

# LEAF MATERIALS

*Each module has materials to prepare ahead of time. This document contains the files and links that you will need to facilitate each module. Please review these materials in advance to ensure that you have what you need for each week.*

## MATERIALS NEEDED FOR EVERY GROUP

**You will need to have the following materials for each of the 10 weeks of group:**

### Dinner Time

- We give one coping card to each family each week. We like to hole-punch the corner of the cards so that the families can keep them on a binder ring clip so that they can build their coping strategies over the 10 weeks of the group
- **Coping Cards:** Choose one for each night, print on cardstock, cut out, and laminate if possible
  - For your first group, these can be found in your board game. For the rest of your groups, you can print these cards (these should be printed double sided, and we recommended laminating the cards as well)
- **2-inch binder ring clips: one for each family**
- **Hole Punch**
- Additional information about Coping Skills can be found on **pages 251-267** of your Facilitator Manual

### Child Group

**These things are in your starter kits:**

- **The Coping Zones Poster**
  - You can find a poster-size PNG of the Coping Zones Poster on [the NC CTP LEAF Website](#) for printing if you need additional posters
- **Child Workbooks**
  - You can access a full PDF of the Child Workbook for digital access and printing on [the NC CTP LEAF Website](#) if you need additional workbooks
- **Fidget Toys**
- **Behavioral tokens/Wristbands** (if using)

**You will need to supply these things:**

- **Markers/colored pencils/crayons**
- **Something to write on and with** (dry erase board and markers and/or flip chart)
- **Name Tags or Name Tents**



- **Prizes** (if using)
  - We typically purchase one type of prize for each child for each week to help everything feel as fair as possible for the participants (for a group of 8, we may purchase 8 magnets for Week 1 prizes, 8 keychains for week 2 prizes, 8 stress balls for week 3 prizes, etc...). We also avoid edible prizes since families have different food restrictions and preferences. We recommend discount stores such as Five Below, Dollar Tree, etc.

### Parent Group

#### These things are in your starter kits:

- **The Coping Zones Poster**
  - You can find a poster-size PNG on [the NC CTP LEAF Website](#) for printing if you need additional posters
- **Parent Workbooks**
  - You can access a full PDF of the Parent Workbook for digital access and printing on [the NC CTP LEAF Website](#) if you need additional workbooks

#### You will need to supply these things:

- **Pens/markers/colored pencils/crayons**
- **Something to write on and with** (dry erase board and markers and/or flip chart)
- **Name Tags or Name Tents**
- **Prizes** (if using)
  - For the Parent Group, we have a prize drawing where every parent who completed their Home Practice Assignments has their name entered to choose a prize
- **Container + slips of paper** for prize drawing

## MATERIALS NEEDED BY MODULE

The following list breaks down the items you will need for each module *in addition* to the materials above that are needed for every group. Items marked with an “\*” have been provided in your starter kits, and items without are items you will need to provide, yourself. Please note that some items need to be printed, laminated, or filled out by a facilitator before the group meets, so it is important to review the materials needed for each week with plenty of time to prepare.

### MODULE 1

#### Child Group

- **\*Child Workbooks**
- **Masking Tape**
- **High Five Facts About Me:** print one on regular paper and fill out for yourself
- **Coping Cards: Belly Breathing**
- **Poster Board** for Ground Rules

#### Parent Group

- **\*Parent Workbooks**
- **High Five Facts About Me:** print one on regular paper and fill out for yourself

### MODULE 2

#### Child Group

- **\*2-3 Assorted balls** for warp speed
- **\*Materials for zone-o-meter**
  - **\*Paper plates:** cut in half (½ plate for each participant)
  - **\*Plastic arrows** (1 for each participant)
  - **\*Brads** (1 for each participant)
- **Laptop, Projector, and Speaker for video sharing**
  - **Dan Siegel’s Hand Model of the Brain video:**  
<https://www.youtube.com/watch?v=gm9CII74Oxw>



### Parent Group

- **Family Regulation Plan Handouts:** print one copy per family on regular paper
- **Laptop, Projector, and Speaker for video sharing**
  - **Dan Siegel's Hand Model of the Brain video:**  
<https://www.youtube.com/watch?v=gm9Cij74Oxw>

## MODULE 3

### Child Group

- **\*Adoption Feelings Board Game**
  - You can find a PDF of the Board Game on the [the NC CTP LEAF Website](#) for printing if you need an additional or replacement game
  - You can print the game board on paper or cardstock and tape it together for another game board, or you can use a service such as Launch Lab to have another full set created
  - For additional **LEAF Cards:** print on cardstock, cut out, and laminate if possible. Note that they are intended to be double sided with LEAF image on one side and adoption scenarios on the other side
  - For additional **Emotions Charades Cards:** print on cardstock, cut out, and laminate if possible. Note that they are intended to be double sided with LEAF logo on one side and emotion pictures on the other side
- **Any materials needed for optional activities** if using (books, feelings thumb ball, etc.)
- **Example My Adoption Story (Emotions):** print

### Parent Group

- **The 3 C's Refrigerator Sheet:** Print (1 copy for each participant)
- **Validation Practice Scenario Cards:** print on cardstock, cut out, and laminate if possible
- **Laptop, Projector, and Speaker for video sharing**
  - **Brene Brown Empathy Video:**  
<https://www.youtube.com/watch?v=IEvwgu369Jw>



CENTER FOR CHILD  
& FAMILY HEALTH

## MODULE 4

### Child Group

- **Example My Adoption Story (Facts About Me):** print
- **Family Photos:** print on cardstock, cut out, and laminate if possible
- **Blank sheets of 8x5x11 paper** for snowflake activity (1 for each participant)

### Parent Group

- **Laptop, Projector, and Speaker for video sharing**
  - **Becky Bailey Anger Video:**  
[https://www.youtube.com/watch?v=xs7OWBj\\_GiE](https://www.youtube.com/watch?v=xs7OWBj_GiE)

## MODULE 5

### Child Group

- **\*Balloons/Beachball**
- **Thoughts + Worries Scenario Cards:** print on cardstock, cut out, and laminate if possible
- **Example My Adoption Story (Thoughts on Adoption):** print

### Parent Group

- **Post-It Notes**
- **Thoughts + Worries Scenario Cards:** print on cardstock, cut out, and laminate if possible

## MODULE 6

### Child Group

- **\*Wooden stacking block game (e.g., Giant Jenga)**
- **Adoption Question Cards:** print on cardstock, cut out, and laminate if possible
  - Note that they are intended to be double sided with the Question Marks on one side and questions on the other side
- **\*Book: *Rosie's Family* by Lori Rosove**
- **\*Alternate Book for Teens: *Beneath the Mask: For Teen Adoptees* (C.A.S.E., 2018)**
- **Example My Adoption Story (Questions about Adoption + Adoption Questions Puzzle):** print



## MODULE 7

### Child Group

- **Phone, radio, or speaker to play music**
- **Example My Adoption Story (Gains and Losses):** print
- **Materials for Grief and Loss Jars**
  - **\*Plastic Mason Jars**
  - **\*Wooden craft sticks**
  - **Markers**
  - **\*Small colored rubber bands**
  - **Optional materials**
    - **\*Washi tape**
    - **String/yarn**
    - **Stickers**
    - **Pipe cleaners**
    - **Glue dots**
    - **Pom-poms**

### Parent Group

- **Example Gains and Losses Jar** (see Child Group Facilitator Manual Module 7 for instructions)

## MODULE 8

### Child Group

- **\*Large Rubberbands**
- **\*3-Inch piece of string** (1 for each participant)
- **\*24-36 Plastic Cups**
- **Pieces of Me Activity** (1 for each participant)
- **Tape or glue sticks**
- **Example My Adoption Story (Pieces of Me):** print
- **Example Family Tree:** print one on regular paper and fill out for yourself

## MODULE 9

### Child Group

- **1-2 foot rope** (1 per participant)
- **WISE UP Cards:** Note that the WISE Up Cards are out of stock, so we use the WISE Up Power Book—you can use one copy to read to your group (**\*3 copies provided**), but due to cost, you may not be able to purchase one for each participant

### Parent Group

- **Laptop, Projector, and Speaker for video sharing (optional)**
  - **Optional Video:** [https://youtu.be/aFxNIQ9SA\\_s](https://youtu.be/aFxNIQ9SA_s)

## MODULE 10

### Child Group

- **Laptop, Projector, and Speaker for screen sharing**
  - **LEAF Review Jeopardy Game:** You can find a PowerPoint of the LEAF Jeopardy Game on [the NC CTP LEAF Website](#)
  - Instructions from Felicia
- **\*2-4 small dry-erase boards, markers, and erasers**
- **Child Reflection Leaves:** Print and cut out one sheet of leaves per participant
- **Participant Certificates:** Print and sign one for each participant
- **Tree Poster**
  - You can find a PNG of a tree poster on [the NC CTP LEAF Website](#) for printing, or you can use butcher paper to draw a tree big enough to tape on leaves
- **Masking tape**

### Parent Group

- **Participant Certificates:** Print and sign one for each participant
- **Parent Reflection Leaves:** Print and cut out one leaf for each parent to fill out

### Family Together Time

- **Cake or treat to celebrate the end of group**

## BELLY BREATHING



INHALE

EXHALE

INHALE

## YOGA



## 5-4-3-2-1

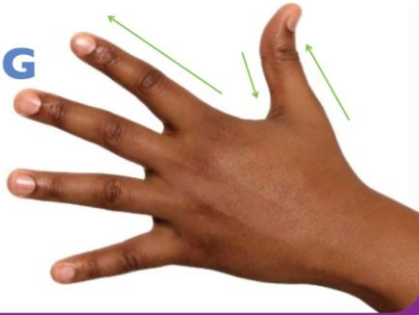


## MANTRAS



*I am important! I am loved!*  
*I am empowered!*  
*I am brave! I am strong!*

## FINGER BREATHING



## BUBBLE BREATHING



## M&M POSITIVITY



**YELLOW:** Something I'm proud of today  
**ORANGE:** A hope for the future  
**RED:** Last time someone was kind to me  
**BROWN:** Something I like about myself  
**BLUE:** Something I'm grateful for  
**GREEN:** A time I felt loved

## PROGRESSIVE MUSCLE RELAXATION



## RAINBOW BREATHING



## MUSIC MINDFULNESS



- Sit up tall in your chair. Twist body to each side.
- Reach your hand over your shoulder to the other side. Hold and breathe.
- Stretch hands out forward with one hand on top of the other. Hold and repeat on other side.
- Interlace fingers behind you and lean forward.
- Put your foot on your other knee and lean forward.

- Sit comfortably or lie on your back.
- Place one hand on your chest and the other on your belly, just below your rib cage.
- Breathe in slowly through your nose as your belly rises, keep chest still.
- Exhale slowly through the mouth.
- Repeat for at least 5 to 10 breaths.

- Choose a mantra that speaks to you: I am loved, I am brave, I am strong, I am important, I am empowered, I can do hard things, etc.
- Take a few deep breaths and continue breathing slowly and steadily through your nose as you say your mantra out loud or silently.
- Repeat for 5-10 breaths

- First, look around the room and name five things you see.
- Then name five things you hear.
- Now, name five things you physically feel.
- Repeat with four of each sense, counting down to one.
- This can be done silently or aloud.

- Think about something that worries you.
- Imagine blowing your worry into the bubble, as you blow the bubble. Picture the event in the bubble as it floats/drifts away into the air.
- When your bubble pops, your worry has popped outside of you.
- Continue blowing bubbles until you are relaxed.

- Sit comfortably with a hand in front of you.
- Starting at the base of your thumb, use your other pointer finger to trace up the side of your thumb as you breathe in.
- As you breath out, go down the other side of your thumb.
- Repeat for each finger tracing with your breath.

- Squeeze your hand and arms like you are juicing a lemon and release. Repeat.
- Stretch your arms and shoulders like a cat. Release back down and repeat.
- Repeat with shoulders up to ears, tensing jaw, scrunching face, tightening tummy, pushing down feet and toes. Release and repeat.

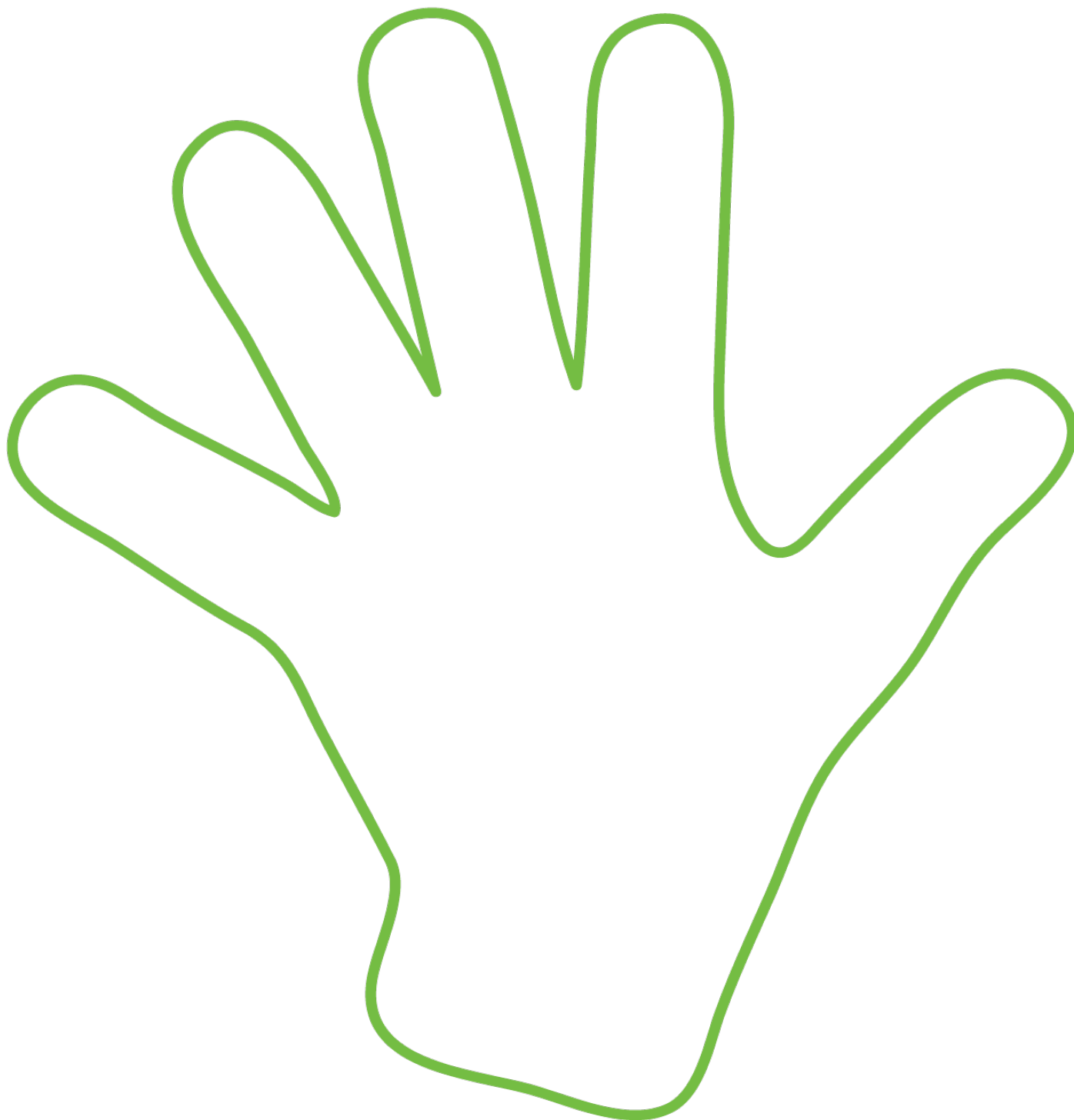
- Pick an M&M from a cup/bag and come up with one positive thought based on the color.

- Pick an uplifting song
- Pick one word in the song (e.g. you). Focus on that word and count the number of times the word occurs in the song.
- After listening to the song, share how many times your heard that word.

- Sitting on the edge of your seat, turn your palms forward and stretch fingers long.
- Keeping your arms straight, slowly float them up from your sides until your palms come together.
- Let your palms come down to your sides.
- Match our breathing with our movement- inhaling up and exhaling down. Repeat 5 times.

## HIGH FIVE: FACTS ABOUT ME

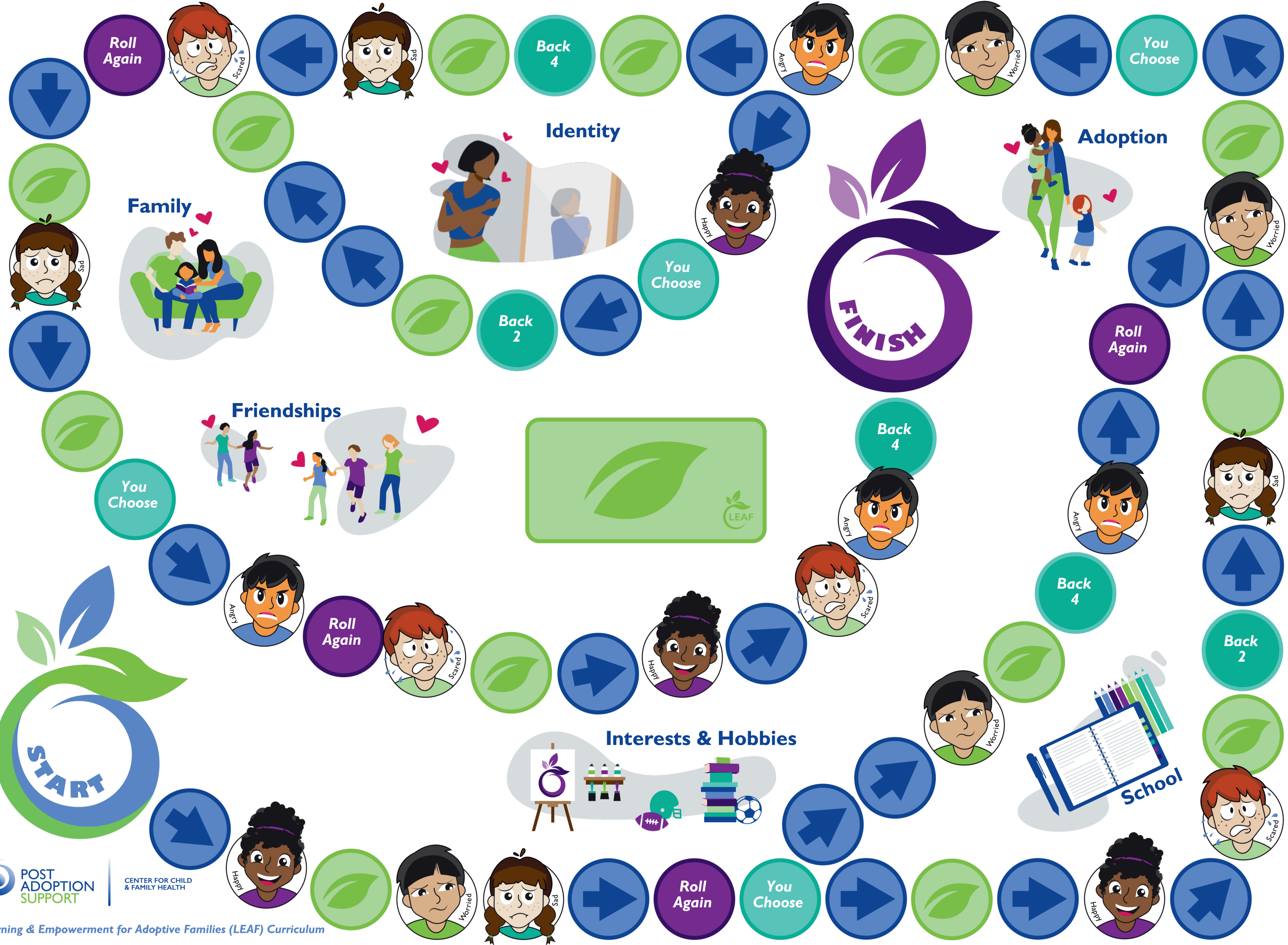
Write one fact about yourself on each finger of the hand below.





## FAMILY PLAN FOR DEALING WITH STRONG FEELINGS

	Child	Parent(s)
Stressors that bump me out of my <b>Green Zone</b> or make my green zone smaller		
Coping skills for when I am in my <b>Red Zone</b> / <b>Getting Warmer Zone</b>		
Coping skills for when I am in my <b>Blue Zone</b> / <b>Getting Cooler Zone</b>		
What I might want to hear or have someone else to do if I seem upset		





Cade's family is the only one that looks different than his friends.

*How might he feel?*



Zoey found out she has a birth sister and wants more information about her.

*How might she feel?*



Jayden is really missing his birth family and wants to tell someone but doesn't know how to bring it up.

*How might he feel?*



Amaya just found her birth family on social media and learned that she has a brother and sister.

*How might she feel?*



Suzie does not know any other adopted children.

*How might that make her feel?*



Thomas' classmate said to him, "they aren't your real parents."

*How might that make him feel?*



Tiffany told her friends at school that she is not adopted, even though she is.

*How might that make her feel?*



Quinn found out that his friend from football is also adopted.

*How might that make him feel?*



Jerry was given an assignment at school to create a family tree.

*How might that make him feel?*



Alicia has wanted a younger brother or sister for a very long time. Her parents told her that they are adopting a baby sister.

*How might she feel?*





Max's newly adopted sister, Kate, is getting a lot of extra attention from their parents.

*How might he feel?*



Johnny feels like his family is different than others because he is adopted.

*How might he feel?*



Millie was asked where she was born.

*How might she feel?*



Marisol's parents just told her that she was adopted.

*How might she feel?*



Sarah just met a group of other adopted kids.

*How might she feel?*



George is going to meet his birth mother for the first time.

*How might he feel?*



Janae's friend shared details about her adoption story without permission.

*How might she feel?*



Carson is receiving private messages from his birth family on social media.

*How might he feel?*



Alex's parents won't tell him details about his adoption.

*How might he feel?*



Taylor's adoptive parents do not celebrate the same holidays and/or have the same traditions as her culture of origin.

*How might she feel?*





WILD

Share your own adoption scenario  
and how you felt about it.



WILD

Share your own adoption scenario  
and how you felt about it.



WILD

Share your own adoption scenario  
and how you felt about it.



WILD

Share your own adoption scenario  
and how you felt about it.



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WILD

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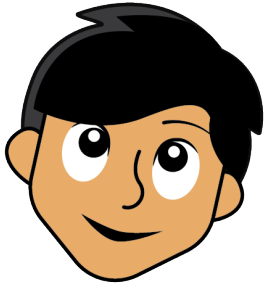
WILD

Share your own adoption scenario  
and how you felt about it.





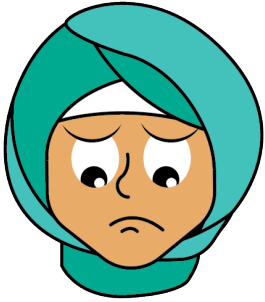
**PROUD**



**SCARED**



**LONELY**



**FRUSTRATED**



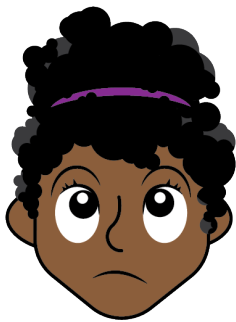
**SAD**



**ANGRY**



**BORED**



**HAPPY**



**WORRIED**

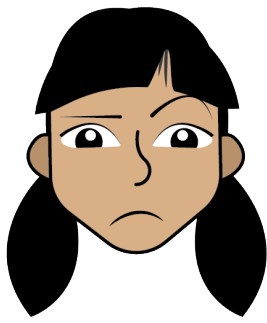


**LOVED**





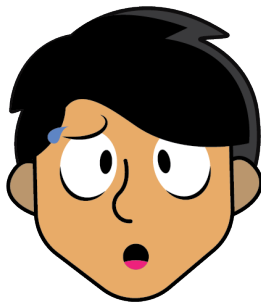
**ANNOYED**



**DISAPPOINTED**



**OVERWHELMED**



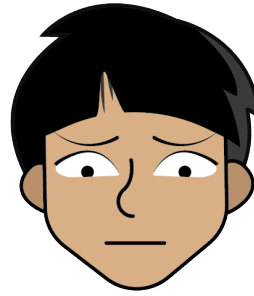
**HOPEFUL**



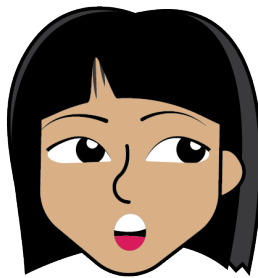
**EMBARRASSED**



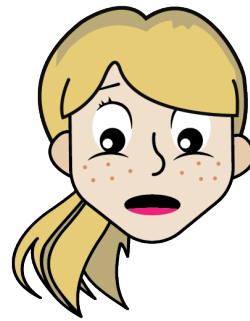
**GUILTY**



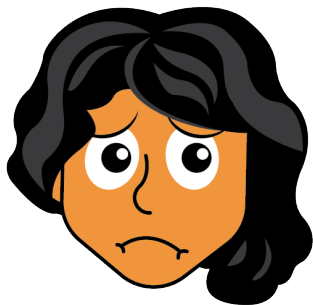
**CONFUSED**



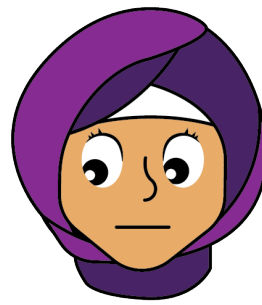
**SURPRISED**



**REJECTED**




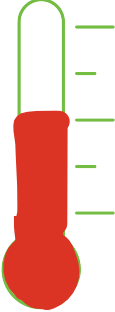








**IGNORED**





## MY ADOPTION STORY: EMOTIONS

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

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

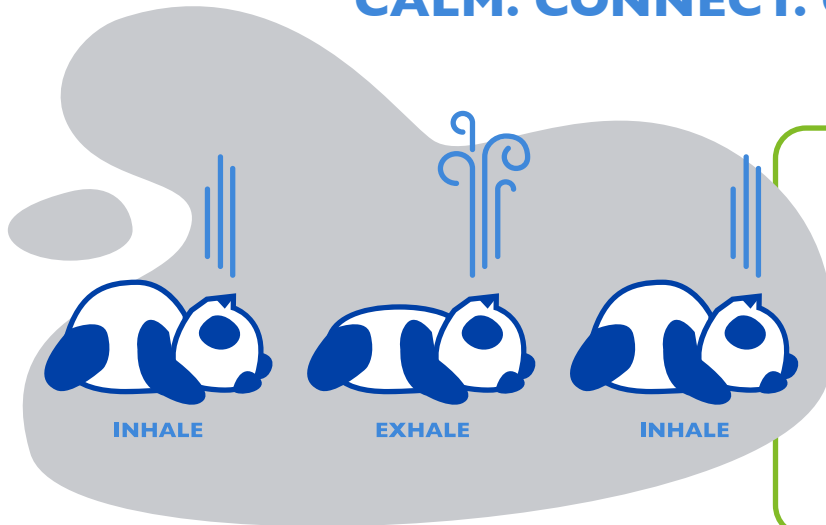
When I meet other people that are adopted, I feel understood.

Telling people I am adopted makes me feel uncomfortable.

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

# THE 3CS FOR FAMILY COMMUNICATION

## CALM. CONNECT. CORRECT.



### CALM

- Good communication lives in the green zone
- Name it to tame it = say the emotion word for how you are feeling
- Take a break and use a coping skill



### CONNECT

- Let your child know that all feelings are okay.
- Show them you understand how they feel.
- Avoid trying to fix, minimize, or punish negative emotions.



### CORRECT

- Solve problems together by talking about how to handle a situation differently next time.
- Make a repair by taking accountability. Model this behavior, don't demand it.
- Put down the rope = take a pause on power struggles.
- Give consequences when needed that are short and logical.
- Provide information and reassurance when needed.



Your child feels sad about not living with birth parents and says, “I wish I could be with them.”

Module 3



Your child says they are the only kid they know who was adopted. (You know for a fact that their cousin and one of their friends from soccer were both adopted.)

Module 3



Your child is yelling, “I hate this house and I hate you! You never let me see my sisters!” after a visit with their biological siblings. Despite your best efforts, the visits have become less frequent lately.

Module 3



Your child says, “I’m always in trouble! You love your birth kids way more than me because I’m not your real child!”

Module 3



Your child says that they feel guilty that they have so much stuff, when their family back home is so poor.

Module 3



Your child is upset about forgetting to turn in a homework assignment and getting a zero. She says, “I’m so stupid! I’m gonna fail!”

Module 3



Your child is screaming because you wouldn’t let him watch more iPad because it’s dinner time. He says, “You never let me do what I want!”

Module 3



Your child says, “I hate going to this school where everyone is white and I’m the only black kid.”

Module 3



## MY ADOPTION STORY: FACTS ABOUT ME



Where in the world was I born? Pennsylvania

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

How old was I when I was adopted? 13

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... being raised and cared for by people outside of your birth parents when your birth parents are not able to provide or keep you safe























Fiona has two younger biological siblings that still live with her birth mother. On social media, her biological family looks happy and her birth mother looks like she is doing well. Fiona thinks, “There must be something wrong with me that she has other kids but didn’t want me.”

Module 5



Joshua was adopted when he was 4. His mom had to go to the hospital for a minor surgery, which made him very afraid, even though his dad told him she will be fine. He thinks, “I’ve already lost one family, what if I lose this one too?”

Module 5



Jackson was adopted 4 years ago. He knows his birth mother didn’t always make good choices and couldn’t take care of him, but he still really misses her. He doesn’t say anything to his adoptive mother because he worries that she might get upset and thinks, “I can’t bring up my birth mom because my mom will think I am not happy that I was adopted.”

Module 5



Tia was born in South America and was adopted when she was a baby to a white family. She is embarrassed that she doesn’t speak Spanish and doesn’t eat the same foods as her Latina friends at school. Her friends tease her for being “too white”. She thinks “I am different than everyone else. I don’t fit anywhere.”

Module 5



Theo is black and was adopted by a white family, including his brother and sister who are his parents' biological children. Every time they get good grades or sports awards, he thinks, "I don't really fit into this family. My parents will never really love me as much as their birth kids."

Module 5



Sasha was in foster care before she before she was adopted. She tries really hard to get perfect grades and works hard to make her parents happy and really struggles when she makes mistakes. She thinks, "I don't want to be too difficult because then my parents won't want to keep me."

Module 5



Mae worries so much about her birth sister. When they lived in the same home, Mae made sure that she ate and had clean clothes since her parents were using drugs. She thinks, "If I am not there, who is going to take care of my sister? Something bad will happen to her."

Module 5



Tyrell's birth parents did not take care of him and he had to take care of his siblings. Since then, he has also had multiple homes in foster care. He has a hard time trusting people who are supposed to take care of him. He thinks, "I can take care of myself. I can't rely on parents because they always let you down."

Module 5



Sam and her sister were both adopted from different families. Her sister has visits with birth family, who all look alike. Seeing them together makes Sam feel jealous and sad. She thinks, “How am I supposed to know who I am if I don’t know where I came from?”

Module 5



Patrick was adopted when he was seven. He remembers his birth mom doing drugs and his birth dad hurting him, his siblings, and his mom. He is 14 now and is doing well in school and sports, but he sometimes gets in trouble for losing his temper. He thinks, “I am destined to turn out like my birth dad and hurt people.”

Module 5



Module 5



Module 5

## 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).

I can take care of myself. I can't rely on parents because they always let you down.

---



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:

frustrated

\_\_\_\_\_

4. Ask yourself, is that the whole story?

No. My parents have been there whenever I needed anything. Just just aren't able to

be there as soon as I want them to be. When I ask for help, I can usually find someone

to help me. I deserve support so I should try to trust people to help me.

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?





Where was I born?



Are you my real parents?



Did I have a different name  
when I was born?



Did my birth mother see  
me or hold me?



Did my birth parents  
love me?



Why did my birth parents  
allow me to be adopted?



Did I have other family  
members in my birth family?



Where are my mother  
and father today?



Will I ever see my birth  
parents again?



Do my birth parents  
regret allowing me  
to be 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  
parents or where I was born?



What was I like when  
you first brought me home?



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 was not adopted?



Do they think about me?





Have my birth parents ever asked about me?



Am I bad for thinking about my birth family?



What is another question you have?



What is another question you have?



What is another question you have?



What is another question you have?



What is another question you have?



What is another question you have?



What is another question you have?



What is another question you have?

## MY ADOPTION STORY: QUESTIONS ABOUT ADOPTION

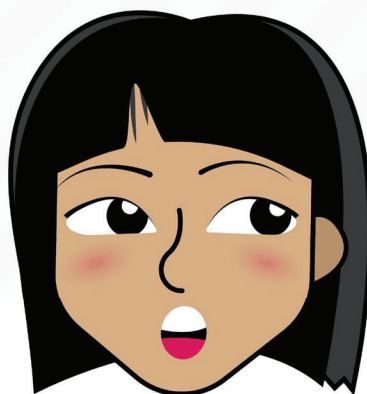
Sometimes kids who are adopted feel curious about their adoption and their birth parents. Kids might wonder:

Do they ever think about me?

Will I ever see them again?

What did they look like?  
Do they look like me?

Why couldn't they take care of me?

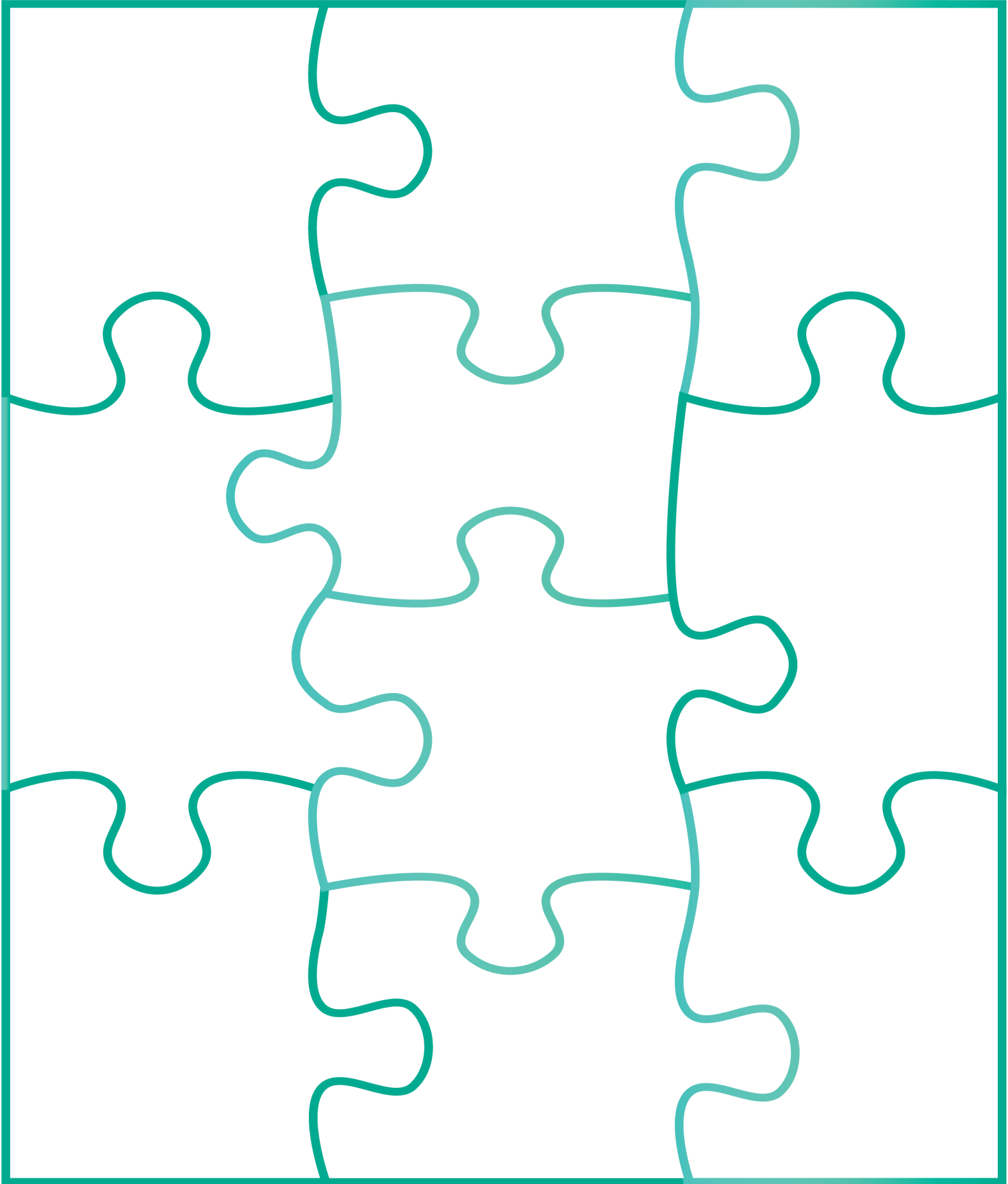


What are some questions you have about your birth mother/birth father or your adoption?

1. What do I have in common with my birth father? \_\_\_\_\_

2. Are there any medical disorders that are genetic and could affect me? \_\_\_\_\_  
\_\_\_\_\_

3. Does my birth dad ever regret not meeting me?  
\_\_\_\_\_  
\_\_\_\_\_



## MY ADOPTION STORY: GAINS & LOSSES

### GAINS FROM ADOPTION

more sisters  
  
more time to have fun



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

**Happy** Proud  
Angry/Frustrated Embarrassed  
Scared/Worried Sad  
Other \_\_\_\_\_

support with activities  
dependable parents  
help with homework  
safety



Happy Proud  
Angry/Frustrated Embarrassed  
Scared/Worried Sad  
**Other** relaxed \_\_\_\_\_

### LOSSES FROM ADOPTION

relationships with brothers and sisters and birth mom



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

Happy Proud  
**Angry** Frustrated **Embarrassed**  
Scared **Worried** **Sad**  
Other \_\_\_\_\_

privacy of my birth family  
the ability to fit in with family and friends



Happy Proud  
Angry/Frustrated **Embarrassed**  
Scared/Worried Sad  
**Other** defensive \_\_\_\_\_

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:

being isolated and sick

get-togethers with extended adoptive family



## 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**

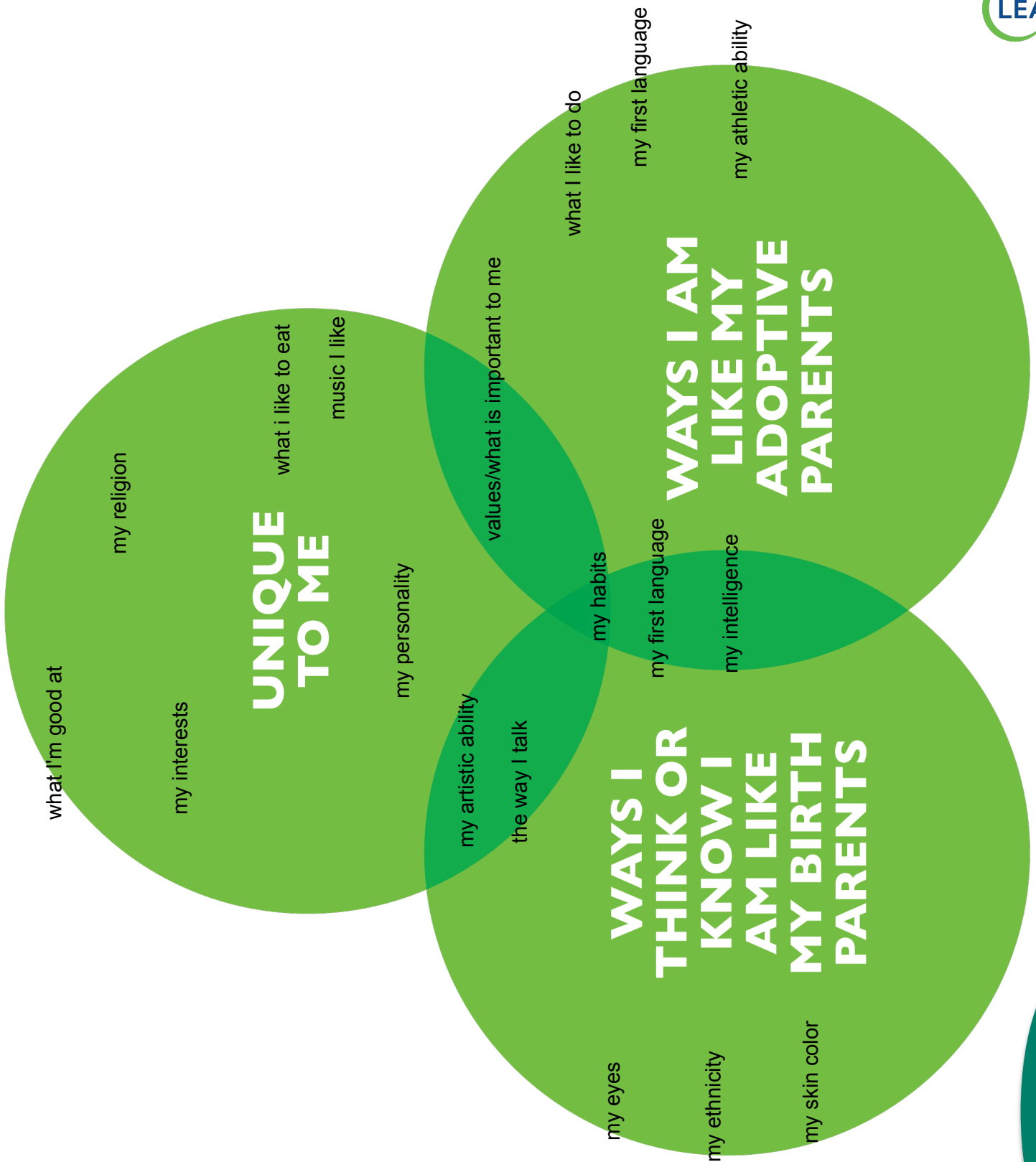
**MY  
PERSONALITY**

**MY FIRST  
LANGUAGE**

*(Write your own)*

*(Write your own)*

*(Write your own)*





## WHAT DOES FAMILY MEAN TO ME?

To me, family means having group of people who you are connected  
to on a personal level, who love you, and who are committed to be there  
for you and show up for you no matter what happens for the rest of your  
life. The connection does not have to be by blood, and the commitment  
doesn't have to be through everything, but they should be people  
who you know would show up for you if you asked them to  
or really needed it.

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

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

why did I leave my family?

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?

- Walk away     
  (say) It's private     
  Share something     
  Educate 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?

- Walk away     
  (say) It's private     
  Share something     
  Educate them

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

- Walk away     
  (say) It's private     
  Share something     
  Educate them



I am proud of my child for...

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I am proud of my child for...

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I am proud of my child for...

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## MY ADOPTION STORY: PIECES OF ME

**MY RACE/  
ETHNICITY**

**MY SKIN  
COLOR**

**MY  
EYES**

**THE WAY  
I TALK**

**WHAT I  
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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)*

# CERTIFICATE

OF ACHIEVEMENT



Proudly Presented To

Add Name Here

In recognition of

Bravely discussing adoption and sharing your story!

\_\_\_\_\_  
LEAF FACILITATOR

\_\_\_\_\_  
DATE

\_\_\_\_\_  
LEAF FACILITATOR



# CERTIFICATE

OF ACHIEVEMENT



Proudly Presented To

Add Name Here



In recognition of

Completing the Learning & Empowerment  
for Adoptive Families (LEAF) Workshop

LEAF FACILITATOR

DATE

LEAF FACILITATOR