



# The Buddy Book:

## A Guide to Familiarizing Refugees with San Diego

Created by:  
Design for America  
UCSD



Dear Older Buddy,

New refugees in San Diego may find themselves uncomfortable and alone in their new environment without very many people who have the same background and culture as them. Those who have lived here for longer, such as you, can lend a helping hand to new refugees by helping them understand and become comfortable in their new home. As someone who is familiar with San Diego, you will be paired with a younger buddy who is a newly arrived refugee in San Diego. You can assist your buddy to make the most positive experiences and memories during their time here!

This book features a series of engaging activities you will partake in that will be enriching for both you and your buddy. The categories these activities fall in are the following: buddy bonding, life skills, cultural awareness, and academic skills. The activities within each categories are organized in a certain order designed to help you and your buddy get to know each other more in depth over the course of this series. Through these activities, your buddy will find a new friend in you as well as a guide who can show them a path through confusing yet common experiences they may face that even their parents may not know how to navigate. You will help them learn basic information, such as how to use public transportation, that will help them adapt to everyday settings. Together, you two can gain more knowledge about San Diego and become familiar with its landmarks and culture, as well

as learn about different characteristics of American culture through activities surrounding diversity of food and music.

Hopefully this series of activities will be both fun and eye-opening for you, as you will help your buddy further understanding his or her self's own unique and fascinating identity as a refugee and be able to draw strength from his or her experiences. Through volunteering your time to this valuable purpose, you can reflect on your own identity while connecting with someone from a different life background from yours. You will gain leadership experience through guiding and collaborating with your younger friend and be performing volunteer work for someone who will appreciate all the effort you put into making their experience in a new country as wonderful as possible.

Best Wishes,  
Design for America



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# Identity Board

Your identity is made up of what you think defines who you are. Some things that can define a person include your interests, hobbies, likes, the people you spend your time with, and what values you live your life by. Making a poster that represents all of the things that define you can be a fun activity for you and your buddy to do together to get to know each other and get to know yourselves.

## Purpose:

- Define what makes up your identity
- Learn and share about what each other's important characteristics
- Have fun and be creative and artistic!

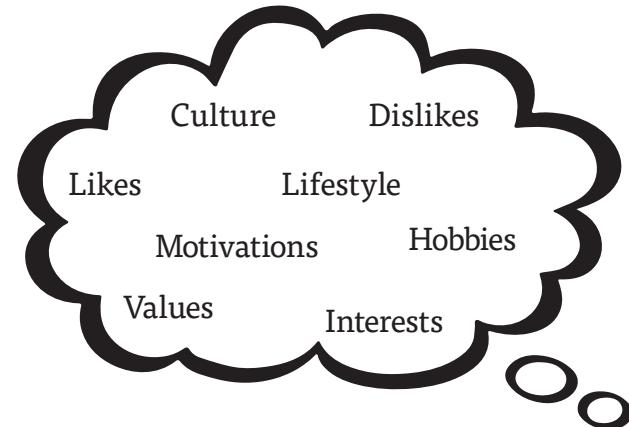
## Activity:

In the this activity you will be creating an identity board with your buddy. The purpose of creating an interest board is to get to know each other more and start conversations about common interests, things that are important, and your identities. An interest board is a compilation or collage of items such as images, words, descriptions to maintain focus on interests, hobbies, and things that you enjoy in order to help others learn more about you.

## What you will need?

- Magazines
- Poster Board or sheet of paper
- Scissors
- Glue
- Markers

Other art materials of your choosing



## Creating your Interest Board!

Before starting sit quietly and think about things that you find interesting and things represent your identity. Consider these questions to figure out what you think defines your identity:

- Do you like to play any sports?
- Do you have any hobbies?
- Do you enjoy any arts and crafts?
- Do you have any interests?

After having an idea of how you would depict your interests and identity visually you could start putting your interest board together. Start digging through magazines and finding pictures, words or phrases that represent your idea. Try to collect as many things as you can, you can eliminate some later on if you wish. You could even look online for pictures and print them out. Compile everything and add it to your poster board.

# Book/TV Club

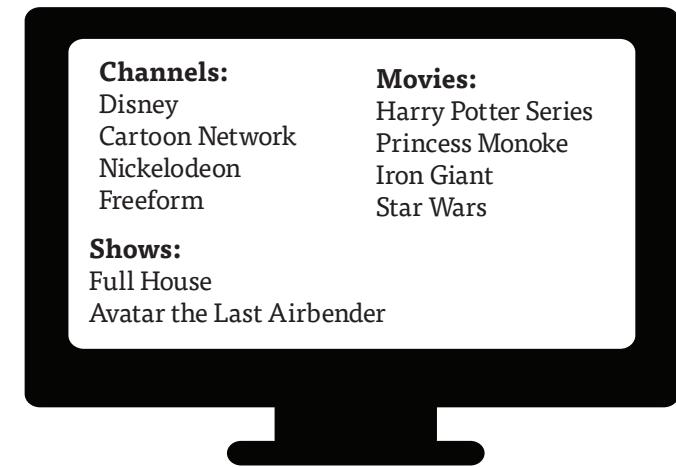
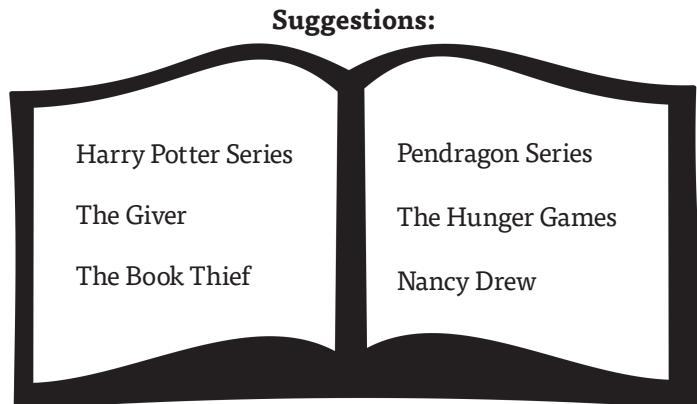
Reading and watching movies and TV are both effective ways to practice English skills! Stories are fun to read and watch, and help you get familiar with the language if you aren't already. Reading books or watching shows and movies with someone else can make the activity more fun, and you can understand the story better than if you were alone.

## Purpose:

Practice English by reading a book or watching a show and talking about it together

## Activity:

Pick a book or TV show that you are both interested in and read or watch it together. If you decide to read a book, set a plan so you are both reading the same amount. For example, you each read 10 pages per night so when you see each other you are at the same place. If you decide to do this with a TV show, you could watch an episode together every other time you see each other! Not only should this activity be fun, but should also help strengthen your English skills by being able to discuss it together.



## Discussion:

Who is your favorite character?  
Summarize what happened in the most recent episode or chapter  
What was your favorite part? Why?  
What was unexpected?  
Would you have wanted something different to happen?  
Predict what you think will happen next.

# San Diego Brochure

Known as “America’s Finest City,” San Diego is a large place with many different districts and neighborhoods, each with their own little gems. Many people don’t get around to exploring the full city, only skimming the surface. However, San Diego has a rich and vibrant history going back multiple centuries. Help your buddy and new fellow resident of San Diego discover “America’s Finest City.”



## Purpose

- Familiarize yourself and your buddy with everything about San Diego. You will learn more about the history of San Diego and fun things to do in the city!
- Feel more comfortable in your new home
- Practice using a computer software such as Microsoft Word/PowerPoint or Google Docs

## Activity

**1**

Decide which software you would like to make your brochure on. The brochure should use a three fold template. See example below. Choose something that you have experience with so you can help your little buddy if needed. We recommend Microsoft Word or Google docs or Microsoft PowerPoint. If you don’t have access to any softwares to make a brochure, you can make your brochure by hand by folding a piece of paper in 3 equal sections (landscape way) and pasting the information and pictures on it with glue or tape. See example below.

**2**

Gather information and pictures about San Diego online.

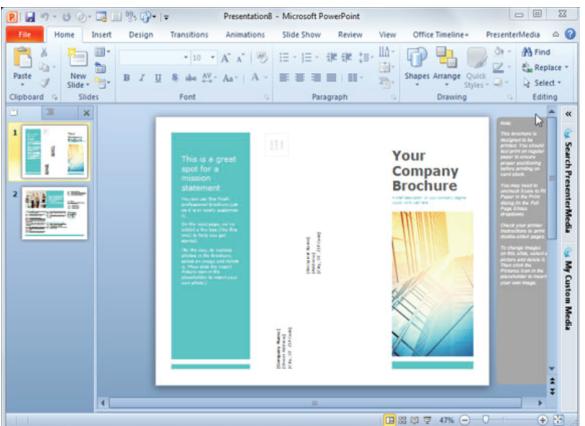
- The 6 sections on your brochure will be: a cover page, history of San Diego, best food in San Diego, places to go, activities to do, colleges, and geographical regions.
- Gather at least 3 pieces of information about each of these topics and at least 1 picture. To find some of this information, you can use websites such as Yelp, SanDiegoHistory.org, Wikipedia, and others.

**3**

Put together your brochure on the software you decided to use! Or if you are making it on paper, print out the information and pictures and put them together by gluing or taping them onto the paper. Make sure your brochure is organized and contains lots of interesting information!

## Discussion

- Did you like this activity? What was your favorite part?
- How did this activity help the buddy familiarize himself with San Diego?
- What is something new you learned about San Diego?
- Are there any places you would want to go? Where? When?
- Did you like using Word or Powerpoint (or any other software you decided to use)?
- What could you use these softwares for in the future?



## Bigger Picture:

San Diego is home to more than 1.3 million people, who come from all over the world to form one of the most culturally diverse populations in the US. More than a 100 different languages are spoken in San Diego. In such a diverse city, knowing some basic facts about San Diego and being familiar with the different geographical regions of the city can help this large city feel a little smaller.

# Transportation

Public transportation is a convenient and accessible way to get around the city. Using city buses and trolleys is a cheaper alternative to driving and is better for the environment. However, for many, operating the bus system and finding your way around can be daunting. Use this activity to talk to your buddy about their experience with public transportation and educate them in how to use it effectively.

## Purpose:

- To familiarize yourself with the MTS bus system in San Diego
- Learn how to operate the MTS website efficiently
- Ensure that you know how to ride the bus to get to your desired destination
- Prevent a confusing and frustrating experience finding bus routes

## Activity:

Part 1:  
How to use  
the bus

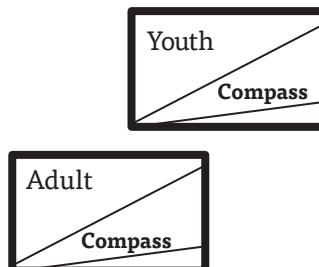
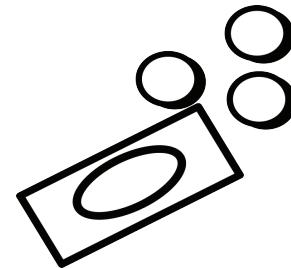
The route number, final destination, and the location of the bus stop will all be located on a display at the front of the bus.

For example:



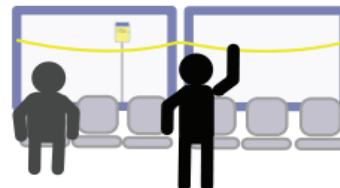
215 = Route number  
SDSU = Route's final destination  
El Cajon Blvd = Location of bus stop

Have money ready before the bus arrives. \$2.25 is the standard amount for any ride and must be paid in cash (no change is given on bus).



If you don't want to pay with cash on the bus, you can purchase a compass card at the bus stop (cost: \$2).  
Adult card = 18+  
Youth card = 6-18

To tell the driver where you need to get off, pull the cord next to the seat when your stop is the next one up.



## Do's



Wear headphones



Drinks with lids



Hold onto belongings

## Dont's



Don't smoke



Don't eat or have open drinks



Don't bring full carts onto the bus



If the bus is full, give up your seat to elderly, disabled, or pregnant persons.



Don't yell or make loud noises



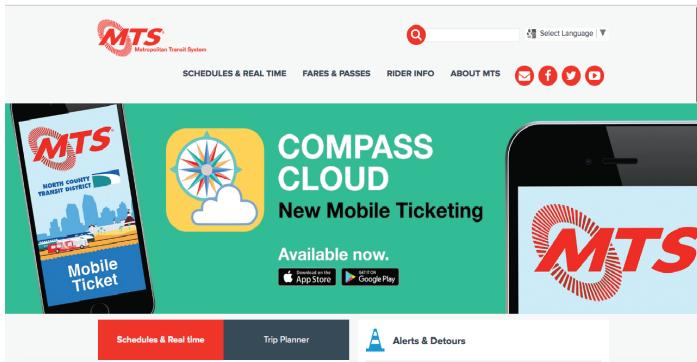
Don't leave belongings unattended

Part 2:  
How to use  
the  
website

Below is an example route we will walk you through:

**Bus Routes included:** 816, 115, 215  
**Starting From:** El Cajon (124 S Magnolia Ave, El Cajon, CA 92020)  
**Ending At:** San Diego Zoo (17 Front St, San Diego, CA 92101)  
**Approximate total time to reach final destination:**  
 1 hour and 52 minutes  
**Total Cost for this trip:** \$5 (listed at the bottom of the Google maps directions)

1. Go to the website <http://www.sdmts.com>



2. Scroll down and select the “**Trip Planner**” option

3. Type in “**El Cajon**” for the first blank and then “**San Diego Zoo**” for the second blank. Select the date and time of your choice, and then choose the bus option which is highlighted in blue below.

Schedules & Real time
Trip Planner

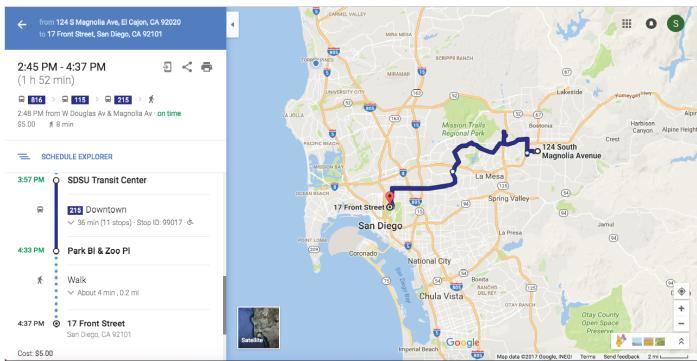
Depart at

By  ALL  Bus  Train  Subway

For my trip plan, give me:  
the best route

**Plan Trip**

4. After selecting **Plan Trip**, a map will highlight the route you should take.



Use this left panel to scroll through the details of your trip. Click on the bus icon to get details of all the bus stops you will be passing. Also, the price of your trip will be located at the very bottom.

## Big Picture

Learning how to use the bus can be tricky and confusing. But the only way to get more comfortable using it is to practice! Make sure to go with someone else your first couple times just in case there is any confusion. Once you get the hang of it, the bus can be a convenient, affordable, and eco-friendly way to get around town.

# Budgeting

Budgeting is a way to be responsible with your money. A budget is a plan/strategy of how you will spend the money you have on the things you need and sometimes want. Adults need to know how to budget well in order to allocate their total income on things like rent, car insurance, health insurance, groceries, and other necessities. In this activity, you will be guiding your buddy through a small-scale budgeting activity so he or she can learn the basics of managing money.

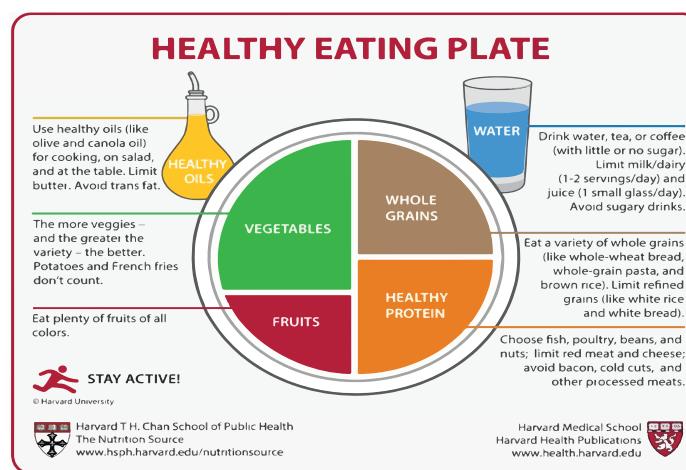
## Purpose:

- Learn how to manage your money
- Become comfortable navigating a grocery store
- Understand how to make different and responsible buying decisions
- Learn how to create a well-balanced meal

## Activity:

Imagine you and your buddy want to make a well-balanced meal for four from scratch, but you only have \$20 to spend.

A balanced meal should have whole grains, protein, vegetables, and fruits. The picture below shows how much each of those categories should take up your plate and lists examples of food items in each category. Use this as a guide for choosing the groceries in order to create this meal. What will your healthy meal look like? Write down the food items you want to add on your plate and look up what ingredients you need if you were to make the dish.



**Now that you know what meal you want to make, take a field trip to your local grocery store!**

Find out the prices of each food item you need to make your imaginary healthy meal for four, under \$20. You don't have to actually buy the groceries or cook the food - this is an activity practicing grocery store navigation and responsible spending. Use the chart below to write down the category, item name, quantity of the item, total price, and amount of money left after each item is "bought". This chart will help you make sure you stay within your \$20 budget. The first row is filled out for you as an example! (You do not need to buy two apples for a healthy meal)

Food Group/ Category	Item	Price	Quantity	Total Price (price x quantity)	Remaining Balance
Frutis	Apples	\$0.50	2	\$1.00	\$19.00

## Discussion:

These are some questions to discuss with your buddy after you're done with the activity:

- Was it challenging to buy everything you needed under \$20?
- Did you have any money left over? If so, what would you do with it?
- How did having a \$20 budget affect your buying decisions?
- What would buy if you had more than \$20 for this meal?
- Were some things on sale? How did the signs for sale or clearance affect your buying decisions?
- How were you able to locate all the different food items you needed in the store?
- Why is knowing how to make healthy meals under a budget an important skill?
- Have you ever budgeted before without realizing it? How could you improve how you budgeted before now that you know how it?

## Big Picture

A budgeting strategy that some adults use to help manage all of their money is the 10/10/10/70 rule. This rule helps adults figure out what percentage of their total money will go to certain expenses. Of their income, 70% goes to living expenses such as rent, food, and utilities, 10% would go to their savings, 10% would go to a good cause, such as donating to charity, and 10% would go into investments. This is just one variation of the spending rule, but it can be adapted to fit other priorities.



# Cooking

Learning through food and cooking is a great way to understand another culture. Making food is educational, interactive, challenging, and fun! Recipes are instructions for how to make a certain dish or type of food, and you can easily find recipes for specific food dishes by looking online. This activity will encompass recipes from different cultures, and you will practice following a simple recipe and making an actual meal.



## Purpose:

- Practice following recipes to make a meal.
- Get to know the flavors of a few other cultures.
- Learn how to make a signature dish from your own culture.
- Eat some delicious food you make yourself!

Activity: There are five recipes from five different nationalities listed below. Pick one or more to make, depending on what time of day it is and how hungry you are. Each recipe has a list of ingredients and a list of instructions on how to cook the dish. Make sure a parent or adult is home to supervise when you use kitchen tools such as knives or the stove.

After making one of these dishes, try looking up or asking an older family member for the recipe of a popular meal from your own culture. Make this dish with your family another time so you can practice your cooking skills and be more connected to your heritage.

## American: Pancakes

Pancakes are a common breakfast food in America. They are round flat cakes that are eaten with toppings. The best part about eating pancakes is that you can personalize the toppings with whatever you like!



## **Recipe**

Number of Servings: 8 Pancakes

### **Ingredients:**

1. 1 ½ cups all-purpose flour
2. 3 ½ teaspoons baking powder
3. 1 teaspoon salt
4. 1 tablespoon white sugar
5. 1 ¼ cups milk
6. 1 egg
7. 3 tablespoons melted butter

If you are missing some of these ingredients, or need to make a substitution, feel free to google search some alternate recipes!

### **Directions:**

1. In a large bowl, mix together the flour, baking powder, salt, and sugar. Make a well in the center of the bowl and pour in the milk, egg, and melted butter.
2. Mix everything until it is smooth.
3. Heat a pan on the stove, then add a little oil. Turn the stove to medium-high heat.
4. Pour or scoop the batter onto the pan about ¼ cup of batter per pancake.
5. When you start seeing bubbles popping, flip the pancake.
6. Once both sides are brown, serve it!

While making your pancakes, you can prepare some toppings to put on your pancakes. Some common toppings are melted butter, maple syrup, fruit jams, fruits (bananas, berries), or chocolate chips. Feel free to come up with your own toppings ideas or look up recipes to make your own.

## **Mediterranean: Chicken Pita**

### **Recipe**

Number of Servings: 4 People

### **Ingredients:**

1. 2 tablespoons olive oil
2. 1½ pounds boneless, skinless chicken thighs (about 8)
3. ¼ teaspoon cayenne pepper
4. kosher salt and black pepper
5. 1 cup low-fat Greek yogurt
6. 1 cucumber, seeded and grated (about 1¼ cups)
7. ¼ cup chopped fresh mint
8. ½ small clove garlic, finely chopped
9. 4 flat breads or pocketless pitas, warmed
10. 1 small romaine heart (leaves torn if large)
11. 8 cherry tomatoes, quartered



**Directions:**

1. Season the chicken with the cayenne,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon black pepper.
2. Cut into bite-size pieces.
3. Heat the oil in a large skillet over medium-high heat. Place chicken in skillet and cook until meat is cooked all the way through.
4. Meanwhile, mix together the yogurt, cucumber, mint, garlic,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon black pepper in a medium bowl to make the tzatziki.
5. Top the flat breads with the romaine, chicken, tomatoes, and tzatziki.

## Mexican: Street Style Taco

Street tacos came out from convenience, mexican families wanted something simple, fast and easy for their daily meal. It is often compared to the American sandwich. As urbanization spread families started selling tacos in cities to all the workers - thus the name street taco was created. Street tacos are usually sold in any local mexican inspired restaurant or food trucks around San Diego.

**Recipe**

Number of Servings: 6 Tacos

**Ingredients:**

1. 1 Tbs. extra-virgin olive oil or vegetable oil
2. 1 cup cilantro, divided
3. 1 lime
4.  $\frac{1}{2}$  pound organic ground beef
5. 1 tsp Cumin
6. 1 tsp Chili powder
7. salt and pepper to taste
8.  $\frac{1}{4}$  cup chopped white onion
9. 6 corn tortillas
10. sliced avocado, for garnish
11. various hot salsas

**Directions:**

1. Bring a sauté pan to a medium high heat.
2. Add olive oil or any type of cooking oil to the pan.
3. Season the beef with salt, pepper, cumin and chili powder.
4. Add the seasoned beef to the pan and cook until it is browned all over.
5. Toast or grill the tortillas to your liking.
6. Once the beef is cooked and tortillas are nice and warm add the beef to your tortilla and top with onion, cilantro, lime, and salsa. You can also add avocado if you wish.

## **Italian: Pizza**

Pizza is originally an Italian dish but is enjoyed by almost all cultures today. The classic pizza is simply dough, tomato sauce, and mozzarella cheese but these days people like to add many different kinds of toppings to make it their own. Feel free to add whatever you like to your pizza to make it unique to you!



### **Recipe**

Number of Servings: 1 Pizza

#### **Ingredients:**

- Dough:

- 1. Pre-made

- 2. Homemade

- Toppings:

- 1. Sauce:

- Tomato
    - Pesto

- 2. Cheese:

- Mozzarella (Shredded)

- 3. Others:

- Mushrooms
    - Jalapeños
    - Olives
    - Pepperoni
    - Ham
    - Spinach
    - Onion
    - Bell Pepper
    - Garlic

#### **Directions:**

1. Buy pre-made dough from local grocery store.
  - a. Place your favorite toppings on the spread out dough and follow cooking instructions on the bag of the dough.
2. Or if you want to make your own dough:
  - a. Mix together 1 cup of flour with 1 tablespoon of yeast,  $\frac{1}{4}$  teaspoon salt, 1 tablespoon sugar,  $\frac{2}{3}$  cup plus 2 tablespoons of lukewarm water.
  - b. Then gradually add in 1 more cup of flour until the dough forms a ball. Use your hands to form and knead the dough!
  - c. Let the dough rest 10-15 minutes in a bowl covered with a dish towel or saran to keep it warm.
  - d. Spread out onto greased pizza pan and top with your favorite toppings.
  - e. Bake at 375 degrees for approximately 15 minutes.
  - f. Enjoy!

## **Chinese: Homemade Dumplings**

Dumplings are an ancient food dating back over four thousand years. Commonly seen throughout Asia, dumplings come in a variety of forms. One of the most common forms of dumplings in America is made of pork and cabbage, but you can substitute the pork with any other meat.



## Recipe

Number of Servings: 50 Dumplings

### Ingredients:

#### 1. Dumpling Filling

- 1 pound of ground pork
- can substitute with turkey or other ground meat
- grated ginger
- green onions
- 4 tablespoons of soy sauce
- 2 teaspoons of sesame oil
- 1 teaspoon of salt
- pepper
- 1 package of frozen dumpling wrappers\*
- or: make dumpling wrappers
- small bowl of water

#### 2. Dumpling Warpper (optional)

- 3 cups of all-purpose flour
- 1 cup of boiling water
- 3 tablespoons of cold water
- $\frac{1}{2}$  teaspoon of salt

\*Available at specialty Asian markets

### Directions:

1. To make the pork filling:
  - a. Mince meat then slice green onions
  - b. Add to pork along with grated ginger, soy sauce, sesame oil, salt, and pepper
  - c. Make the wrappers (Optional):
    - i. Place the flour and salt in a large bowl.
    - ii. Slowly add water and mix with your hands.
    - iii. Knead the mixture into a soft dough.
    - iv. Place the dough on a lightly floured counter and knead until very smooth.
    - v. Divide dough into 50 small, equal pieces.
    - vi. Flatten each piece with your hand to form a thin pancake, approximately 3 inches in diameter.
    - vii. Set aside to let the dough harden
  2. To wrap the dumplings:
    - a. Place a spoonful of dumpling filling in the center of the wrapper.
    - b. Wet the outer edge of the dumpling wrapper.
    - c. Fold up the wrapper to seal the dumpling.
    - d. Line up the finished dumplings on cookie sheet to prevent them from sticking.
    - i. You can freeze dumplings this way for up to one month!

3. To cook:
  - a. To cook the dumplings, boil for three to five minutes.
  - b. Remove from pot.
  - c. Serve hot and with friends.

### **Other cultures:**

- Japanese
- Indian
- South African
- Moroccan
- French
- Thai
- Vietnamese
- Korean
- Jamaican
- Ethiopian
- Peruvian
- Northern Europe
- Iranian
- Israeli
- Syrian
- and more!

### **That's a Wrap!**

Hopefully you and your buddy enjoyed cooking these fun recipes and learned some useful cooking skills for whenever your stomach gets hungry!

# Song Sharing

Music is a fun and interactive way to get to know the popular culture of a country or region. American music is full of numerous different song artists and musicians that sing about a wide variety of different topics. Listening to music and singing along can help you familiarize yourself with new trends as well as have fun getting better at speaking English.

## Purpose

- Share and listen to American music
- Learn about popular culture
- Listen to other culture's music
- Familiarize yourself with other cultures

## Activity:

### Options

- listen to the top 10 songs of the year
- show each other your favorite songs
- find the lyrics of your favorite songs and sing them with each other
- print lyric sheets for your favorite songs with blanks and try to fill them in as you listen.

Listening to music is a great way to get used to a new language. There are numerous different genres of music such as pop, rap, hip-hop, electronic, country, R&B, jazz, and classical. Some genres such as pop, and recent rap, hip-hop, and electronic songs usually tell you a little about what type of music is popular at the time.

In this activity, you and your buddy will listen to the top 10 songs of the year together. Find lyrics for these songs by searching on Google beforehand, and follow along while the song plays. If you don't like the top 10 songs of the year, so some iconic, popular, and specific singers to look up include:

- Bruno mars
- One Direction
- Ed Sheeran
- Adele
- Beyonce
- Red Hot Chilli Peppers

## Discussion:

- What do you think about lyrics?
- How are they different than normal conversational English speaking?
- Did you or did you not like the song?
- Which genre do you like the most?
- What words did you learn from the songs?
- Why do you think these songs became popular?
- Did you learn any words from the songs?
- How do you think each song conveyed a different story?



Now, search more songs of the genre you liked the most. Share these songs with your buddy and compare your preferences. After, you can look up songs of other cultures and countries, such as your own. Hearing music from other cultures can help you learn about that culture a little bit.

## **Bigger Picture:**

The United States has the largest music market in the world, with the songs heard around the globe. Due to the diversity of race, ethnicity, and culture in the US, there are over a hundred different genres in the music market, such as jazz, blues, country, bluegrass, rock, pop and rock and roll, and many more. There are not just songs in English but in almost every language in the United States, often combining many different languages in one song. Because of this diversity in American music, listening to a wide variety of music can be a great way to get a feel for the different demographics and socio-cultural groups in America.

# Poetry Slam

Public speaking is an important skill to work on because that is how you convey information to a group of people. Most people get nervous when they have to say a speech or essay to a group of people, and that's normal! But it gets easier with practice. Practicing saying poems or singing songs to others is a great way to get more comfortable with presenting to groups of people. Due to the prevalence of poetry and songs in the American popular culture, these are ready made speeches for practice. Also, reading out these songs and poems from American culture can help with speaking English better over time, so you can be more confident in the future.

## Purpose:

- Start feeling more comfortable speaking in front of others
- Learn to enunciate when reading text out loud
- Familiarize yourself with some popular poems and songs

## Activity:

Together with your buddy, you will each make a poem and read it out loud to each other. The point of this exercise is to allow each of you to express yourselves and your ideas.

## What Makes Up a Poem?

A poem is basically like an essay, except much shorter, and each line rhymes with at least one other. It can be about anything you want, such as food, music, what happened during your day, good and bad memories, etc. We want you both to enjoy and express yourselves. It can be however long you like, however we suggest that you limit it to five verses, maximum.

## First:

Pick a topic for your poem. Some common topics to write a poem about are listed below. Pick one of those or feel free to make up your own!

When you walk outside, nature has all kinds of things to offer:  
the bright sun, the blue sky,  
green plants, fuzzy animals, etc.  
Paint a picture of what you see!



A hero is someone who sets a good example for others. A hero can be anyone, from your parents and adults in your life to superheroes in the movies. Think of someone or some people who are heroes to you and make a poem about them.



Think of your favorite food and make a poem about it! Try thinking about the smell, the colors, texture, etc.



Love can be for your friends, family, or even pets. Write about whomever you love!

**Second:** Pick a rhyme scheme and structure for your poem.

A simple format for a poem includes an intro verse, three body verses, and a concluding verse. But, you can make it whatever you want! There is no need to worry about grammar here; as long as your audience can understand what you are saying, the sky's the limit.

When rhyming, just make sure to stick to one rhyme scheme. A rhyme scheme is the pattern of rhyming sounds at the end of each line in the poem. Sometimes the verses can appear as ABAB forms, where the first and third lines rhyme together, and the second and fourth lines rhyme together. They can also be simple forms such as AABB. And sometimes, they may not rhyme at all! Each letter represents the final sound at the end of the line that the next line of the same letter rhymes with.

Here is an example of an **AABB** structure:

I do not like green eggs and ham **[A]**  
 I do not like them Sam I am **[A]**  
 I do not like them in a boat **[B]**  
 I do not like them with a goat. **[B]**

And here's a verse in **ABAB**:

Roses are red **[A]**  
 Violets are blue **[B]**  
 I'm out of my head **[A]**  
 And thinking of you. **[B]**

There are many other kinds of rhyme schemes out there. Try experimenting and see what you like!

### Examples:

**Horton Hatches The Egg**, children's book by Dr. Seuss

I meant what I said  
 And I said what I meant...  
 An elephant's faithful  
 One hundred percent!  
 And it should be,  
 It should be, it SHOULD be  
 Like that!  
 Because Horton was faithful!  
 He sat and he sat!  
 "My goodness! My gracious!"  
 They shouted. "MY WORD!  
 It's something brand new!  
 IT'S AN ELEPHANT-BIRD!"

**Hey Mama (Verse 2)**, rap song by Kanye West

Forrest Gump mama said, "Life is like a box of chocolates"  
 My mama told me go to school, get your doctorate  
 Somethin to fall back on, you could profit with  
 But still supported me when I did the opposite  
 Now I feel like it's things I gotta get  
 Things I gotta do, just to prove to you  
 You was getting through, can the choir please  
 Give me a verse of "You Are So Beautiful To Me"  
 Can't you see, you're like a book of poetry  
 Maya Angelou, Nikki Giovanni, turn one page and there's  
 my mommy  
 Come on mommy just dance wit me, let the whole world  
 see your dancing feet  
 Now when I say Hey, yall say Mama, now everybody  
 answer me (Hey Mama)

## Editing

When you and your buddy are both finished with your first drafts, try saying them out loud to each other and see what you can improve on.

Does the poem get your point across?

Does the poem describe your topic well?

Are there too little or too many words?

Also, if you feel like you don't know how to say something, try consulting a dictionary or thesaurus. Make sure to understand the definition and context of the words you find, so you can properly use it in your poem.

## Presenting

So you've finished polishing your poem and now you're ready to say it out loud to your buddy. First, remember to calm down and take deep breaths. Take your time; often, people tend to speak faster when they are presenting something due to nervousness. Relax, and remember that your buddy is there to listen. If you liked this, try reading your poem out with your buddy to other friends and family. This may be a little more nerve-wracking, but try your best, and remember to be proud of your poem!

## Reflecting

The purpose of this exercise was to practice writing poetry, so that you and your buddy could strengthen your vocabulary, improve reading comprehension, and learn to speak with feeling and emphasis. Poetry is a fun way of letting yourself be heard, and can be used in many ways, such as song writing for music, letting out stress, or analyzing poetry in school.

## Discussion Questions:

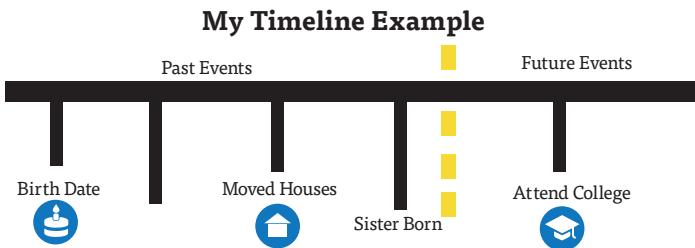
- What did you learn from this activity?
- What were your favorite poems?
- How do you feel the poems improved your speech skills?
- How do you feel you could improve the activity?
- Why would you choose a poem over other forms of public speaking?
- How do you think someone translates these skills to real life?
- What are some skills you could use from this activity in your school life and everyday?
- What do you feel about poems in general?

## Big Picture:

The act of reading out loud or speaking to a group of people is called public speaking, and this is an important skill to work on as you grow into adulthood. In many professions, you may need to present your ideas to an audience, so having good public speaking skills can be very important. Being good at public speaking means calming yourself down, speaking loudly and clearly, and being persuasive and confident in what you say.

# Life Timeline

A timeline is a visual representation of seeing your life fold out through different months and years. Whether it is your birthday, first day of school, the time you moved countries, or even including what you want to be when you grow up! Creating a life timeline is a way for you to reflect on important memories that have shaped who you are today. While you look back at these milestones, the life timeline is also a way to imagine your future and the dreams you hope will come true.



## Purpose:

- Conversate about goals, aspirations and motivations
- Get to know eachother more

## What you will need?

- Poster Board
- Art supplies
- Markers
- Pictures/Images

Any other supplies of your choosing

## Activity

Create a timeline with your buddy depicting important life events that have passed and events that you hope to happen. The purpose of this activity is to understand each other's backgrounds and future goals.

1. Jot down important life events (aim for 8)
2. Organize life events into chronological order
3. Think about future goals and life events you hope to happen in the next 5 years (aim for 3)
  - What do you imagine yourself doing?
  - Are you going to college?
  - Do you want to buy your first car?
  - Will you go to an amusement park?
4. Get creative!

You are ready to get creative! Below will be an example that you can follow to create your timeline or you are free to get creative and think of a new way to do it. All you need to do is putting your life events in order on a timeline in order to present each other.

## Bigger Picture:

Making a timeline for your own future can help you set and achieve goals. A goal is something you want to become, do, create, or grow into. Having goals makes a person more organized in thought, make decisions value-based, and motivated. Try setting lofty goals so that you always feel like you have something to work towards and so that you can feel accomplished when you finally achieve them. Remember that a goal doesn't have to be related to school or jobs; it can be something related to a hobby or fun interest you have that's outside of school like learning a new instrument or running a faster mile.

# Scrapbook

Scrapbooking is a way to preserve your memories through pictures and captions. It's a fun way to decorate an empty book with your own decorations surrounding pictures from fun events and memorable family history in the form of a book - and maybe even some fun times you've shared with your buddy! However, it is also a way to learn many different skills like writing and organizing images for presentation. Figuring out ways to place pictures and text on a page to make it easy to read and nice to look at is a good skill to have for presentations you may have to make for school or in the future.



## Purpose:

- Learn how to organize images and text for presentation
- Look back on the fun times you have shared with your buddy
- Feel comfortable expressing your style through art

Activity: You and your buddy will create a scrapbook of your time spent together or from any time in the past. Typical ways to present your memories, pictures, and stories are to include photographs, printed media, and artwork. Use this activity to express your creative style and look back on some fun memories.

## What You Will Need:

- Scissors
- Colored paper, glitter, or stickers
- Markers or pens
- Glue
- Printed pictures



## Instructions:

1. Find photos of the activities that you and your partner have done over your time together (or photos of any time you want to present).
2. Choose up to 25 photos you want to show.
3. Find a book for you to scrapbook with. The best ones for scrapbooking have large pages and are mostly blank.
4. Find tools to work with such as scissors and glue.

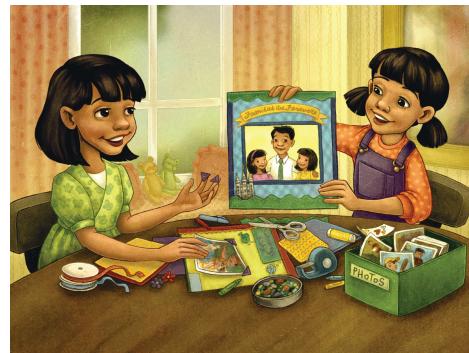
5. Find extra materials such as colored paper, glitter, or stickers at a local arts and crafts store.
6. Place three or four photos on each page in the order that they were taken and glue them in place. Feel free to add a border around your pictures or draw on them to change them up a little bit.
7. Write at least two sentences per photo explaining why this photo is meaningful for you.
8. Decorate!!!

### Suggestions:

You can separate each page by different days or by different themes, such as locations visited or types of pictures (i.e. selfies, pictures in nature, pictures with a certain person). Try to have your scrapbook tell a story over time through your pictures and captions.

### Discussion questions:

- What were your favorite parts of this activity?
- Which memories did you think were most important? Why?
- What did you learn from this activity?
- What do you think scrapbooking is useful for?
- Do you feel like scrapbooking is a good way to preserve memories?
- Was it difficult to fit all that you wanted on each page?
- How can you use your experience scrapbooking in a presentation you might have to give for school?



### Helpful tip!

Do you know that your fingerprints can be damaging to photos? Before working on a layout, please keep your hands clean. Oils from your skin can leave imprints on photos that will become apparent over time. One way is to handle the photos by holding onto their edges.