

# My story





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Center for Psychotraumatology

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**Deaconess  
Foundation**



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AND INTEGRATION FUND**

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# My story



My name is

I am

years old

My home country is

Important things to me

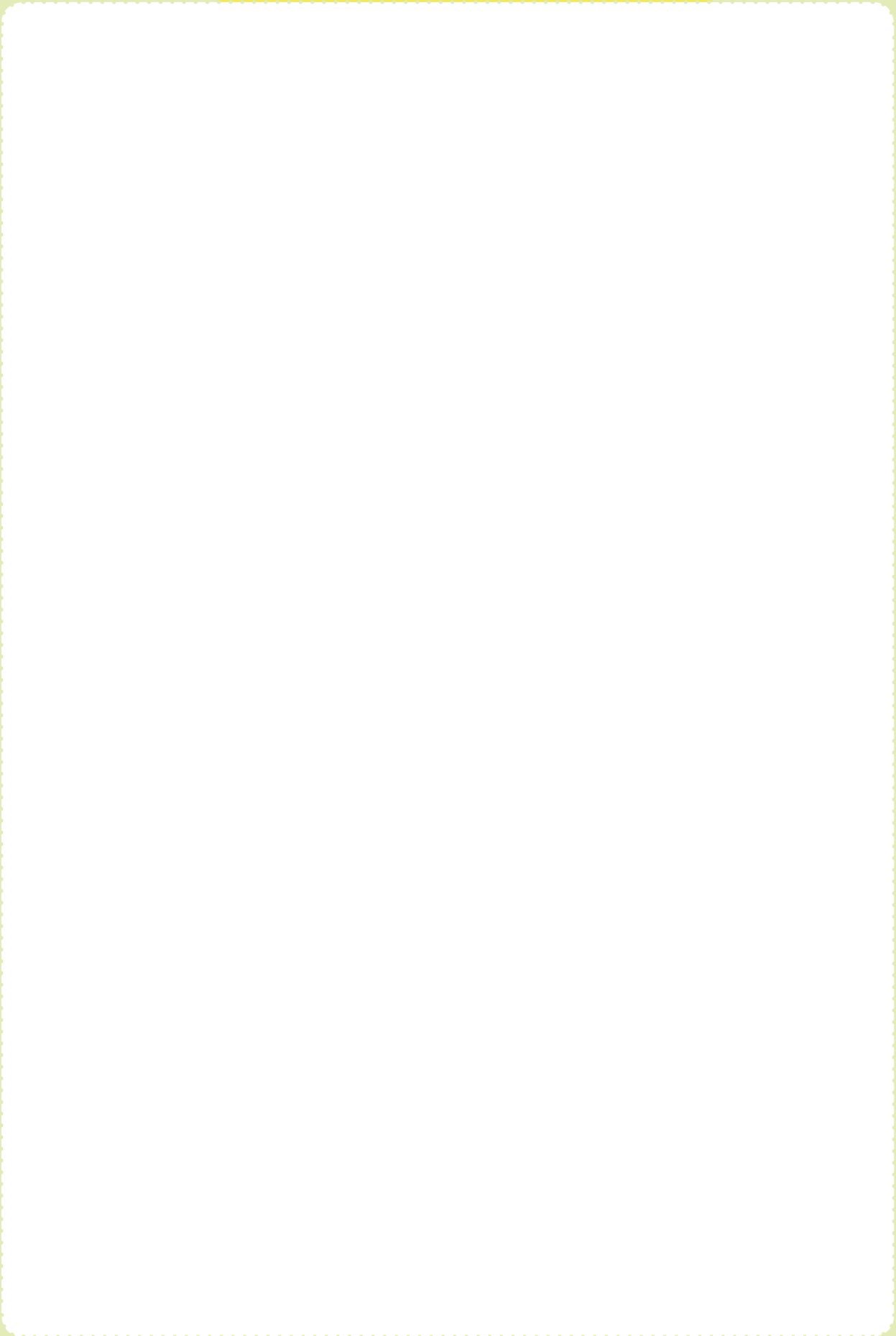
## THIS IS ME

A large white rectangular area with rounded corners and a dashed border, intended for writing a self-description.

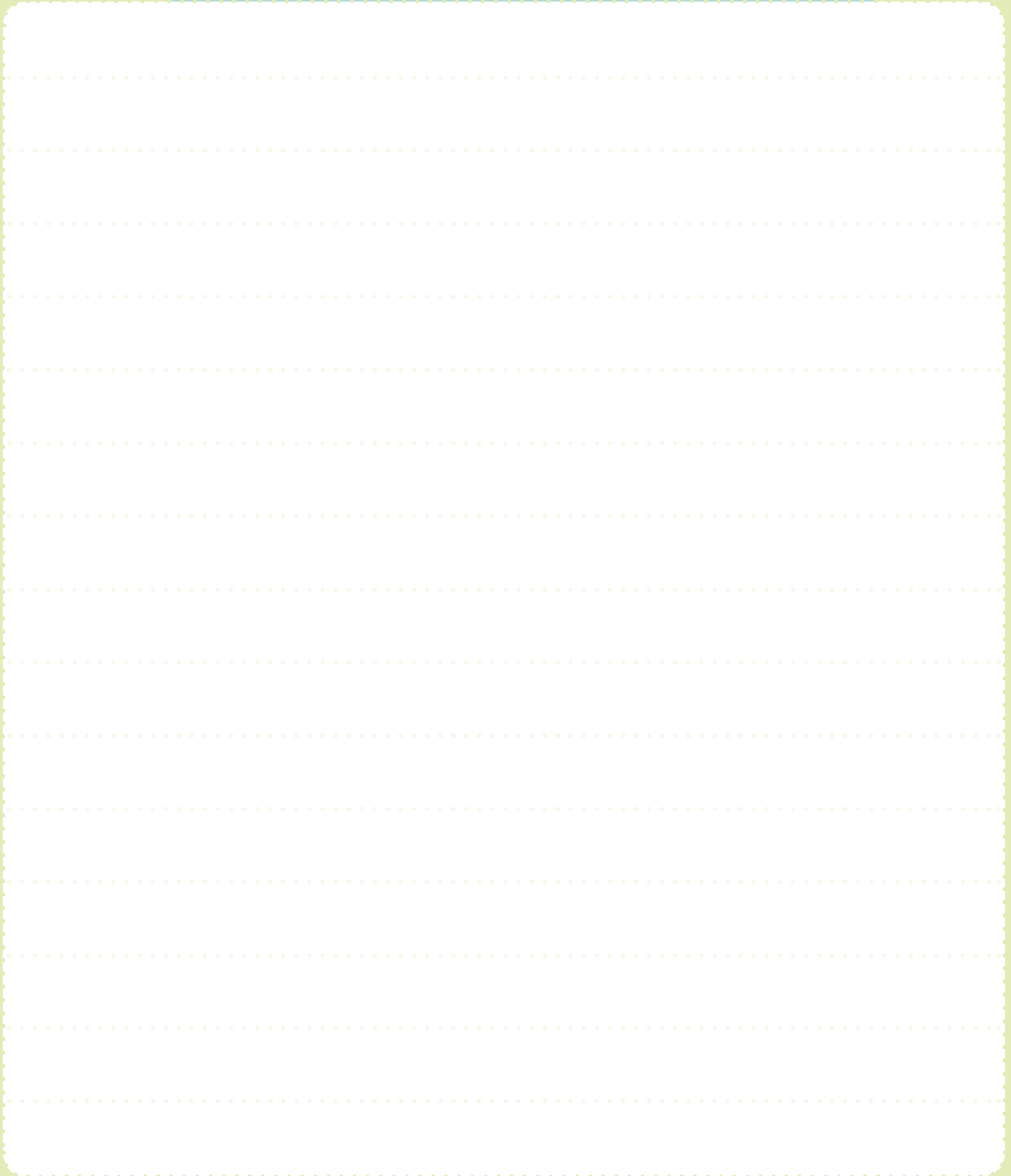
How did working on this part make you feel?

A white rectangular area with rounded corners and a dashed border, intended for writing a response to the question above.

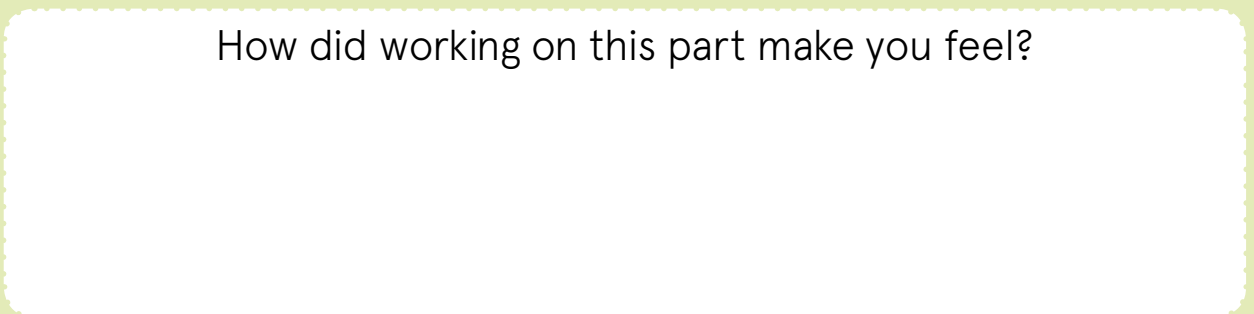
**HERE IS A PICTURE OF ME**



## THIS IS MY FAMILY



How did working on this part make you feel?



**HERE IS MY FAMILY**

A large white rectangular area with a dashed border, intended for drawing or writing about a family. The area is completely blank, providing space for a child to create a family portrait or write a description of their family members.



## THIS IS MY FRIEND

A large white rectangular area with rounded corners and a dashed border, intended for drawing or writing.

How did working on this part make you feel?

A white rectangular area with rounded corners and a dashed border, intended for writing a response to the question above.

**HERE IS MY FRIEND FROM MY HOME COUNTRY  
OR THE COUNTRY I USED TO LIVE IN**

A large white rectangular area with a dashed border, intended for drawing or writing. It occupies most of the page below the title.

**BEST MEMORIES FROM MY HOME COUNTRY  
OR THE COUNTRIES I USED TO LIVE IN**

A large white rectangular area with a dotted border, intended for writing memories.

How did working on this part make you feel?

A white rectangular area with a dotted border, intended for writing a response to the question above.

**THIS IS THE BEST MEMORY FROM MY HOME COUNTRY  
OR THE COUNTRY I USED TO LIVE IN**

A large white rectangular area with a dashed border, intended for writing a memory. The area is empty and occupies most of the page below the title.

**BAD MEMORIES FROM MY HOME COUNTRY  
OR THE COUNTRIES I USED TO LIVE IN**

A large white rectangular area with a dashed border, intended for writing responses to the prompt above.

How did working on this part make you feel?

A white rectangular area with a dashed border, intended for writing responses to the question above.

**THIS IS THE WORST MEMORY FROM MY HOME COUNTRY  
OR THE COUNTRY I USED TO LIVE IN**

A large, empty white rectangular area with a dashed border, intended for writing a response to the prompt above.

**HOW DID I SURVIVE FROM THE BAD EVENTS ?**

A large white rectangular area with a dotted border, intended for writing a response to the question above.

**WHO HELPED ME TO SURVIVE ?**

A large white rectangular area with a dotted border, intended for writing a response to the question above.

How did working on this part make you feel?

A white rectangular area with a dotted border, intended for writing a response to the question above.

**HERE IS MY HELPER**

A large white rectangular area with a dashed border, intended for drawing or writing. It occupies most of the page below the title.



**THE WAY I LEFT FROM MY HOME COUNTRY  
OR THE COUNTRY I USED TO LIVE IN**

A large white rectangular area with rounded corners and a dotted border, intended for writing a response to the first question.

**THE DEPARTURE FELT LIKE**

A large white rectangular area with rounded corners and a dotted border, intended for writing a response to the second question.

How did working on this part make you feel?

A white rectangular area with rounded corners and a dotted border, intended for writing a response to the third question.

**THIS IS ME LEAVING MY HOME COUNTRY  
OR THE COUNTRY I USED TO LIVE IN**

A large white rectangular area with a dashed border, intended for a drawing or illustration. The area is empty and occupies most of the page below the title.


## MEMORIES FROM THE JOURNEY

A large white rectangular area with a dotted border, intended for writing memories from the journey.

How did working on this part make you feel?

A white rectangular area with a dotted border, intended for writing a response to the question above.

## ITEMS I TOOK WITH ME FOR THE JOURNEY



A large, empty white rectangular area with a dashed yellow border, intended for writing a list of items.

## WHEN I CAME TO FINLAND

A large white rectangular area with a dashed yellow border, containing ten horizontal dashed lines for writing.


## COMING TO FINLAND FELT LIKE

A large white rectangular area with a dashed yellow border, containing ten horizontal dashed lines for writing.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for a response to the question above.

## MY FIRST MEMORY ABOUT FINLAND



## MY DAYCARE / SCHOOL IN FINLAND

A large white rectangular area with a dashed yellow border, intended for writing a response to the title above.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for writing a response to the question above.

**THIS IS ME IN DAYCARE / AT SCHOOL**

A large white rectangular area with a dashed yellow border, intended for a drawing or illustration. The area is completely blank, providing space for a child to draw themselves in a daycare or school setting.



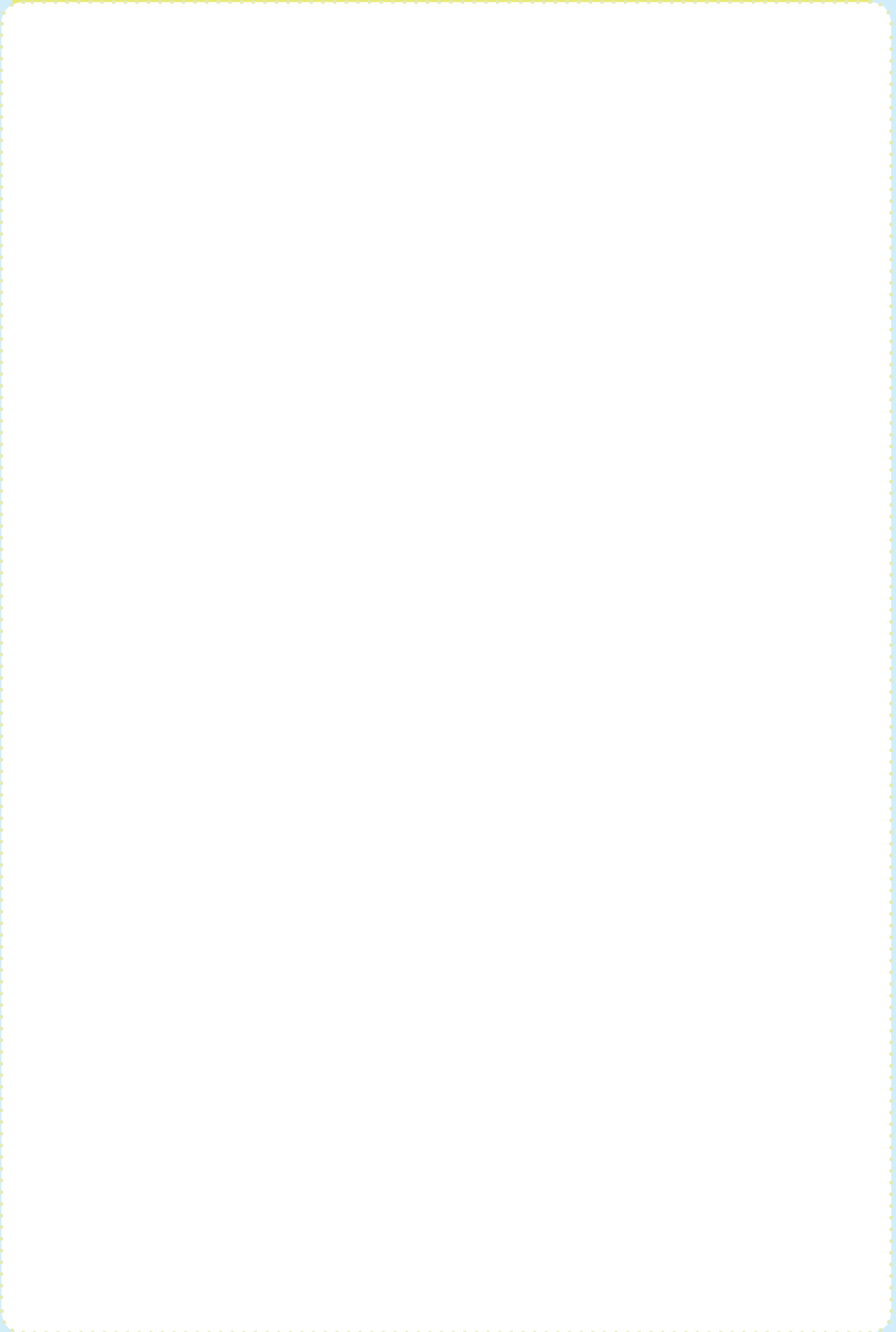
## MY HOME AND FAMILY IN FINLAND

A large white rectangular area with a dashed yellow border, intended for writing a response to the title above.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for writing a response to the question above.

**THIS IS ME WITH MY FAMILY AT HOME IN FINLAND**



## MY BEST FRIENDS IN FINLAND

A large, white, rounded rectangular area with a dashed yellow border, intended for writing a list of best friends in Finland.

How did working on this part make you feel?

A white, rounded rectangular area with a dashed yellow border, intended for writing a response to the question above.

**HERE IS MY BEST FRIEND IN FINLAND**

A large white rectangular area with a dashed yellow border, intended for drawing or writing. The area is empty and occupies most of the page below the title.

## MY FAVOURITE THING ABOUT FINLAND

A large white rectangular area with a dashed yellow border, intended for writing the favorite thing about Finland. It contains several horizontal dashed lines for writing.

## THINGS I DISLIKE ABOUT FINLAND

A large white rectangular area with a dashed yellow border, intended for writing things disliked about Finland. It contains several horizontal dashed lines for writing.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for writing the response to the question above. It contains several horizontal dashed lines for writing.

## **NICE THINGS ABOUT FINLAND**



## **BAD THINGS ABOUT FINLAND**



## THINGS I MISS

A large white rectangular area with rounded corners and a dashed yellow border, intended for writing. It contains 15 horizontal dashed lines for writing.

How did working on this part make you feel?

A white rectangular area with rounded corners and a dashed yellow border, intended for writing. It is currently blank.

**HERE ARE THE THINGS I MISS**

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**THINGS, THAT I WORRY ABOUT**

A large white rectangular area with a dashed yellow border, containing several horizontal dashed lines for writing.

**TO WHO CAN I TALK ABOUT MY WORRIES?**

A large white rectangular area with a dashed yellow border, containing several horizontal dashed lines for writing.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for a response to the question above.

**HERE ARE THE THINGS I WORRY ABOUT**

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**I AM SCARED THE MOST ABOUT**

A large white rectangular area with a dashed yellow border, containing ten horizontal dotted lines for writing.

**WHEN I AM SCARED**

A large white rectangular area with a dashed yellow border, containing ten horizontal dotted lines for writing.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for a written response to the question above.

**THIS IS ME, WHEN I AM SCARED**

A large white rectangular area with a dashed yellow border, intended for drawing or writing. The area is empty and occupies most of the page below the title.

**THINGS I NEED HELP IN**

A large white rectangular area with a dashed yellow border, containing seven horizontal dashed lines for writing.

**THINGS I AM GOOD AT**

A large white rectangular area with a dashed yellow border, containing seven horizontal dashed lines for writing.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for writing a response to the question above.

**HERE ARE THE THINGS I NEED HELP IN**



**HERE ARE THE THINGS I AM GOOD AT**



**I BECOME HAPPY WHEN...**

A large white rectangular area with a dashed yellow border, intended for writing a response to the prompt above. It contains 15 horizontal dashed lines for writing.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for writing a response to the question above. It is currently blank.

**HERE IS A HAPPY EVENT**



## WHEN I GROW UP, I HOPE

A large white rectangular area with a dashed yellow border, intended for writing responses to the prompt above.

How did working on this part make you feel?

A white rectangular area with a dashed yellow border, intended for writing a response to the question above.

**THIS IS ME WHEN I GROW UP**

A large white rectangular area with a dashed yellow border, intended for drawing or writing. The area is empty and occupies most of the page below the title.



