



IDENTITY ANCHOR

Supplies:

- "Identity Anchor" worksheet
- Writing utensils
- Optional: coloring supplies

Objective:

TCKs tend to be chameleons - changing everything about themselves to fit in with the people they're with and the culture they're in. This is a great skill, but they need to know that there are some things about who they are that shouldn't change no matter where in the world they are. These are their anchors.

PREP

Print out the "Identity Anchor" worksheet on for each of your TCKs and give them the writing utensils of their choosing.

OUTLINE

- 1 Your TCKs are drawing and writing out the answers to the question: What things about you don't change no matter where in the world you are? (*Anchors can be character traits, hobbies and interests, goals, beliefs, favorite things, etc.*)
- 2 Keep the "anchors" generic. They should be things that are true and/or can be done anywhere in the world. (ex. Instead of "playing at Cherry Park" use "playing outside")
- 3 Ask your TCK what they think your anchors are.
- 4 Encourage them to use their "anchors" to connect with others.

Check out our family curricula, workshops, debriefs, and other family services to learn more about how to intentionally support your TCKs!

www.tcktraining.com

Identity Anchor Worksheet

