayla be in? \_\_\_\_\_

### Lila

Lila was feeling really embarrassed and mad after her teacher pointed out her mistake in front of her whole classroom. She feels her cheeks turn hot, her fists ball up, and her stomach tense up. She is thinking that she really didn't like what her teacher did! She knows she is mad, so she takes some deep breaths before she gets out of control. She is a little quieter in class for the rest of the day, but doesn't get in trouble for acting out.

What zone might Lila be in? \_\_\_\_\_



### Which Stressors Bump Me Out of My Green Zone?

- Getting in trouble
- Feeling like I don't fit in
- Other kids mention my adoption/family
- Being treated unfairly
- Being bullied or teased
- My friend(s) get treated unfairly
- Lots of school work
- My parent(s) talks to me about adoption
- When I am reminded of my past
- Being hungry
- Being tired
- Feeling embarrassed
- Being stressed/overwhelmed
- When I am wrong or get called out
- Being different from others (the only person who looks like me)

Other Ideas:

### Coping Skills I Might Like to Try in My Red / Getting Warmer Zone:

- Take a break from the thing that was making you upset (set a timer if it is something you have to do)
- Run, jumping jacks, dance, push-ups, lift something heavy
- Use a deep breathing skill
- Get a hug (from a person, pet, or soft toy/comfort object)
- Give yourself a butterfly hug, swing, or anything else that helps your body calm down
- Eat a snack or take a rest if you're tired or hungry

Other ideas:

### Coping Skills I Might Like to Try in My Blue / Getting Cooler Zone:

- Find a favorite smell, taste, or touch (make a sensory kit with a pencil box and your favorite things)
- Notice 3 things you see, hear, and feel
- Take a walk outside
- Dance/sing to a favorite song
- Do a stretch/yoga pose
- Drink ice water
- Get a hug / talk to someone
- Take a break to do something you enjoy (like a puzzle or game, set a timer)
- Eat a snack or take a rest if you're tired or hungry

Others ideas:

### Things I Might Want My Parent to Try if I'm Getting out of my Green Zone:

- |  |  |
|--|--|
| <input type="checkbox"/> Say, "It seems like you're getting out of your green zone, how can I help?" | <input type="checkbox"/> Wait until I'm ready to talk        |
| <input type="checkbox"/> Give me space   | <input type="checkbox"/> Give me some water                  |
| <input type="checkbox"/> Stay close  | <input type="checkbox"/> Give me a snack                     |
| <input type="checkbox"/> Stay quiet  | <input type="checkbox"/> Tell a joke / funny video           |
| <input type="checkbox"/> Do a coping skill with me   | <input type="checkbox"/> Do a fun activity with me           |
| <input type="checkbox"/> Ask, "What do you need right now?"  | <input type="checkbox"/> Let me jump and be active           |
| <input type="checkbox"/> Offer a hug / backrub / hand hold   | <input type="checkbox"/> Tell me you love me                 |
| <input type="checkbox"/> Listen to my feelings   | <input type="checkbox"/> Try not to say or do this:<br>_____ |

Others:

### Ways Kids Can Communicate About Their Zone:

- I am getting in my red zone. I need a break!
- I am feeling \_\_\_\_\_. Could you please (give me space, give me a hug, help me calm down)?
- I'm getting in the blue zone. Can we do a coping skill?

A large, stylized green leaf graphic that forms a partial circle, framing the text.

## FAMILY TOGETHER TIME

Use your responses to the checklists about your stressors and coping skills to try to create a family plan with your parent(s).





MODULE 3  
**EMOTIONS**

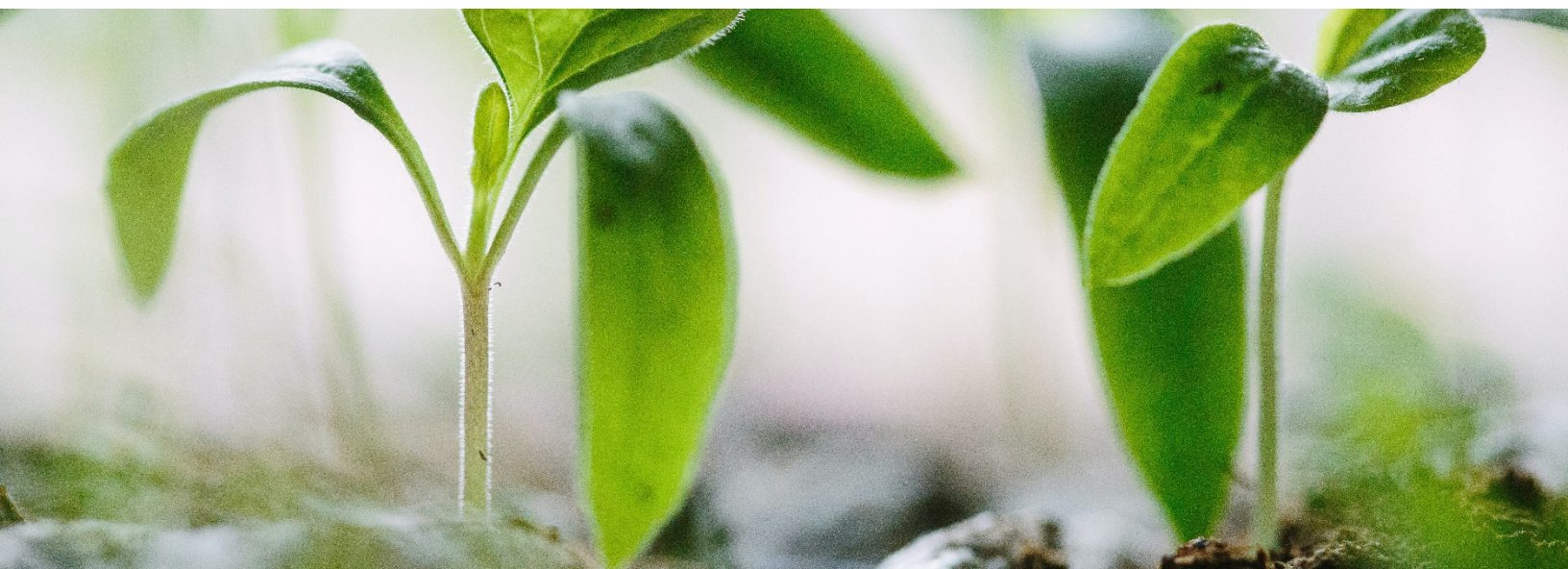


CHILD  
WORKBOOK






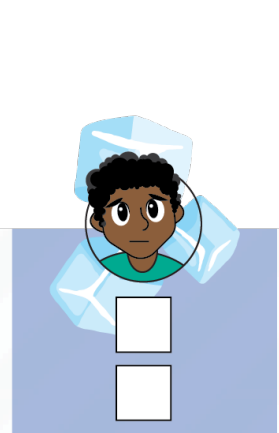



# MODULE 3: EMOTIONS



## CHECK YOUR ZONE

What zone are you in?

				
<p><b>RED ZONE</b></p>	<p><i>Getting Warmer</i></p>	<p><b>GREEN ZONE</b></p>	<p><i>Getting Cooler</i></p>	<p><b>BLUE ZONE</b></p>

CHILD WORKBOOK  
MODULE 3

## EMOTION WORDS



**HAPPY**



**SAD**



**REJECTED**



**PROUD**



**LONELY**



**CONFUSED**



**SCARED**



**WORRIED**



**GUILTY**



**ANGRY**



**FRUSTRATED**



**SURPRISED**



**EMBARRASSED**



**ANNOYED**



**LOVED**



**DISAPPOINTED**



**HOPEFUL**



**BORED**













**OVERWHELMED**



**IGNORED**

## MY ADOPTION STORY: EMOTIONS

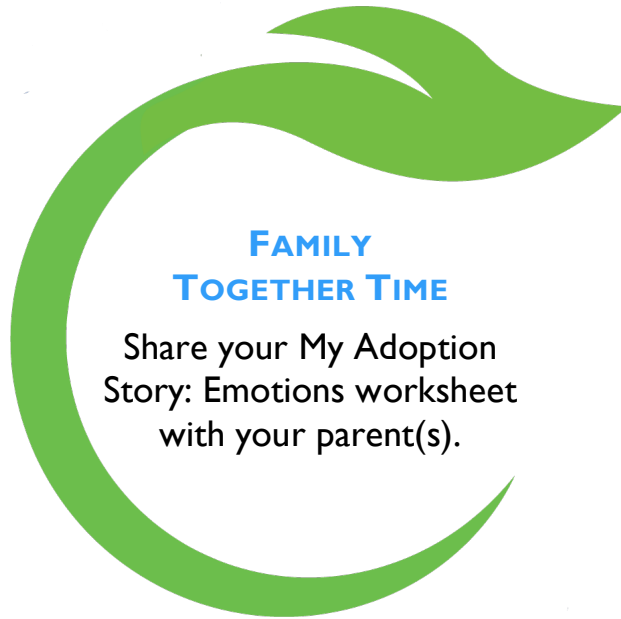
How do I feel about being adopted? Draw how intense each feeling is on the thermometers below:

				
<b>Rejected</b>	<b>Sad</b>	<b>Proud</b>	<b>Confused</b>	<b>Happy</b>
				
<b>Scared/ Worried</b>	<b>Lonely</b>	<b>Guilty</b>	<b>Angry/ Frustrated</b>	<b>Other:</b> _____

When I meet other people that are adopted, I feel \_\_\_\_\_.

Telling people I am adopted makes me feel \_\_\_\_\_.

When someone asks me a question about my birth family, I feel \_\_\_\_\_.



**FAMILY  
TOGETHER TIME**

Share your My Adoption  
Story: Emotions worksheet  
with your parent(s).





MODULE 4

# DEALING WITH STRONG FEELINGS



CHILD  
WORKBOOK










# MODULE 4: LEARNING ABOUT ADOPTION



## CHECK YOUR ZONE

What zone are you in?

				
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>

## ADOPTION TERMS

Check the terms that apply to your adoption story.

### International Adoption

When parents from one country adopt a child from a different country.

### Infant Adoption

When a child is adopted as a very young baby.

### Open Adoption

An adoption where the birth family and the adoptive family know each other.

### Adoption

When a child is raised by someone other than the parent(s) who gave birth to them.

### Closed Adoption

An adoption where the adoptive family and the birth family do not know each other or have contact with one another.

### Foster Care

When a child is not able to live with his/her birth family because a judge decides it is not safe.

### Birth Parents

A child's biological parents.

### Transracial Adoption

The adoption of a child by parents of a different race or ethnicity than their birth parent(s).

### Kinship Adoption

When birth parents are not able to raise their child, so other family members or a friend of the family, will adopt them.

**Adoption** - Adoption is when a child is raised by someone other than the parent(s) who gave birth to them.

**Birth Parents** - A child's biological parents. Some children use other words such as tummy mommy, his/her first name, my first family/parent, biological parent, etc.

**Foster Care** - When a child is not able to live with his/her birth family because a judge decides it is not safe. Sometimes a child is in foster care for a short time, and other times a child may be with a family for a long time, or even adopted by that family.

**Infant Adoption** - When a child is adopted as a very young baby. Sometimes a birth parent chooses adoption because they are not able to raise their child and want someone else to. In some cases, the birth parent may choose the adoptive parent(s).

**Open Adoption** - An adoption where the birth family and the adoptive family know each other, which makes visits with birth families or some kind of periodic contact such as letters, pictures, or phone calls possible. Children can only get access to their records after they turn 18.

**Closed Adoption** - An adoption where the adoptive family and the birth family do not know each other's identities or have contact with one another. After the adoption is finalized, the child's records are sealed and can't be accessed until the child turns 18.

**Kinship Adoption** - When birth parents are not able to raise their children, other family members, such as a grandparent, aunt/uncle, or cousin, might be able to adopt them. This is sometimes called "kinship" adoption. Children may also be adopted by someone who is not a biological relative, like a friend of the family, godparent or stepparent.

**International Adoption** - When parents from one country adopt a child from a different country. In the U.S., kids can be adopted from countries all around the world. Some kids live in foster families and other kids live in children's homes with lots of kids together (also called orphanages) where grown-ups who work there take care of them.

**Transracial Adoption** - The adoption of a child by parents of a different race or ethnicity than their birth parent(s).



## MY ADOPTION STORY: FACTS ABOUT ME



Where in the world was I born? \_\_\_\_\_

Place an X on the map above in the place where you were born.

How old was I when I was adopted? \_\_\_\_\_

I have lived with one or more foster families

Yes       No       I don't know

I was adopted by a relative or member of my family

Yes       No       I don't know

I have memories of my birth mother and/or birth father

Yes       No       I don't know

I have had contact with members of my birth family in the last year

Yes       No       I don't know

To me, adoption means... \_\_\_\_\_

\_\_\_\_\_

A large, stylized green leaf graphic that curves around the central text, forming a partial circle.

## **FAMILY TOGETHER TIME**

Share your  
My Adoption Story:  
Facts About Me  
worksheet with your  
parent(s).



MODULE 5

# THOUGHTS & WORRIES ABOUT ADOPTION



CHILD  
WORKBOOK










# MODULE 5: THOUGHTS & WORRIES ABOUT ADOPTION



## CHECK YOUR ZONE: THOUGHTS AND WORRIES ABOUT ADOPTION

What zone are you in?

				
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<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>



## THOUGHTS ABOUT ADOPTION

- We all learn by experience.
- Our experiences with adoption can lead to certain thoughts and worries.
- It is common and normal for kids who have been adopted to relate to some of these thoughts.
- Your thoughts about adoption can change over time as you get older.

## COPING WITH MY THOUGHTS

If I am feeling stuck with negative thoughts, I can use these strategies to cope:

- Name it to tame it: Name the emotion that I am feeling. Feel the feeling and allow it to pass. If that doesn't work, use a coping skill.
- Ask myself, is that the whole story?
- Talk with your parents or other trusted adults.

## MY ADOPTION STORY: THOUGHTS ON ADOPTION

### Directions:

1. Check at least **three** of the following thoughts that you identify with or relate to.

- a. "There must be something wrong with me that she has other kids but didn't want me."
- b. "I've already lost one family, what if I lose this one too?"
- c. "I can't bring up my birth mom because my mom will think I am not happy that I was adopted."
- d. "I am different than everyone else. I don't fit anywhere."
- e. "I don't really fit into this family. My parents will never really love me as much as their birth kids."
- f. "I don't want to be too difficult because then my parents won't want to keep me."
- g. "If I am not there, who is going to take care of my sister? Something bad will happen to her."
- h. "I can take care of myself. I can't rely on parents because they always let you down."
- i. "How am I supposed to know who I am if I don't know where I came from?"
- j. "I am destined to turn out like my birth dad and hurt people."

2. Write the letter of the **one** thought you identify with most below (or write out the whole thought).

---

---



3. Name your feelings that come up when you have this thought. Circle the feelings below or write in other feelings.

Worried

Guilty

Sad

Lonely

Angry

Rejected

Other Feelings:

\_\_\_\_\_

\_\_\_\_\_

4. Ask yourself, is that the whole story?

---

---

Bonus questions to think about:

- Is there any evidence that the thought isn't true?
- Is this thought helping me?
- Does it still fit with my life now?
- Am I being too hard on myself?
- Am I being too hard on the others involved?



## **FAMILY TOGETHER TIME**

Share your My Adoption Story: Thoughts on Adoption worksheet with your parent(s).



MODULE 6

# QUESTIONS ABOUT ADOPTION



CHILD  
WORKBOOK










# MODULE 6: QUESTIONS ABOUT ADOPTION

## CHECK YOUR ZONE

What zone are you in?

				
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<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>



## COMMON QUESTIONS CHILDREN HAVE ABOUT THEIR ADOPTION

- Where was I born?
- Did my birth mother/father see me or hold me?
- Did I have a different name when I was born?
- Did my birth parents love me?
- Why was I adopted?
- Did I have other family members in my birth family?
- Where is my birth mother/father today?
- Will I ever see my birth parents again?
- Have my birth parents ever checked on me?
- Do my birth parents regret my being adopted?
- Am I like my birth parents?
- Would you love me more if I were your birth child?
- Will you always love me?
- Can I learn more about my birth country?
- Will you show me pictures and tell me about my birth parents and/or where I was born?
- Do I have brothers and sisters somewhere?
- Why don't I look like anyone in my family?
- What would my life be like if I weren't adopted?
- Do they think about me?
- Am I bad for thinking about my birth parents?



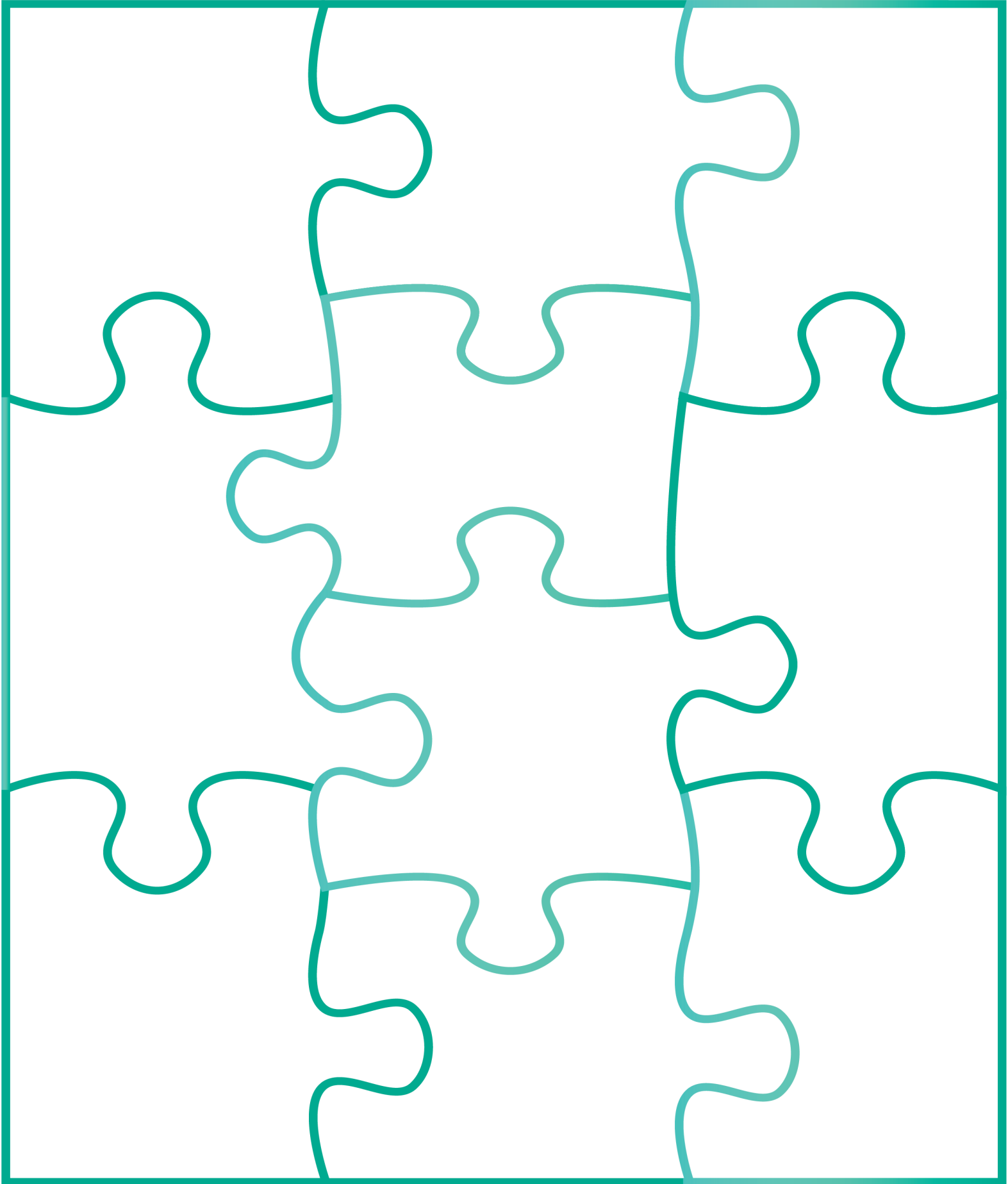
## MY ADOPTION STORY: QUESTIONS ABOUT ADOPTION

Sometimes kids who are adopted feel curious about their adoption and their birth parents. Kids might wonder:



What are some questions you have about your birth mother/birth father or your adoption?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_





**FAMILY TOGETHER TIME**

Share your My Adoption Story: Questions about Adoption and your Puzzle with your parents.

CHILD WORKBOOK  
MODULE 6



CENTER FOR CHILD & FAMILY HEALTH



MODULE 7  
**LOSSES & GAINS**



CHILD  
WORKBOOK










# MODULE 7: LOSSES & GAINS



## CHECK YOUR ZONE: GAINS AND LOSSES

What zone are you in?

				
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>



## DEFINING GRIEF, LOSS, & GAINS

**Loss** – People or things that we had before the adoption that we do not have anymore.

**Ambiguous (or Confusing) Loss** – Loss where there is also confusion, such as when birth parents are still alive, but kids don't see them or know if they are safe. Confusing loss also happens when kids lose people that they never knew.

**Gains** – People or things that we did not have before but do now because of adoption.

**Grief** – The thoughts, feelings, and reactions that we have when we lose someone or something important to us (either through death or the lack of a current relationship).

**Grief Reminders** – Something that reminds you of a loss

- Grieving is a healthy way to respond to loss. If we put the losses away and do not let ourselves grieve, we carry the losses with us which creates more grief.
- Grief can be managed by having someone to share your feelings with or engaging in some kind of ritual that acknowledges the loss.

## GAINS & LOSSES JARS

- Reflect on your own personal gains and losses related to your adoption and create a Gains and Losses Jar with both the things you gained through adoption and the things you lost as a result of adoption.
- Write your gains on a wooden stick in one color and your losses on a wooden stick in another color. Color in the squares below to show your color for each.



Gains                       Losses

- Optional: For each stick (gains and losses) indicate the feelings you have about each loss and gain by adding the corresponding color rubber band to the end of your stick.

**YELLOW** *Happy*

**GREEN** *Scared/Worried*

**RED** *Angry/Frustrated*

**PURPLE** *Proud*

**PINK** *Embarrassed*

**ORANGE** *Other*

**BLUE** *Sad*

## MY ADOPTION STORY: GAINS & LOSSES

### GAINS FROM ADOPTION



### FEELINGS CIRCLE YOUR FEELINGS ABOUT THIS LOSS OR GAIN

*Happy*                      *Proud*

*Angry/Frustrated*      *Embarrassed*

*Scared/Worried*              *Sad*

*Other* \_\_\_\_\_



*Happy*                      *Proud*

*Angry/Frustrated*      *Embarrassed*

*Scared/Worried*              *Sad*

*Other* \_\_\_\_\_

### LOSSES FROM ADOPTION



### FEELINGS CIRCLE YOUR FEELINGS ABOUT THIS LOSS OR GAIN

*Happy*                      *Proud*

*Angry/Frustrated*      *Embarrassed*

*Scared/Worried*              *Sad*

*Other* \_\_\_\_\_



*Happy*                      *Proud*

*Angry/Frustrated*      *Embarrassed*

*Scared/Worried*              *Sad*

*Other* \_\_\_\_\_

CHILD WORKBOOK  
MODULE 7



## MY ADOPTION STORY: GRIEF REMINDERS

Look at all the items/events below that can be grief reminders for many who are adopted and check all of the ones that apply to you:

- |   |  |
|---|--|
| <input type="checkbox"/> Birthdays              | <input type="checkbox"/> Christmas/Hanukkah        |
| <input type="checkbox"/> Summer                 | <input type="checkbox"/> “Gotcha Day”              |
| <input type="checkbox"/> Fall                   | <input type="checkbox"/> Weddings                  |
| <input type="checkbox"/> Winter                 | <input type="checkbox"/> Graduations               |
| <input type="checkbox"/> Spring                 | <input type="checkbox"/> Prom                      |
| <input type="checkbox"/> Hospitals              | <input type="checkbox"/> Movies/TV Shows           |
| <input type="checkbox"/> A Song _____           | <input type="checkbox"/> Mother’s Day              |
| _____   | <input type="checkbox"/> Funerals                  |
| <input type="checkbox"/> Certain Foods          | <input type="checkbox"/> Recitals                  |
| <input type="checkbox"/> Sports Games           | <input type="checkbox"/> Other Holidays            |
| <input type="checkbox"/> Certain Emotions _____ | <input type="checkbox"/> Church                    |
| _____   | <input type="checkbox"/> New Family Members/Births |

Others:

A large, stylized green leaf graphic that curves around the text, forming a partial circle. The leaf has a thick green outline and a lighter green fill.

## FAMILY TOGETHER TIME

Share your Grief and Loss  
Jars as well as your My  
Adoption Story: Grief  
Reminders handout with  
your parent(s).



MODULE 8

IDENTITY & BIRTH FAMILY CONNECTIONS



CHILD  
WORKBOOK










# MODULE 8: IDENTITY & BIRTH FAMILY CONNECTIONS



## CHECK YOUR ZONE: EMOTIONS

What zone are you in?

				
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>

CHILD WORKBOOK  
MODULE 8



## DEFINING IDENTITY

Identity is a sense of who we are as people, both in how we are unique as individuals and how we are like other groups.

- “Who am I?” is a question that many people often ask themselves, but this is especially true for individuals who have been adopted.
- Race is one aspect of identity.
- Transracial adoption is a term that means when kids have a racial identity that is different from one or more of their parents. There are many different ways kids can feel when they are part of a multi-racial family. These are some examples:
  - Some kids may feel like they don’t fit in with kids who look like them (For example, if they are Black and their parents are White, they may get to school and feel like they don’t fit in as well with other Black kids raised by Black parents).
  - Some kids may struggle because most people around them don’t look like them (“I’m surrounded by White people all the time!”)
  - Other people may question their identity (“You’re not really Korean”)
  - Some kids question their own identity- they look one way, but feel disconnected from that culture (“I know I’m Mexican, but I don’t speak Spanish or eat the same food or act the same as the other Latina kids at my school,”).
  - For kids who don’t know part of their racial identity, it can feel even harder to fit in.
  - Being part of a multi-racial family can make kids feel like they don’t fit into a “check box” like other kids.
  - Some of these differences can make kids feel weird, lonely, or like others don’t accept them.
  - Sometimes kids find things about their multicultural identity that makes them feel special or unique.

## DEFINING FAMILY

- Defining family can be a tough thing as the word “family” alone is a powerful word that conjures up multiple different meanings and emotions.

## FAMILY TREE

- A Family Tree is a representation of who you feel is part of your family. This could include parents, grandparents, uncles, aunts, siblings, best friends, family friends, teachers, pastor, pets, or anyone else you believe to be part of your family based on your definition
- Family trees change as you grow up and meet new people or start a family of your own.



## MY ADOPTION STORY: PIECES OF ME

**MY RACE/  
ETHNICITY**

**MY SKIN  
COLOR**

**MY  
EYES**

**THE WAY  
I TALK**

**WHAT I  
LIKE TO EAT**

**MY  
RELIGION**

**WHAT I'M  
GOOD AT**

**WHAT I LIKE TO  
DO FOR FUN**

**MY  
INTELLIGENCE**

**ATHLETIC  
ABILITY**

**ARTISTIC  
ABILITY**

**MUSIC  
I LIKE**

**VALUES/WHAT IS  
IMPORTANT TO ME**

**MY  
PERSONALITY**

**MY FIRST  
LANGUAGE**

*(Write your own)*

*(Write your own)*

*(Write your own)*

**UNIQUE  
TO ME**

**WAYS I AM  
LIKE MY  
ADOPTIVE  
PARENTS**

**WAYS I  
THINK OR  
KNOW I  
AM LIKE  
MY BIRTH  
PARENTS**







## **FAMILY TOGETHER TIME**

Share your Pieces of Me worksheet, Family Definition, and Family Tree with your parent(s).





MODULE 9

# COMMUNICATION & ADVOCACY

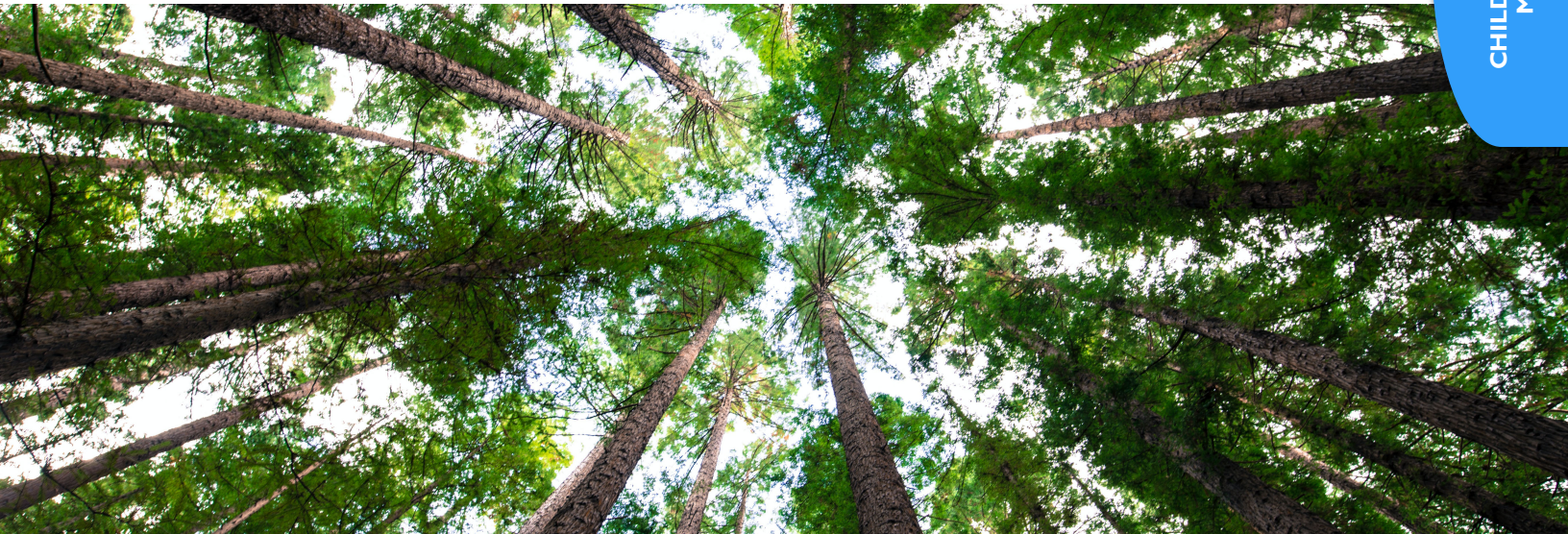


CHILD  
WORKBOOK










# MODULE 9: COMMUNICATION & ADVOCACY



## CHECK YOUR ZONE

What zone are you in?

				
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>RED ZONE</b>	<i>Getting Warmer</i>	<b>GREEN ZONE</b>	<i>Getting Cooler</i>	<b>BLUE ZONE</b>



## QUESTIONS/COMMENTS ADOPTED PEOPLE OFTEN HEAR

- Your mom/dad doesn't look like you. Are you adopted?
- Is that your real mom/dad/sister/brother?
- What happened to your birth parents? Why were you adopted?
- Why did your parents give you up? Did they not want you?
- Do you want to meet your biological family? What would you say to them?
- Do you have any pictures of your first family? Can I see them?
- Where are you from? Are you American?
- Do you like being adopted?
- Did you have another name?
- When did you find out you were adopted?
- How old were you when you were adopted?
- Don't you feel lucky you were chosen?
- What's it like being in an orphanage?
- Did your parents have to pay for you?
- Did you have to live in foster care?
- Don't you think you are better off being adopted?
- I wish I was adopted
- I have a stepparent so it is kind of like I am adopted.
- Do you ever wish you could live with your other family?
- Do you think it would be easier if you lived in a family that was your same race?

## W.I.S.E. UP: A TOOL FOR SELF-ADVOCACY (C.A.S.E.)

- You have the power to choose what you want to do when people ask you about your adoption.

**W** *Walk Away* You can walk away or choose not to pay attention.

**I** *It's Private* You can choose to say that you do not want to share information about your adoption story.

**S** *Share Something* You can choose to share some information about adoption or your adoption story.

**E** *Educate Them* You can choose to educate others about adoption, by telling them correct information and helping them to understand it. You can make them WISER.

## MY ADOPTION STORY: W.I.S.E. UP

In the speech bubble, write a question/comment about adoption that you have heard before:



1. How does it make you feel? Check all the feelings that apply to you?

- Happy       Proud       Sad       Embarrassed       Angry  
 Scared       Worried       Frustrated       Other: \_\_\_\_\_

2. If your best friend asked you this/made this comment, how would you respond using the W.I.S.E. Up method?

- W**alk away       (say) **I**t's private       **S**hare something       **E**ducate them

3. If a stranger in the grocery store asked you this/made this comment, how would you respond using the W.I.S.E. Up method?

- W**alk away       (say) **I**t's private       **S**hare something       **E**ducate them

4. If your aunt asked you this/made this comment, how would you respond using the W.I.S.E. Up method?

- W**alk away       (say) **I**t's private       **S**hare something       **E**ducate them



## **FAMILY TOGETHER TIME**

Share your My Adoption  
Story: W.I.S.E. Up worksheet  
with your parent(s).



MODULE 10

# REVIEW & CELEBRATION

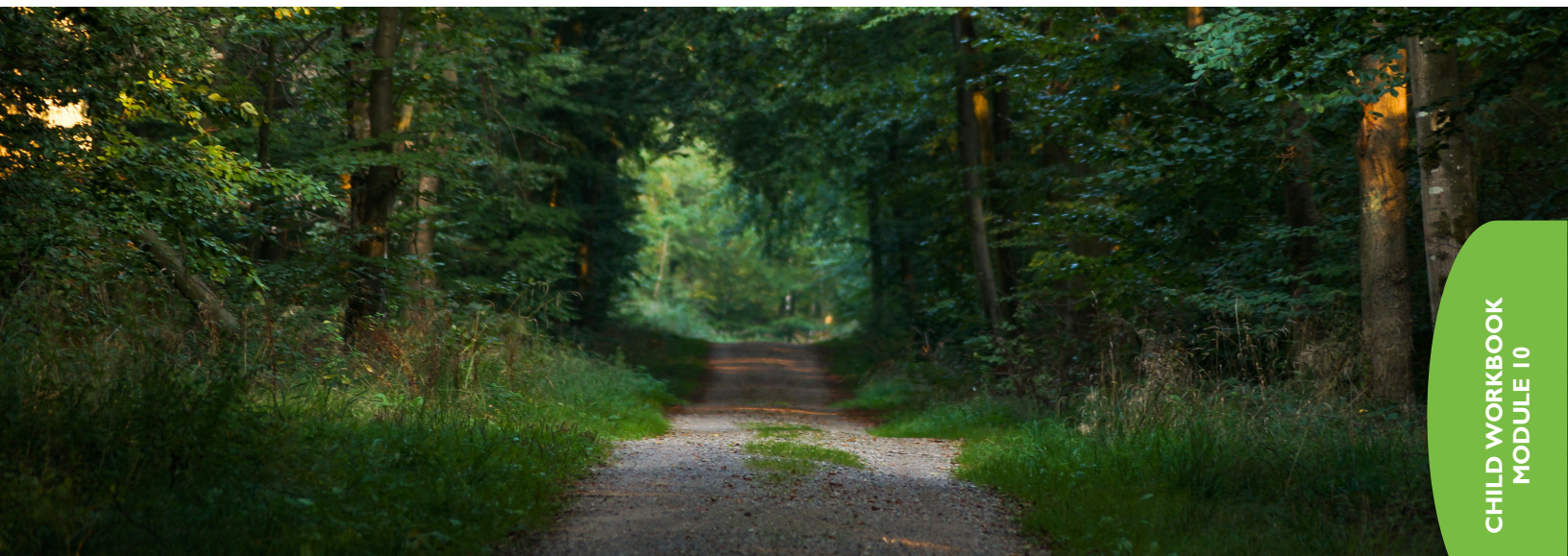


CHILD  
WORKBOOK










# MODULE 10: REVIEW & CELEBRATION



CHILD WORKBOOK  
MODULE 10

## CHECK YOUR ZONE: END OF GROUP

What zone are you in?

 <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/>
<p><b>RED ZONE</b></p>	<p><i>Getting Warmer</i></p>	<p><b>GREEN ZONE</b></p>	<p><i>Getting Cooler</i></p>	<p><b>BLUE ZONE</b></p>



## MY ADOPTION STORY: LEAF REFLECTIONS

My favorite thing about the LEAF group was:

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An important thing I learned about adoption during LEAF is:

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I am proud of myself for:

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