

# Glow Journals



The Home Journal

# About This Journal

Dear "Journal-er",

Our names are Ava, Amreen, and Rayva- three first generation American high schoolers. We set out to create GLOW journals to help foster a processing space for our peers who've had to leave their homes. In this journal, you'll find lots of questions we created to help manage the feeling of homesickness, and navigate through what it's like to blend cultures in the U.S. We know it can be a delicate balance, and truly hope you find this journal helpful. The questions will be grouped by category, and include everything from your taste in music to your best childhood memories. This book is all yours. It is a

space just for you.

We encourage you

write, reflect,

and embrace every

question- we know

we have!

-Sincerely,



Ava Datta

GLOW Refugee Coordinator



Amreen Kaur

GLOW Refugee Intern



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# Food

Food is another way culture and connection can be shared! What's your favorite food?



Think back to the first time you had this food. Some people's favorite foods come from family recipes, restaurants, or fun combinations they come up with. What memories do you have of where your favorite food comes from?



What are three foods commonly eaten in the area where you are living?



- 1.
- 2.
- 3.

In 3 words, how do you think each food would taste?

Of the foods listed to the left, what is a new food you might like to try?

Why would you like to try this food?

# 🎵 Music 🎵



Songs and music can be familiar, and enjoyable to listen to. What is your favorite song? If you don't have a favorite, what is a song that you have heard that you like?

What is a line or verse in this song that you particularly like? Why do you like it?



Consider the last time you heard this song, describe what you were doing/what it made you think of.



Music is also a great way for people come together, share culture, and memories. Consider three songs that are currently popular in the area where you're living. What are they?

- 1.
- 2.
- 3.

Who sings these songs?



- 1.
- 2.
- 3.

How do you feel when you listen to this song?



Circle the song you like the most. Describe one fond memory you have listening to this song.





Imagine a fun place you could be the next time you hear the song you just wrote about. Draw it out!

A large, empty rectangular box with a blue border, intended for drawing a fun place based on the prompt. The box is centered on the page and occupies most of the lower half of the page.



# Home Memories



Our homes are often a place with a lot of memories. What is a specific part about your home that you liked? It could be anything from the people, to a specific spot, to the temperature.

Consider why you liked that thing so much. Was there a specific thing about it? Ex. the softness of a piece of furniture, a table you like because of the memories it holds.



Draw the part of your home you chose to write about here!



Sometimes different things can make us feel the way we did in a fond memory. In your current or future home, what is something you can incorporate to feel the same way you did about what you drew above?

Now, draw that answer in the second box!

What is one similarity between the two drawings?







# Friends



Friends can be a source of support, fun, and many other things. You might share memories, hobbies, or inside jokes with your friends. Consider a good friend from your childhood and your memories of them. What is a game you used to play with your friends when you were younger?



How did you feel when playing this game?

A lot of people continue the hobbies they had as a child when they grow up. Some people like the water, because it might remind them of playing in it, or other may continue to paint as an adult after drawing as a child. You are in control of your emotions. What is one way you can illicit the same feeling you had while playing, or a way you to do so in the future?

Draw a picture of that activity, and how you may feel while doing it!





# Holidays







Holidays can also bring both stability and excitement. Sometimes the excitement of a holiday can come from a well know holiday, that a lot of people celebrate (like a Birthday, Christmas, Diwali, Eid, Hanukkah, or Kwanza). Other times, the excitement of a holiday can come from something more personal that happens for your family, like a special meal on sundays. Is there a specific holiday or event you like to celebrate with your family?

What would a typical day celebrating look like?



Are there any traditions in that that you would like to preserve?

Draw out four ways as you can think of to preserve those.

<p>1. </p>	<p>2. </p>
<p>3. </p>	<p>4. </p>





# Role Models




The adults in people's lives can be a great source of guidance. Some people find that is aunts, uncles, adults in their communities, parents, or teachers. Who is an adult that taught you something really valuable?

What did they teach you?

Consider how it felt to have them around below.



Having adult role models in someone's life can add stability. When you look at your future, in an ideal world, how would you want adult role models to be incorporated?

Would you like to be that role model someday? Write/Draw out what you envision. 





Would you like to be that role model someday? Write/Draw out what you envision.

Think about the adults and opportunities in you life. Parents, teachers, counselors, friends. Who is someone you can talk to, if you need to get somethings off you chest? Alternatively, write about a coping strategy you could use instead, like using a mindfulness journal.





# Strengths



Everyone has specific skills and positive qualities unique to them, but sometimes, we can get caught up on the things happening around us, or our own mistakes. However, that doesn't take away from who you are as a person. What is your favorite thing about yourself?

What is a specific skill that you are good at?





Are there any ways you can use your skills to help people around you, whether that be now, or sometime in the future? It could be anything from making someone laugh, to someday helping fundraise for a cause you care about.



What is a time you have made someone's day better?



Draw out one thing you could do to make someone around you smile.

