

Tengo Miedo (I'm scared)

Cuaderno de actividades/Workbook

Un libro enfocado en las habilidades de afrontamiento para hijos de inmigrantes
A book focused on coping skills for children of immigrants



Marlene Huerta

RIPENEND **FARMS** Net Wt
WE FEED 14 kg
YOU!!!


Lakohē FL • Sūlaka FR • Lēd Saepel ICA • Hīlōkūlō, Do Fīfōnōzōn


**FAMILIES
BELONG
TOGETHER**





FAMILIES
 **Belong**
Together

 **AQUI ESTAMOS**
Y NO NOS 
VAMOS

 **PROUD**
 of 
mis **RAÍCES**

**IMMIGRANTS
MAKE
AMERICA
GREAT** 

This book is for those who belong, even
when they hear hate filled words that tell
them they don't. You belong and you matter.

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LIBROS

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About the Author



Thank you for choosing this book. I am a mom, credentialed school counselor, and now a children's book author. I was an early childhood educator for many years before launching into the counseling profession. I first coached parents through a nonprofit organization and now I am a credentialed school counselor in the public school system. Through my experience, I've come to realize that as parents and educators, we are our children's models. We help guide them and coach them through difficult moments; for this reason, I have been inspired to write books that will help give you the tools needed to lead your children into social-emotional success.

If you found this book helpful, I would truly appreciate your review! It's one of the best ways to help others find this book.

@Marlyslibros
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Resulta muy difícil no enterarse de NADA de lo que está pasando.
It's been really hard to NOT hear about what is happening.

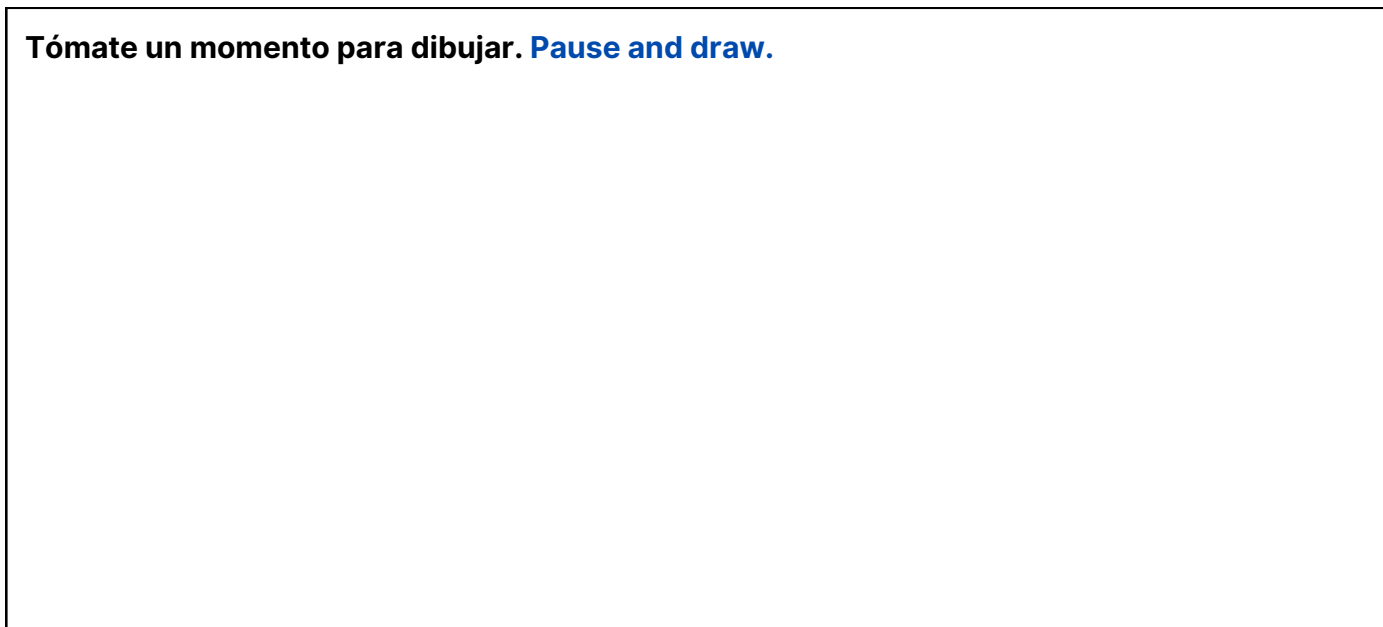


¿Qué te enteraste de lo que está pasando? **What do you know about what is happening?**

¿Cómo te enteraste? **How did you find out?**

¿Hay algo que desearías que te explicaran mejor? **Is there something you wish someone would explain in more detail to you?**

Tómate un momento para dibujar. **Pause and draw.**



Con tantos pensamientos, es posible que sientas:
With so much on our mind, it's possible for you to feel:

TRISTEZA

MIEDO

ENOJO



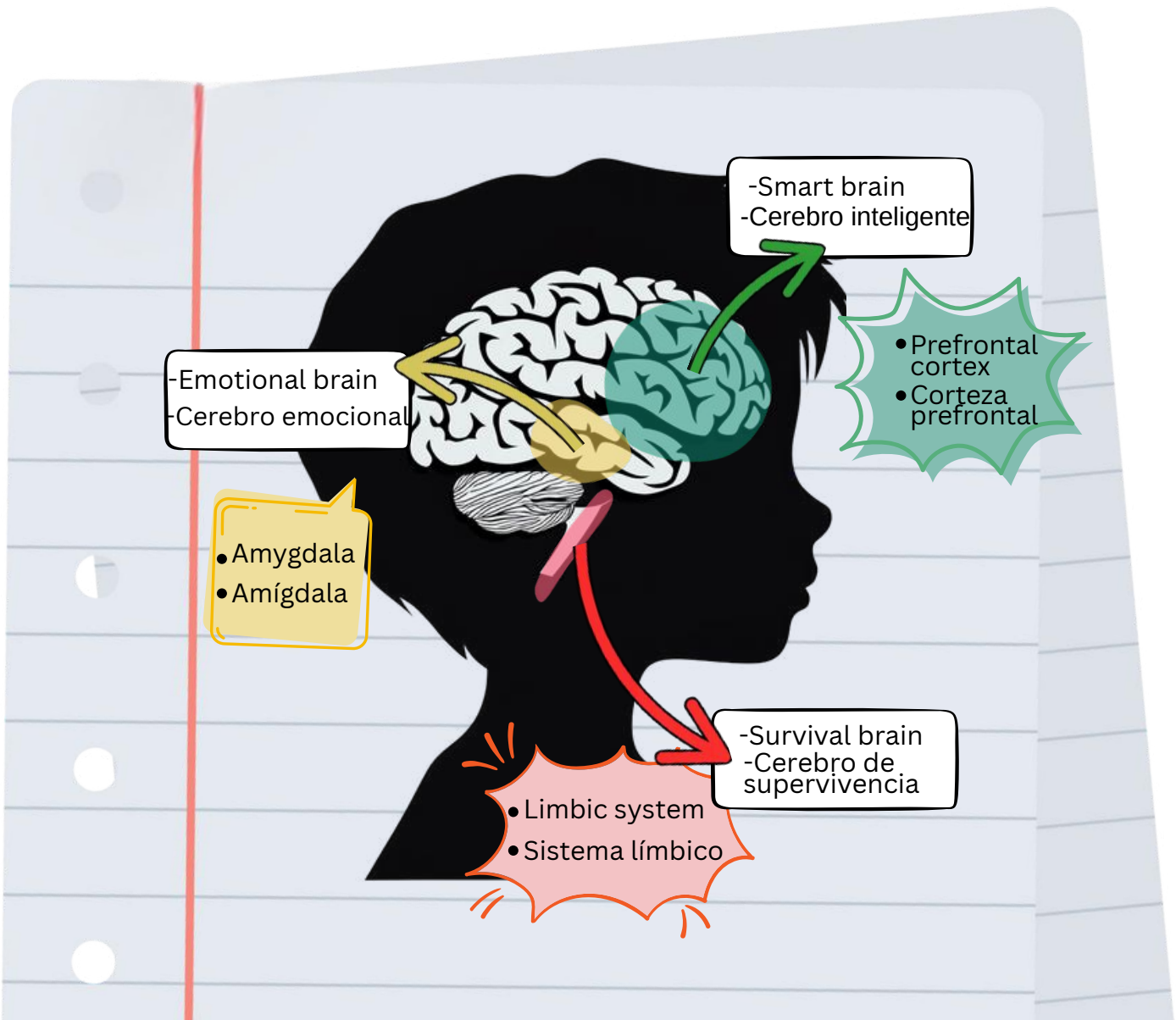
SAD



SCARED



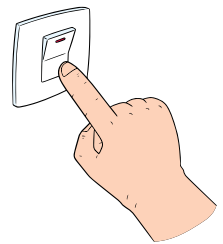
ANGRY



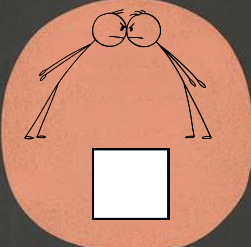
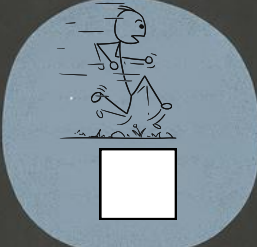
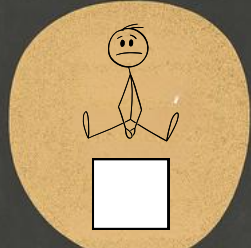
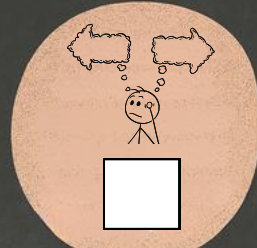
¿Cómo te has sentido hoy? **How did you feel today?**

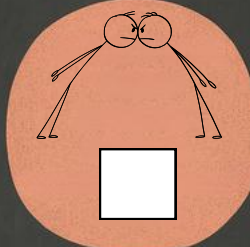
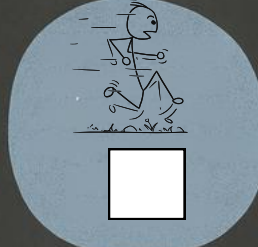
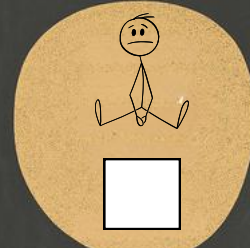
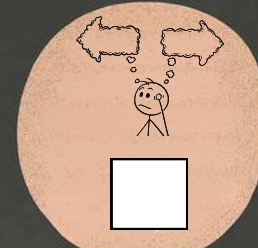


¿Qué parte del cerebro se apaga cuando hay estrés? **What part of my brain is turned off when stressed?**



¿Qué respuesta al estrés te identifica más? **What stress response matches you?**

PELEAR  <input type="checkbox"/>	HUIR  <input type="checkbox"/>
CONGELARSE  <input type="checkbox"/>	ADULAR  <input type="checkbox"/>

FIGHT  <input type="checkbox"/>	FLIGHT  <input type="checkbox"/>
FREEZE  <input type="checkbox"/>	FAWN  <input type="checkbox"/>

En tiempos de crisis, es importante activar nuestro cerebro inteligente y buscar la calma.

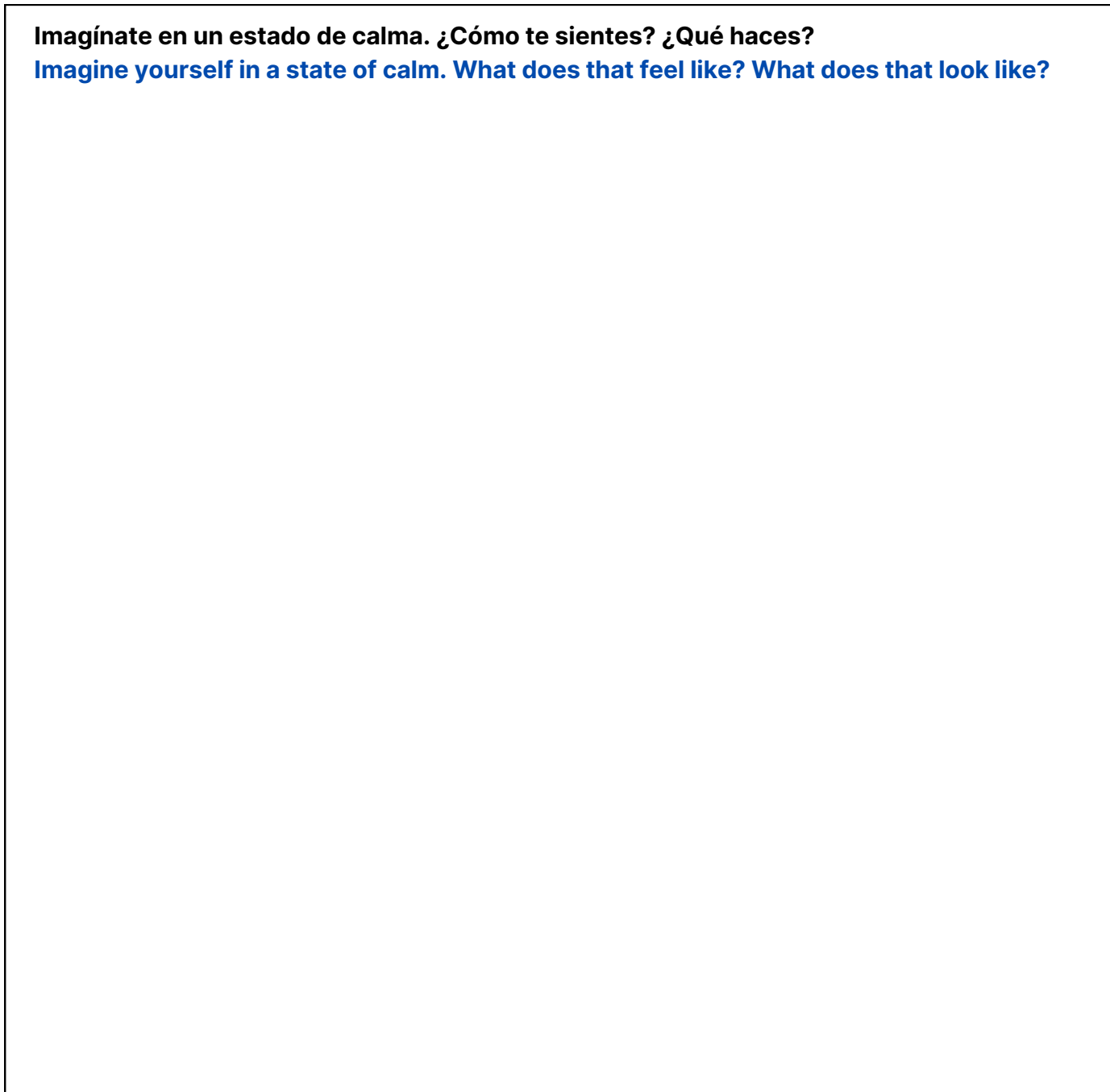
In moments of crisis it is important to turn on our smart brain and find our calm.



¿Qué cosas puedes hacer en casa para relajarte y estar en calma? What is something you can do at home to help you relax and find your calm?

Tómate un momento para dibujar. Pause and draw.

**Imagínate en un estado de calma. ¿Cómo te sientes? ¿Qué haces?
Imagine yourself in a state of calm. What does that feel like? What does that look like?**



Incluso cuando las cosas no salen como pensamos, es importante aferrarnos a la familia y a su amor. Sin importar la situación, ya sea que estén cerca o muy lejos, siempre podemos dedicar tiempo a pensar en todas las cosas que amamos de nuestros seres queridos.



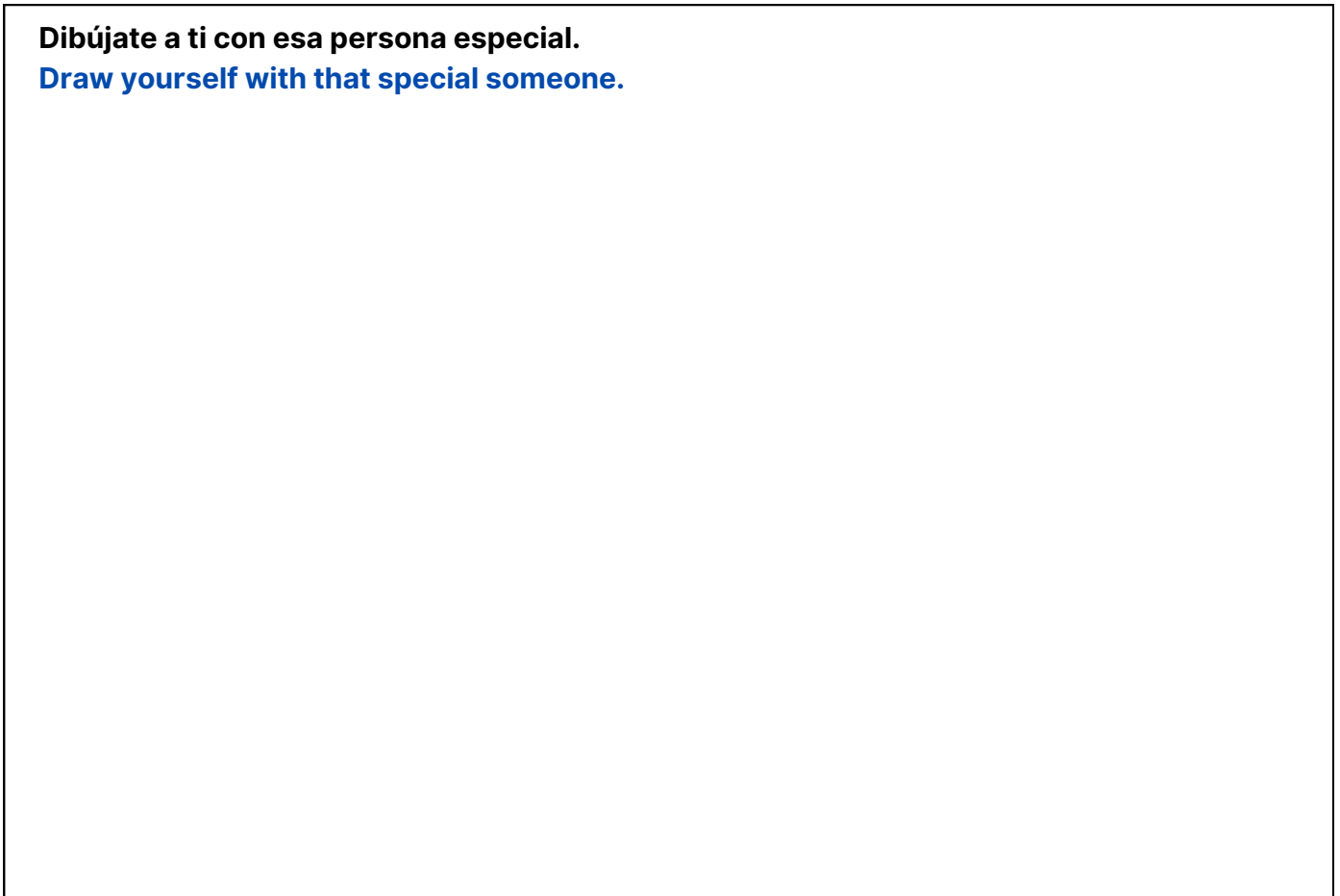
Even when things are not going the way we plan, it is important to hold on to our family and their love. No matter your situation; whether they are close by or very far away, we can always make time to think about all the things we love about them.

Piensa en alguien muy especial para ti. ¿Qué te encanta de esa persona? **Think of someone that is very special to you. What do you love about them.**

¿Cuál es tu actividad favorita para hacer con ella? **What is your favorite activity to do with them?**

Tómate un momento para dibujar. **Pause and draw.**

Dibújate a ti con esa persona especial.
Draw yourself with that special someone.



En momentos de estrés, es bueno recordar cuáles son nuestras fortalezas. Tenemos algunas cualidades que vienen de nuestra familia y otras que hemos aprendido a lo largo de nuestro recorrido.

In stressful moments it is good to remind ourselves what our strengths are. We have characteristics that come from our family and some qualities that we've learned through our journey.

strength



fuerza

consistency



constancia

bravery



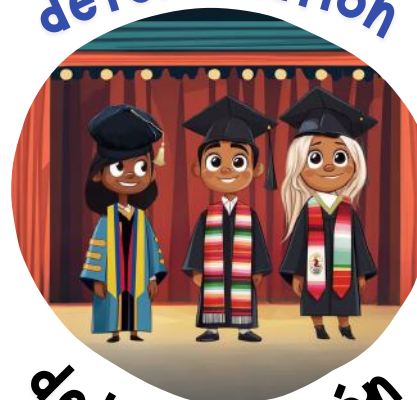
valentía

talent



talento

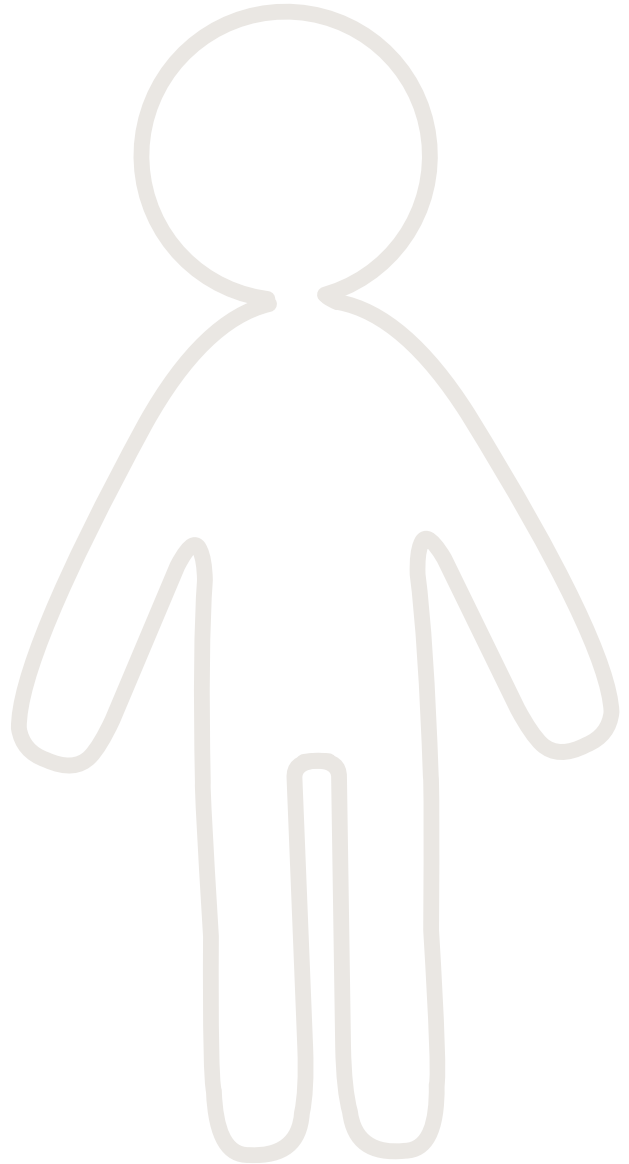
determination



determinación

¿Qué fortalezas tienes? **What strengths do you have?**

- | | |
|--|--|
| <input type="checkbox"/> Transparente
Honest | <input type="checkbox"/> Perseverante
Hardworking |
| <input type="checkbox"/> Independiente
Independent | <input type="checkbox"/> Mente curiosa
Curious |
| <input type="checkbox"/> Ocurrente
Funny | <input type="checkbox"/> Confiable
Trustworthy |
| <input type="checkbox"/> Con confianza
Confident | <input type="checkbox"/> Amable
Kind |
| <input type="checkbox"/> Humilde
Humble | <input type="checkbox"/> Líder
A leader |
| <input type="checkbox"/> Optimista
Optimistic | <input type="checkbox"/> Actitud colaborativa
Cooperative |
| <input type="checkbox"/> Amigable
A good friend | <input type="checkbox"/> Trato cariñoso
Loving |
| <input type="checkbox"/> Talento artístico
Artistic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Persistente
Determined | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Leal
Loyal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Paciente
Patient | |
| <input type="checkbox"/> Talento deportivo
Athletic | |



¿Qué fortalezas te enseñó esa persona especial?
Which strengths did your special person teach you?

¿En qué cualidades estás trabajando? **What is something you are working on?**

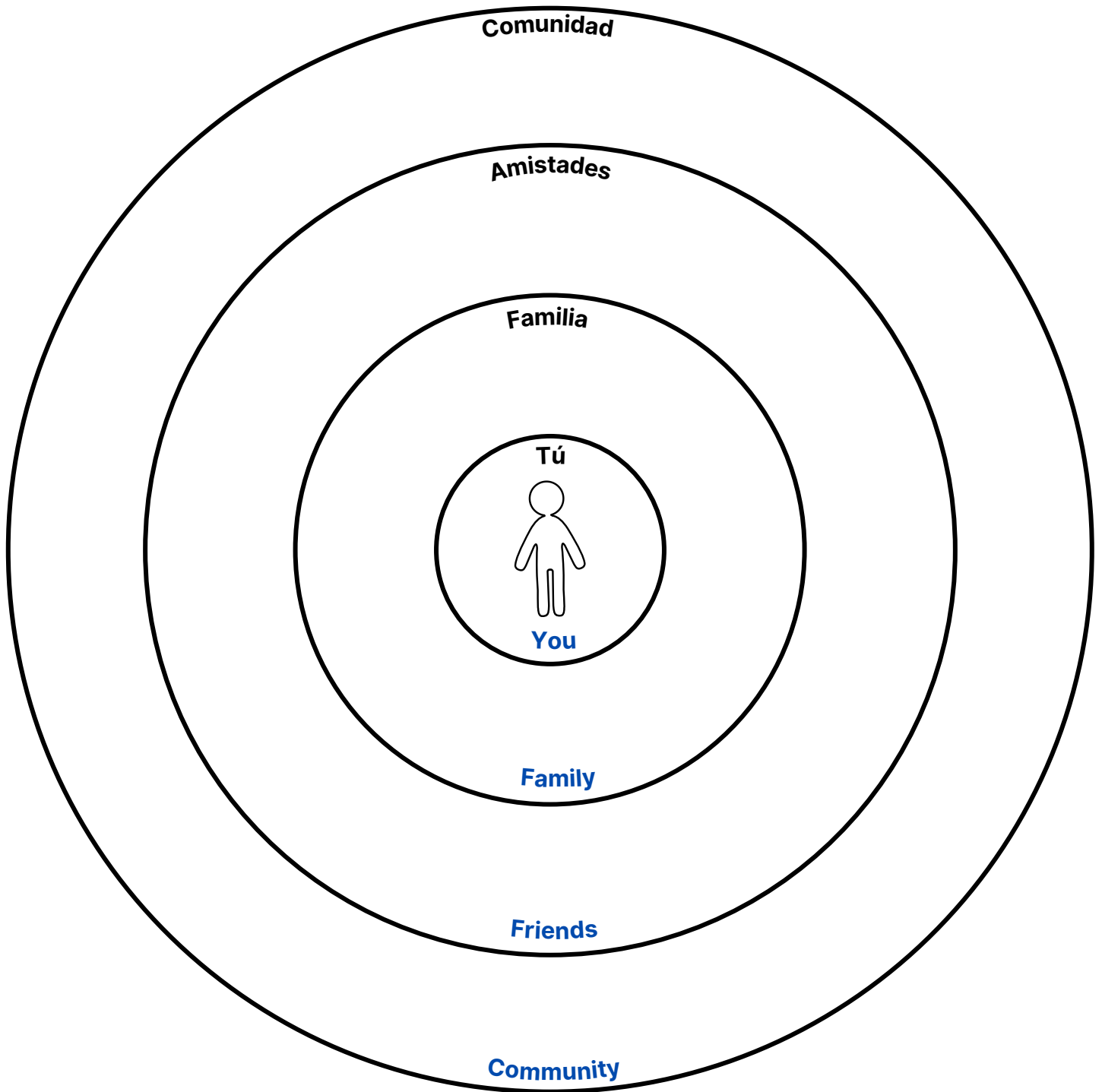
Por último, quiero que recuerden esto: no es una debilidad pedir ayuda. Somos parte de una comunidad y todos necesitamos apoyo.

Lastly, I want you all to remember this: It is not a weakness to ask for help. We are part of a community and we all need support.

**TOGETHER
WE CAN
GET THROUGH
THIS MOMENT**



¿A quién le puedes pedir ayuda? **Who can you ask for help?**



**Hay muchas personas pasando por situaciones similares a la tuya. No eres la única. Pide ayuda.
There are many people going through similar situations like yours. You are not alone. Ask for help.**

WE LISTEN TO MUSIC



Escuchamos música.

BUSCAMOS AYUDA



We ask for help.

WE DRAW OUR EMOTIONS



Dibujamos nuestras emociones.

HACEMOS EJERCICIO



We exercise.

CALM



SOMOS FUERTES



We are Strong.

SOMOS FUERTES



We are Strong.

SOMOS FUERTES



We are Strong.

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WE FEED 14 kg
YOU!!!

Lokohe FL • Salara FR • Led Saool ICA • Hilleliten, Do Fiftionston



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Un cuaderno de actividades que ayuda a los hijos de inmigrantes a reflexionar y entender lo que les pasa.
A workbook to help the children of immigrant parents reflect and process.

