



G.R.O.W. Together
Jarida la Kujifunza

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MUHTASARI WA JARIDA LA KUJIFUNZA: G.R.O.W.



Jarida G.R.O.W. la Kujifunza ni nafasi kwako kutafakari juu ya kile unachojifunza katika semina hiyo ili uweze kuamua jinsi bora ya kutumia ujuzi huu katika maisha yako. Jarida hili lita kupa maulizo, shughuli, na rasilimali kukusaidia kukua katika ustadi wako wa kijamii na kihisia.

Utapata fursa ya kukamilisha maulizo la jarida moja ku mwisho la kila saa. Maulizo ina kuruhusu kutafakari juu ya mada ya saa kutoka kwa mtazamo wako. Kwa kuongeza, kuna kurasa mwishoni mwa jarida la kujifunza ambapo unaweza kutambua mada za riba na njia muhimu za kuchukua.

Jarida lako la kujifunza ni kwa macho yako tu. Tumia fursa hiyo kuwa mkweli wakati wa kujibu kila ulizo. Jisikie huru kutengeneza jarida hili mwenyewe kwa kuipamba kama unavyoona inafaa!



UTANGULIZI WA KUJIFUNZA KWA JAMII NA KIHISIA(SEL)

SEL ni nini?

SEL ni mchakato ambao unajifunza na kutumia maarifa, ustadi, na mitazamo ya kukuza vitambulisho vyenye afya, kusimamia hisia na kufikia malengo ya kibinafsi na ya pamoja, kuhisi na kuonyesha huruma kwa wengine, kuanzisha na kudumisha uhusiano wa kuunga mkono, na kufanya maamuzi ya uwajibikaji na ya kujali.

Uwezo 5 wa SEL



Kujitambua

Uwezo wa kuelewa hisia zako, mawazo, na maadili na jinsi wana vyo shawishi tabia katika muktadha tofauti.



Kujisimamia

Uwezo wa kusimamia hisia zako, mawazo, na tabia kwa ufanisi katika hali tofauti na kufikia malengo na matarajio.



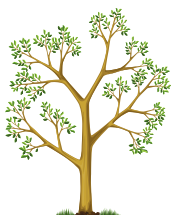
Uamuzi wa uwajibikaji

Uwezo wa kufanya uchaguzi wenye kujali na mzuri juu ya tabia ya kibinafsi na mwingiliano wa kijamii katika hali tofauti.



Kujenga uhusiano mzuri

Uwezo wa kuanzisha na kudumisha uhusiano mzuri na wa kuunga mkono na kusonga kwa ufanisi mipangilio na watu na vikundi tofauti.



Uhamasishaji wa Jamii

Uwezo wa kuelewa mitazamo ya na huruma na wengine, pamoja na ile kutoka asili tofauti, tamaduni, na muktadha.

Taja sifa tatu unazopenda
juu yako mwenyewe.



KUJITAMBUA





Fafanua wakati hisia zako ziliathiri vitendo vyako.



KUJITAMBUA



UTANGULIZI YA KUJITUNZA

UTANGULIZI WA KUJITUNZA

Kujitunza hutusaidia kudhibiti hisia na athari zetu kwa hali zenye mkazo, matukio, na hali ngumu. Matumizi ya utunzaji bora wa kibinafsi yanaweza kuboresha ustawi wa kiakili na kihisia wa kila mmoja wetu.

NAMNA ZA KUJITUNZA

1) Kujitunza kwa kufanya kazi



Unaelewa kinachotokea na unafanya kitu ili kupunguza athari za tukio linalo kusumbua. Njia hii ya Kujitunza ni ya afya zaidi.

Mifano

- Mazoezi ya kupumua au mbinu za kuweka miguu yako chini (kuanzia)
- Hesabu kutoka 10 hadi 0 kwa kasi polepole
- Shughuli ya mwili



2) Kujitunza kwa kuacha

Unazingatia umakini wako kwenye shughuli nyingine kwa kusudi la kuahirisha, kupuuza, au kuzuia hali au shida. Ujuzi huu unaweza kuwa muhimu kwa msaada wa muda mfupi, lakini haifai kwa matumizi ya muda mrefu.

Mifano

- Ondoka kwa shida
- Sikiza muziki unaopenda
- Shughuli za kufikiria: puzzles, puzzles za maneno, au shughuli zinazofaa



3) Kujitunza isiyo faa

Unaitikia tukio lenye mafadhaiko kwa njia ambayo ni hatari kwa afya yako au afya ya wengine. Utaratibu huu wa kujitunza haupendekezwi na unaweza kuwa na tija.

Mifano

- Kutokula vizuri
- Kutengwa kijamii
- Tabia ya kutatanisha



UTANGULIZI YA KUJITUNZA

JARIBU UJUZI WA KUJISAIDIA UFUATAO

Sisi zote ni tofauti na bintu zingine zinaweza tumika kwako na wengine haziwezi. Tunapendekeza kujaribu kadhaa na kuchagua zile zinazofanya kazi vizuri kwako.



Pakaa rangi au chora kitu unachopenda

Cheza kitu unachopenda

Anza kujifunza kitu kipya

Fanya mazoezi ya kutafakari

Kula kitu unachopenda

Zoezi au jaribu mchezo mpya

Tumia mbinu ya skanning ya mwili

Nenda kwa matembezi

Soma kitu unachopenda

Andika namna gani unajisikia

Fanya mazoezi ya kupumua

Ongea na mtu unayemwamini

Tumia mbinu ya kupumzika ya misuli inayoendelea

Fanya mazoezi ya msingi

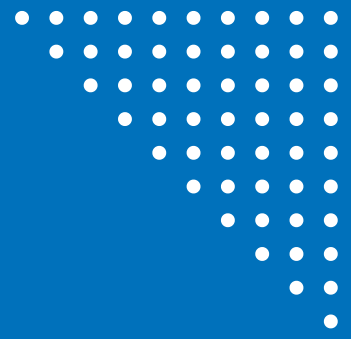


Je! Unajitunza vipi wakati
unasikia woga au kusesitiza?

KUJI
SIMAMIA



KUPANGA NA KUTIMIZA MA LENGU



LENGO LANGU

VALEUR

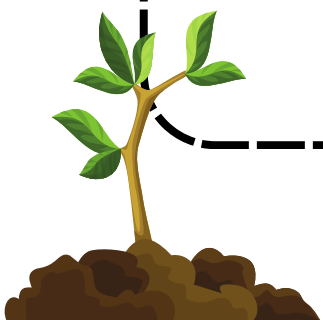
PRIORITE

JE, NINAHITAJI KUFANYA NINI?

NGUVU

MSAADA

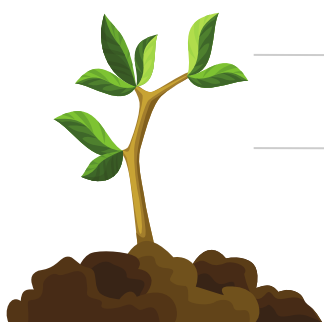
UAMUZI WA UWAJIBIKAJI



Eleza wakati ulifanya kitu uliogopa kujaribu.

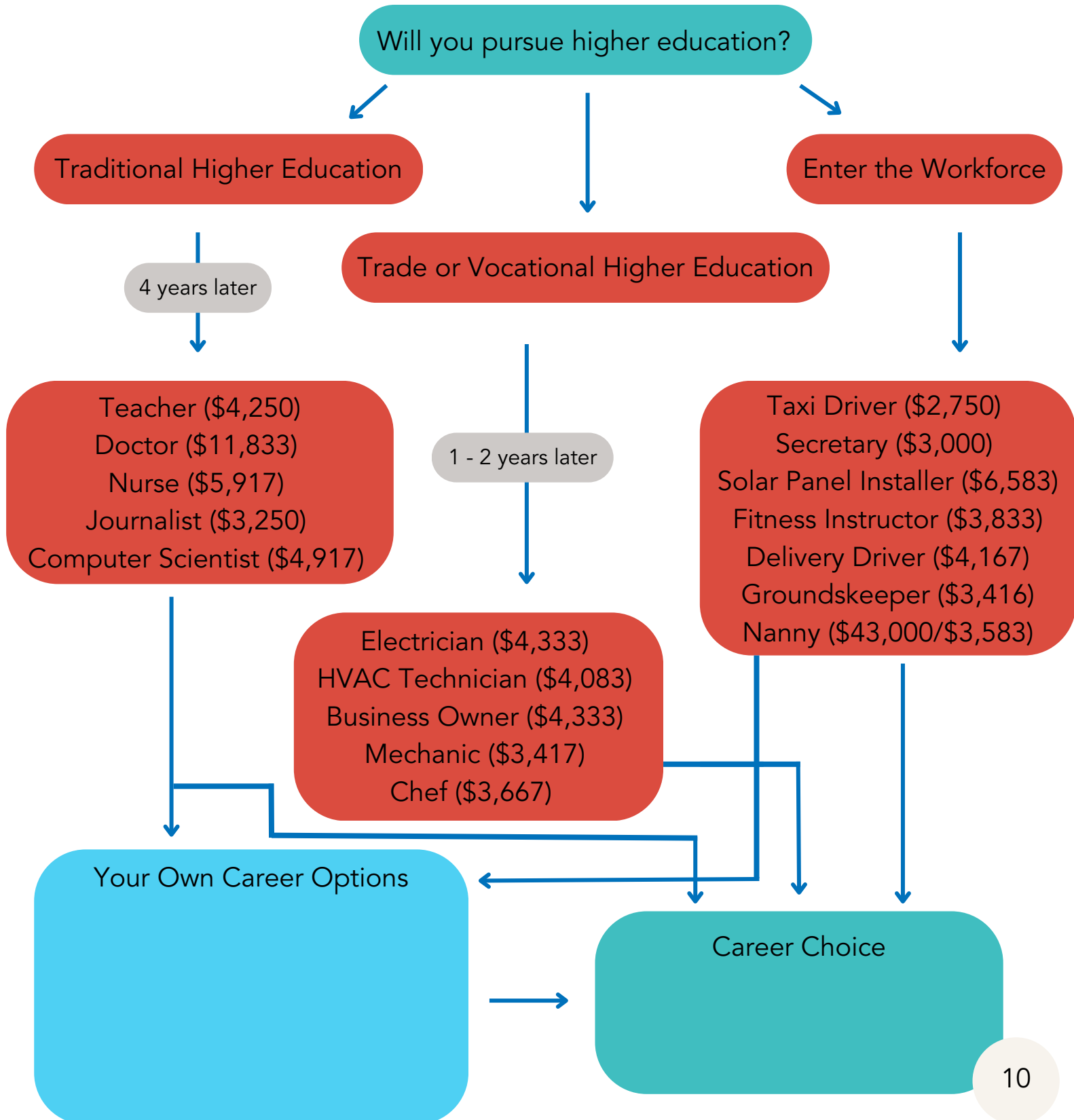
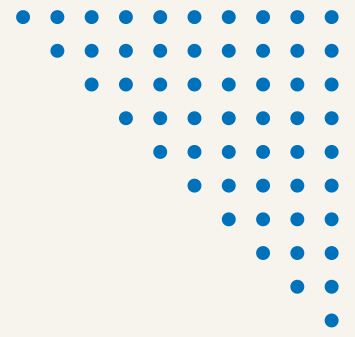


UAMUZI WA
UWAJIBIKAJI



GAME OF READY4LIFE

PART ONE: EDUCATION AND CAREER



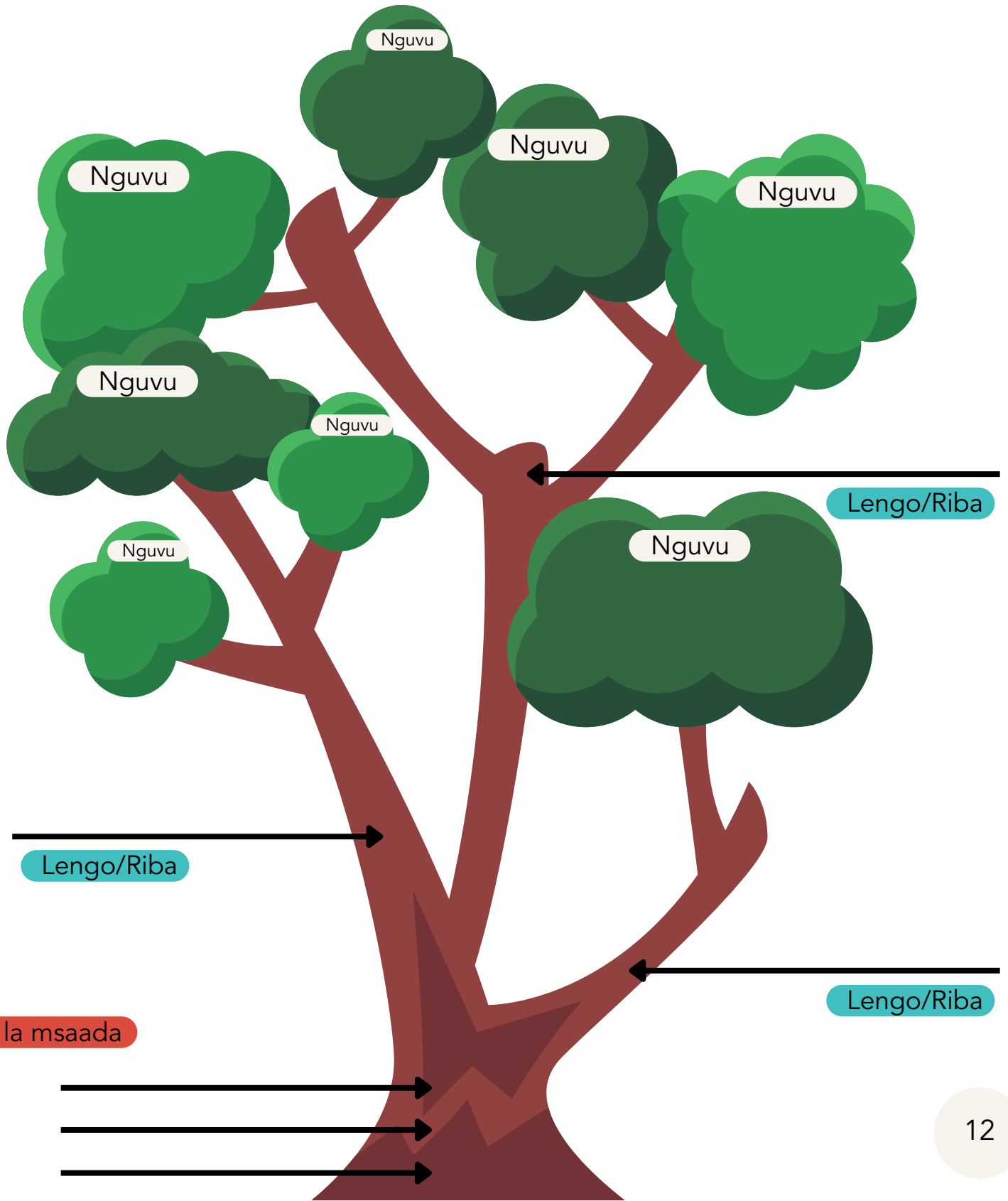
Je! Ni kitu gani umejifunza hivi
karibuni ambacho kimebadilika
jinsi unavyoona ulimwengu?



UAMUZI WA
UWAJIBIKAJI

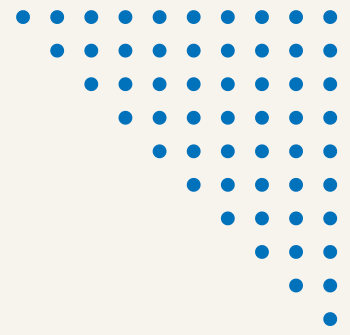


MTI WA NGUVU



GAME OF READY4LIFE

PART TWO: FAMILY AND HOUSING



Single

Family Structure



Single with One Child



Single with Two Child



Married/Partnered



Married/Partnered with One Child



Married/Partnered with Two Child

Family Structure
Selection

Housing Selection

Housing

House (\$3000)

Townhouse (\$2500)

Apartment (\$1700)

Shared Home (\$900)

Living with Family (\$200)

Your Own Option



Family of One (\$300)



Food

Family of Two (\$600)



Family of Three (\$900)



Family of Four (\$1200)



Food Selection

Expenses Made

Housing: _____

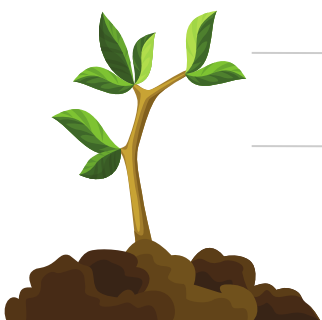
Food: _____

Remaining: _____

Nguvu yako kubwa ni nini? Je!
Ugependa kuboresha nini juu
yako mwenyewe?

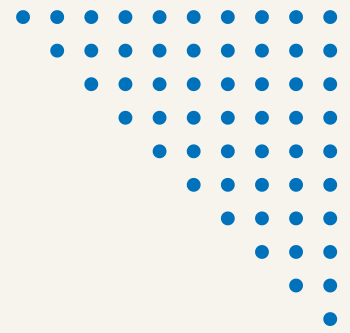


UAMUZI WA
UWAJIBIKAJI



GAME OF READY4LIFE

PART THREE: NEEDS AND WANTS



Needs

Childcare (\$800)
 Debt Repayment (\$150)
 New clothes/shoes (\$100)
 Student Loan Repayment (\$200)
 Housing Utilities (\$430)
 Car + Insurance (\$700)
 Bike + Repairs (\$40)
 Public Transportation (\$60)

Wants

Gift (\$60)
 Going to the movies (\$20)
 Emergency Fund (\$50)
 New Phone (\$400)
 Vacation (\$2000)
 Donations (\$50)
 TV streaming subscription (\$10)
 Premium Phone Plan (\$90)
 Signature Phone Plan (\$75)
 Essentials Phone Plan (\$60)
 Family Contribution (\$150)



Your Personal Needs

Your Personal Wants

Extra Expense: _____

Extra Expense: _____

Extra Expense: _____

Extra Expense: _____

Extra Expense: _____

Accidental Expense: _____

Expenses Made

Financed: _____

Remaining: _____

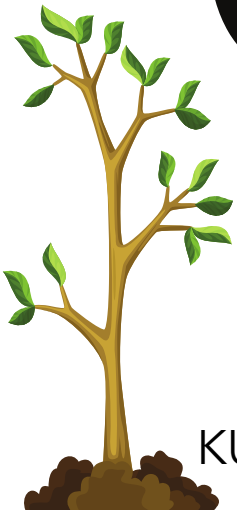
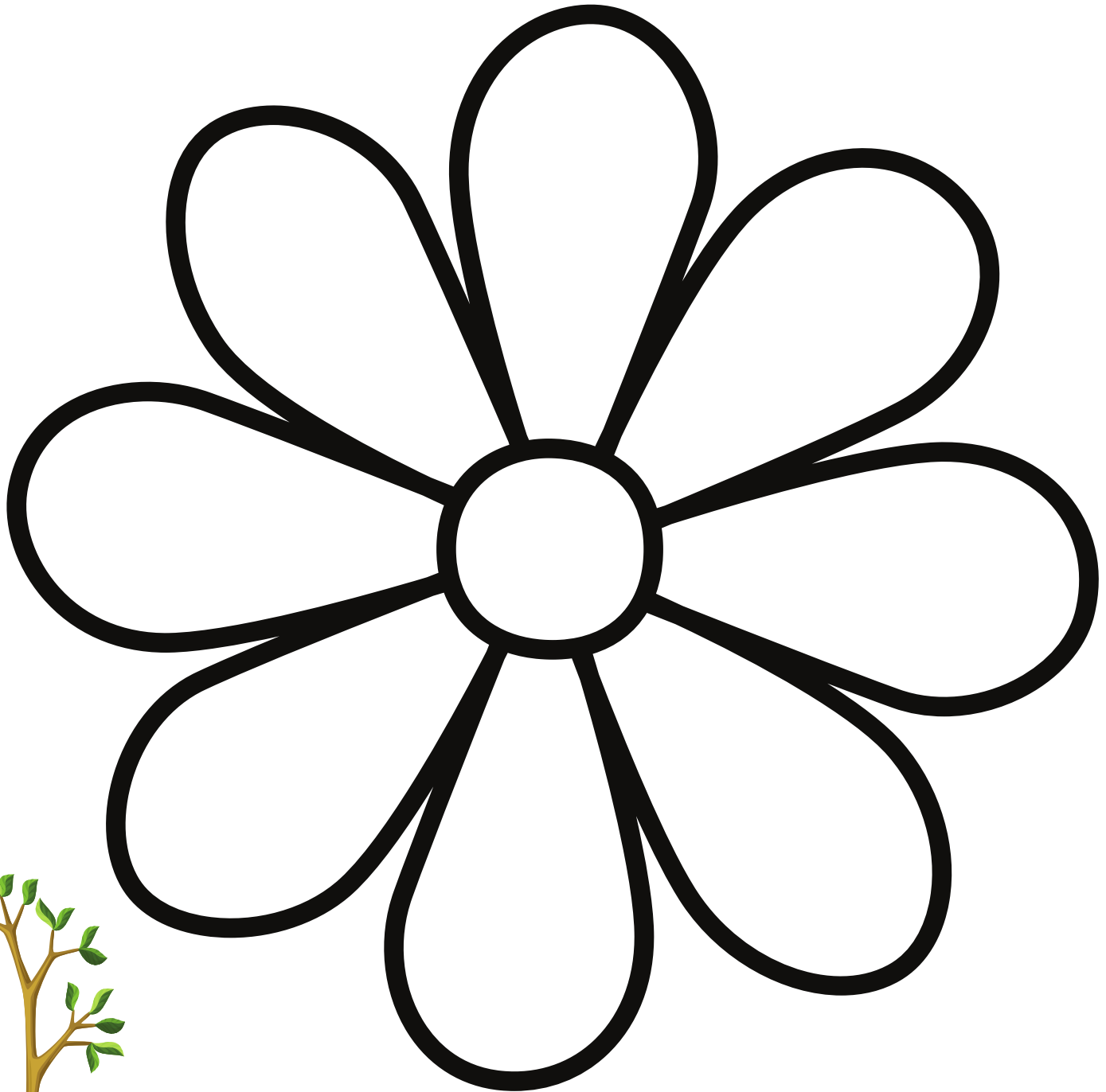
Je! Ungetumiaje \$ 1,000?



UAMUZI WA
UWAJIBIKAJI



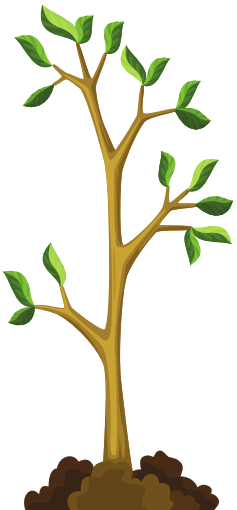
UA LA UHASIANO



KUJENGA UHASIANO MZURI

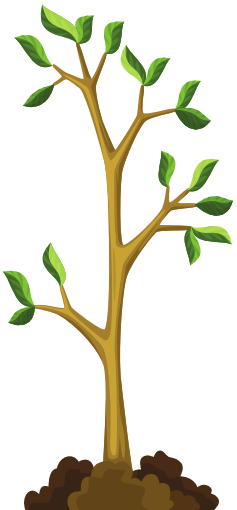
Je! Ni sifa gani ambazo
unataka katika rafiki au
mwenzi wa kimapenzi?

KUJENGA
UHASIANO



Fafanua mzozo uliokuwa nao na mtu. Je! Ulishughulikiaje na ungefanya chochote tofauti?

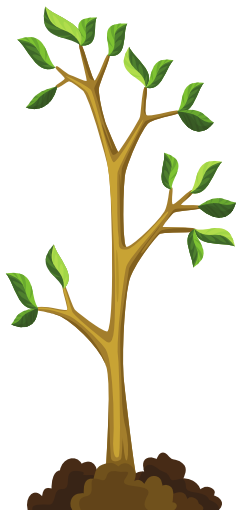
KUJENGA
UHASIANO





Fafanua wakati ulipinga
shinikizo hasi la presha.
Ulifanyaje?

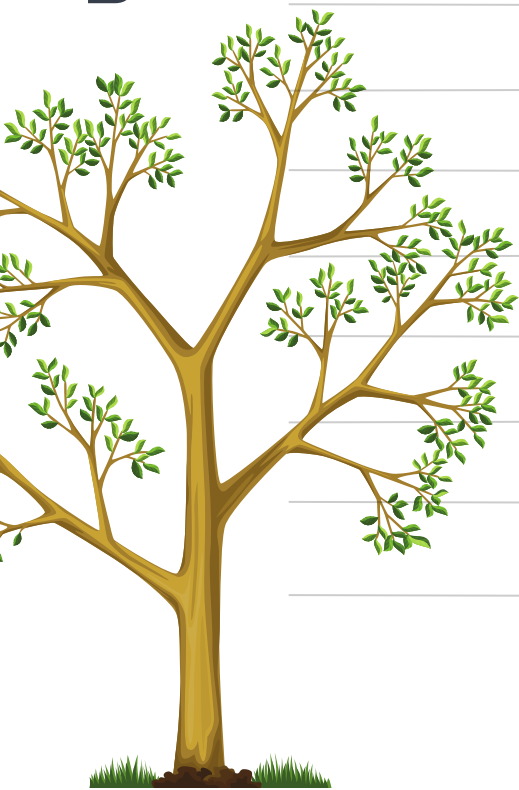
KUJENGA
UHASIANO



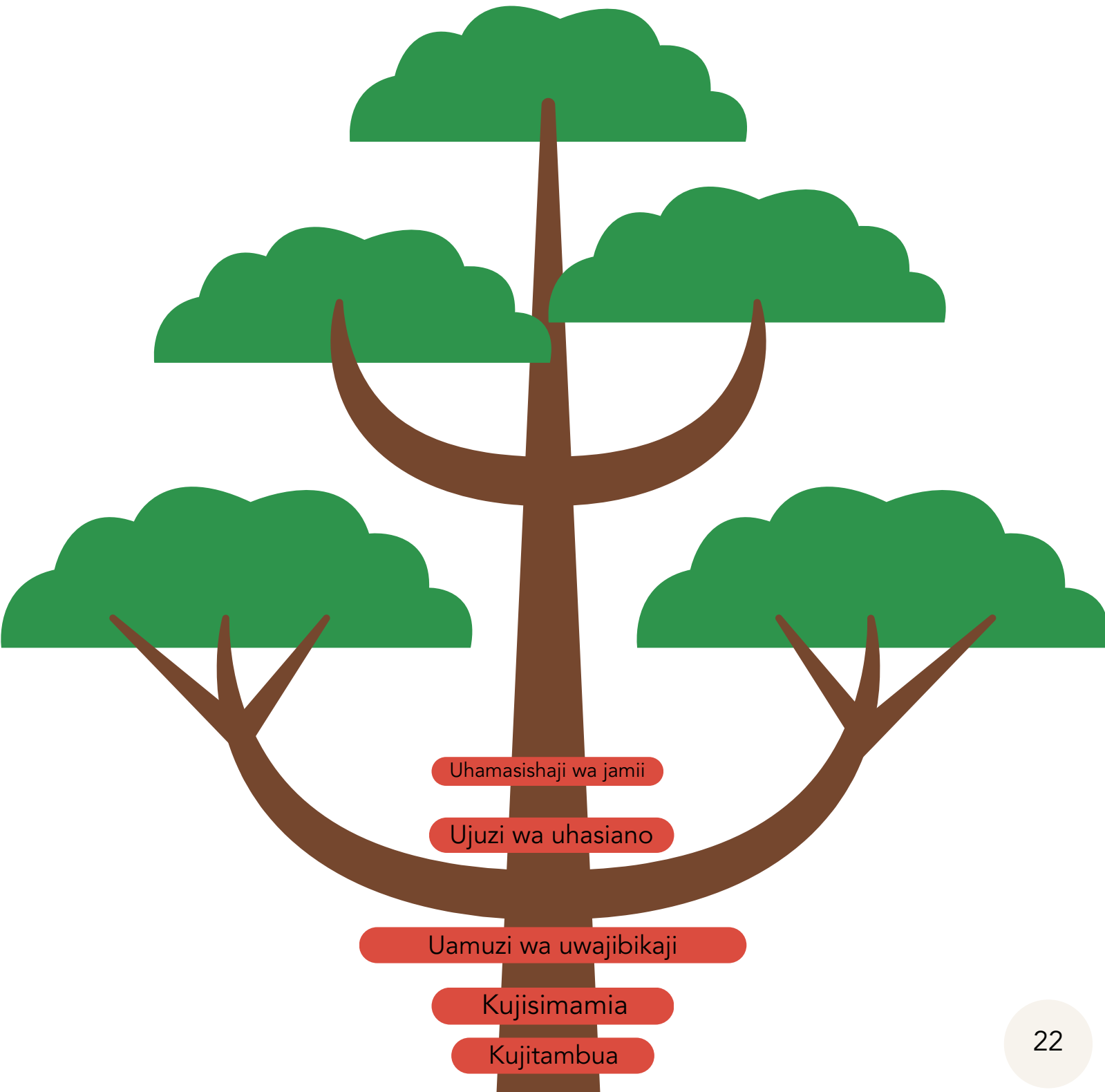
Fafanua wakati ulioamua vibaya
mtu ambaye alikuwa tofauti na
wewe. Ulijifunza nini?



UHAMASISHAJI WA
JAMII



MTI WA READY4LIFE



Je! Utaendeleaje kukuza ustadi wako wa kijamii na kihisia?



UHAMASISHAJI WA
JAMII

