



Most of these questions asked are rhetorical questions and here to support your thinking.

Adapting to challenges: People in crisis often have to make vital decisions very quickly, and manage lots of changes. Refugees and asylum seekers especially have to deal with these things and may be in dangerous situations that demand quick actions and thinking.

Use this resource to think about how others adapt to challenges and learn to empathise with their feelings.

Learning focus - Learners will:

- 🚦 consider the different reasons why people leave their home
- 🚦 empathise with people who must flee their homes
- 🚦 make decisions and understand how others might feel
- 🚦 reflect on how we can support new people in our community

Primary ages (7-11)

Starter activity: Why do people leave?

The reasons for leaving home can be seen as **push** or **pull** factors. 'Pull' reasons tend to be positive, such as going to university. 'Push' factors are mostly negative, such as fleeing conflict or natural disaster. Think about the reasons below as why people leave their home, are they 'push' or 'pull'? Do some fit into both groups?

- 🚦 school
- 🚦 jobs
- 🚦 family
- 🚦 natural disasters, such as floods, earthquakes, hurricanes
- 🚦 to travel
- 🚦 beliefs
- 🚦 dangers

Think about how push or pull factors might make someone feel? Take each one and think, how might you feel if you had to leave your home because of one of the push or pull factors?

Photo activity: Should I stay, or should I go?

Look at these three photos. Imagine you were in this situation. The sentences underneath explain the situation behind the picture. Think about each one. What would you do? Would you stay in this place or would you leave?

Think about your answers. Is it an easy choice? What else could you do?

Photo one:



There has been an outbreak of fighting in your country. You can hear guns and bombs every night. Lots of people have already left. Some young people are being rounded up by the fighters to become soldiers. Stay or go?

Photo two:



It never rains and no food grows in your country. Stay or go?

Food costs a lot of money and many people are hungry. Stay or go?

Fresh water, schools and shops are a two hour walk away. Stay or go?



The next village is flooded. The water is coming to your house soon. Stay or go?

This happens every year when it rains heavily. Stay or go?

You have had to move house because of the flooding. You are staying with family but there are six other people in the house. Stay or go?

Here is a link to Leen's story. I am suggesting you watch it with an older member of your family or an adult. You may wish to pause it as you go. It is not hyperlinked so please copy and paste it into your web browser. Thank you. 😊

<https://youtu.be/Kve20N4WejU>

Creative activity: Welcome poster

Think about how you could welcome young migrants who have arrived in your area. How could you help them to adapt to their new community?

- 🚧 What might it be like to arrive in a new place? Have you ever moved house or school - how did it feel?
- 🚧 What things might you need to feel at home in a new place?

Make a poster or leaflet to give them the information and support they will need. Think about what you know about your own community. You can draw pictures, write about key places or write advice to them or messages of welcome. Use the table below to help with ideas.

Where can you get clothes?	Where is the hospital and the doctor's surgery?	How do you travel around the area?	How might someone improve their English?
How do you know where to go?	Have you included sport or physical activities?	What do you enjoy doing?	Where do you go to eat? What do you eat?

