

## Family and community

One of the things we do at the British Red Cross is help reunite people with their families when they are separated in times of crisis. Many young refugees and asylum seekers who have to leave their countries suddenly have to leave their families behind.

Use this resource to explore the importance of family and build empathy with refugees and asylum seekers who live in the UK without family members. Think about how family and community are important in your life and imagine what it feels like to be away from family.

### Learning objectives

Learners will:

- build empathy and understanding
- reflect on what makes you feel safe and secure in your life
- develop understanding from other people's perspectives

## Primary ages (7-11)

### Reflective activity: What makes you feel safe?

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Think about the things that make you feel safe and supported in your daily life.

What makes you feel safe:

- > in your home
- > in your neighbourhood and community
- > in your country

Many people, like asylum seekers and refugees, might not have any of the things that made you feel safe. Take a moment to imagine how this might feel.

### Game activity: Human bingo

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Understanding other people's circumstances and the situations in which they live can help us empathise with their challenges. Play the 'Human bingo' game on slide 14 to 16 of the PowerPoint document. You can play this by selecting a character and reading their story. Then cross out the squares that your character can say 'yes' to. If you are in a group, you can each pick of different character.

Being able to say yes to each of these things is a step in creating a safe and comfortable environment.

Reflect on each character. What are the similarities and differences between each of them? Can you understand and relate to any part of their story?

If you couldn't answer yes to all of these statements, how would you feel?

### Video activity: Missing family

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One of the things that can help us to feel safe, secure and supported is our family.

Watch [this video](#) about a refugee who misses their family. Young refugees who arrive in the UK alone are not allowed or unable to bring their family with them. Many of them travel and stay here alone.

- > How do they feel?
- > What do they say is difficult about not being with their family?
- > What helped them to feel better?

Now think about a time you missed your family. How did it feel? What was difficult? What helped you to feel better? What similarities do you have with the refugee in the video?

Think about your experience of lockdown, have you been away from friends and family? Can you understand how the boy feels?

### **Creative activity: Write a letter**

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Write a letter to a refugee your age who is in the UK without their family, imagine how they might feel. What supportive words and helpful advice would you give? Think about how you deal with things when you are sad or lonely.

Think about what kind of letter you would like to receive if you were them.

## **Secondary ages (11-19)**

### **Reflective activity: What makes you feel safe**

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Think about the things that make you feel safe and supported in your daily life. This could be people and relationships, the ability to be able to do something or objects. Think about it on many levels. You can draw pictures of each place to help you or just write it down in different labelled columns.

What makes you feel safe:

- > in your home
- > in your neighbourhood and community
- > in your country

Think about all the things and people you have to support you and help you to feel safe. How does it feel to be safe? Think about the emotions and feelings. Think about what being safe helps you to achieve.

Think of one more thing in each area of the bullet points above that could help you to feel even safer and more supported. Why do you wish you had this one more thing, how could it help you?

With someone else in your household or a friend digitally, take some time to discuss and think about the lists you have created. Share the one thing you don't have and listen to the other person's/people's. Can you do anything to help them with this missing thing? What kind act could you do to help them feel safer and more supported?

Many people, like refugees, might not have any of the things you have identified. Take a moment to think about how that must feel. Imagine how it must feel. Think about your kind acts again, can you help them too?

### **Game activity: Human bingo**

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Understanding other people's circumstances and the situations in which they live can help us empathise with their challenges. Take part in the 'Human bingo' activity on slide 15-17 of the PowerPoint. You can do this by selecting a character and reading their story. Then cross

out the squares that your character can say 'yes' to. If you are in a group, you could each pick a different character.

Being able to say yes to each of these things is a giant step in creating a safe and comfortable environment.

Reflect on each character. What are the similarities and differences between each of them? Can you understand and relate to any part of their story?

If you couldn't answer yes to all of these statements, how would you feel?

### **Video activity: Missing family**

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One of the things that can help us to feel safe, secure and supported is family.

Watch [this video](#) about a refugee who misses their family. Young refugees who arrive in the UK alone are not allowed to bring their family with them. Many of them travel and come and stay here alone.

How do they feel?

What do they say is difficult about not being with their family?

What helped them to feel better?

Now think about a time you missed your family. How did it feel? What was difficult? What helped you to feel better? What similarities do you have with the refugee in the video?

Reflect on how the current lockdown situation and how it connects to this issue.

### **Creative activity: Write a letter**

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Write a letter to a refugee your age who is in the UK without their family, imagine how they must feel? What supportive words and helpful advice would you give? Think about how you deal with things when you are sad or lonely.

Think about what kind of letter you would like to receive if you were them.