Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Strangers in a Strange Land

1.  **In the first column**, list five **experiences** you have had of being a stranger or of being among strangers. *Examples:* moving to a new home, city, or state; starting a new school; travel experiences; being somewhere where you don’t speak the language that everyone else is speaking.

2. **In the middle column**, write at least **two emotions** you felt during each of the five experiences. *Examples:* sad, lonely, scared, excited, frustrated, exhilarated, self-conscious.

3. **In the last column**, write **how you coped** with each of the five experiences.   
*Examples:* pushing yourself to make new friends, keeping in touch with people at home, journaling or praying, keeping a sense of perspective, being open-minded and adventurous, having a positive attitude.

***Note:*** Leave the bottom row of the chart blank until your teacher gives you further directions.

|  |  |  |
| --- | --- | --- |
| EXPERIENCES:  What happened? | EMOTIONS:  How did you feel? | COPING:  How did you cope with this situation?  Who helped you? |
| 1. |  |  |
| 2. |  |  |

|  |  |  |
| --- | --- | --- |
| EXPERIENCES:  What happened? | EMOTIONS:  How did you feel? | COPING:  How did you cope with this situation?  Who helped you? |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
|  |  |  |