

Name _____

Strangers in a Strange Land

1. **In the first column**, list five **experiences** you have had of being a stranger or of being among strangers.
Examples: moving to a new home, city, or state; starting a new school; travel experiences; being somewhere where you don't speak the language that everyone else is speaking.
2. **In the middle column**, write at least **two emotions** you felt during each of the five experiences.
Examples: sad, lonely, scared, excited, frustrated, exhilarated, self-conscious.
3. **In the last column**, write **how you coped** with each of the five experiences.
Examples: pushing yourself to make new friends, keeping in touch with people at home, journaling or praying, keeping a sense of perspective, being open-minded and adventurous, having a positive attitude.

Note: Leave the bottom row of the chart blank until your teacher gives you further directions.

EXPERIENCES: What happened?	EMOTIONS: How did you feel?	COPING: How did you cope with this situation? Who helped you?
1.		
2.		



EXPERIENCES: What happened?	EMOTIONS: How did you feel?	COPING: How did you cope with this situation? Who helped you?
3.		
4.		
5.		

