

# Young Leaders Workbook



This Book Belongs to:

.....



## **Welcome**

**Welcome to Young Leaders! We're are delighted to have you with us. We hope you to enjoy your time learning with us!**

**If there is anything you need, or if we say anything you don't understand. You can just ask us to stop, slow down or explain anytime**

**“Welcome to an amazing, joyful and educational journey.**

**May we all who arrive as guests, leave as Friends!**

**I loved every single moment of the project I am sure you guys will love it also.**

**I hope to meet you soon”**

**Naqeeb, Young Leader Graduate**

# About Young Leaders

**Young Leaders started in 2017, to help young people from a refugee background learn to give speeches.**

**We now run Young Leaders groups every week and any young person with a refugee background, can join us.**

**We feel passionate about working with you on your goals making sure you have a role in decision making**

**You will gain confidence and learn the skills and knowledge to become a fantastic leader.**

## How to use this book

**You can use this book to make notes and keep track of what you are learning.**

**You can also use some of the tools and worksheets in the book, to help you plan and do activities!**

**You can bring take it home with you each week, or give it to Toby or Elaine to keep safe for you!**

# The Hummingbird and the Forest Fire

Once upon a time there was beautiful forest full of animals.

But one day the forest caught fire and all the animals ran to escape from the flames.

One of the animals, a little hummingbird...

...decided to fly to the river, pick up as much water as it could carry in its beak...

...then fly back to the forest and drop the water on the fire.

It did this again, again and again.

Eventually the animals called out to the Hummingbird,

*“What are you doing? You’re just one little hummingbird and that’s a huge fire!”*

The hummingbird didn’t stop, it just turned and replied...

**“I am doing all I can”.**



# Young Leaders Toolbox

**This book has some tools you can use to help you with your activities!**

**You can find each tool on the page number below.**

**1. Body Check**  
page 26

**2. Feedback Sandwich**  
page 27

**3. My Story, Your Story & Our Story**  
page 28

**4. BIG IDEA Checklist**  
Page 29

# What Skills Do You Have?

*It's good to think about what we are good at! It helps you to feel confident.*

*Use this page to write down skills, which you feel you have. You can come back write new things here, any time!*

## **Examples:**

*Team-Work,  
Making Friends,  
Football...*

# Where are you now?

## Skills

- |    |                        |                |
|----|------------------------|----------------|
| 1. | <i>Public speaking</i> | 1-----5-----10 |
| 2. | <i>Giving feedback</i> | 1-----5-----10 |
| 3. | ...                    | 1-----5-----10 |
| 4. | ...                    | 1-----5-----10 |
| 5. | ...                    | 1-----5-----10 |

## Confidence

- |    |                        |                |
|----|------------------------|----------------|
| 1. | <i>Speaking openly</i> | 1-----5-----10 |
| 2. | <i>Making friends</i>  | 1-----5-----10 |
| 3. | ...                    | 1-----5-----10 |
| 4. | ...                    | 1-----5-----10 |
| 5. | ...                    | 1-----5-----10 |

## Knowledge

- |    |                           |                |
|----|---------------------------|----------------|
| 1. | <i>My rights</i>          | 1-----5-----10 |
| 2. | <i>Influencing change</i> | 1-----5-----10 |
| 3. | ...                       | 1-----5-----10 |
| 4. | ...                       | 1-----5-----10 |
| 5. | ...                       | 1-----5-----10 |

## Leadership

- |    |                            |                |
|----|----------------------------|----------------|
| 1. | <i>Team work</i>           | 1-----5-----10 |
| 2. | <i>Representing others</i> | 1-----5-----10 |
| 3. | ...                        | 1-----5-----10 |
| 4. | ...                        | 1-----5-----10 |
| 5. | ...                        | 1-----5-----10 |

# What Skills Do Good Leaders Have?

**It's good to think about yourself, your friends and people you admire. And then write down what skills you think they have.**

**We can use these as ideas for learning new things and improving our own skills**

***What do you think?***

*Communication,  
Confidence...?*



# Week 1.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 2.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

## Week 3.

### **Activity:**

(eg. Introducing myself)

### **Notes:**

(eg. Speaking clearly, say my name and smile!)

### **What did you learn?**

(eg. I enjoy making people laugh!)

### **What would you like to learn next?**

(eg. more about public speaking)

# Week 4.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 5.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 6.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Where are you now?

## Skills

- |    |                        |                |
|----|------------------------|----------------|
| 1. | <i>Public speaking</i> | 1-----5-----10 |
| 2. | <i>Giving feedback</i> | 1-----5-----10 |
| 3. | ...                    | 1-----5-----10 |
| 4. | ...                    | 1-----5-----10 |
| 5. | ...                    | 1-----5-----10 |

## Confidence

- |    |                        |                |
|----|------------------------|----------------|
| 1. | <i>Speaking openly</i> | 1-----5-----10 |
| 2. | <i>Making friends</i>  | 1-----5-----10 |
| 3. | ...                    | 1-----5-----10 |
| 4. | ...                    | 1-----5-----10 |
| 5. | ...                    | 1-----5-----10 |

## Knowledge

- |    |                           |                |
|----|---------------------------|----------------|
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| 2. | <i>Influencing change</i> | 1-----5-----10 |
| 3. | ...                       | 1-----5-----10 |
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## Leadership

- |    |                            |                |
|----|----------------------------|----------------|
| 1. | <i>Team work</i>           | 1-----5-----10 |
| 2. | <i>Representing others</i> | 1-----5-----10 |
| 3. | ...                        | 1-----5-----10 |
| 4. | ...                        | 1-----5-----10 |
| 5. | ...                        | 1-----5-----10 |

# Week 7.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)



# Week 8.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 9.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 10.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 11.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Week 12.

## **Activity:**

(eg. Introducing myself)

## **Notes:**

(eg. Speaking clearly, say my name and smile!)

## **What did you learn?**

(eg. I enjoy making people laugh!)

## **What would you like to learn next?**

(eg. more about public speaking)

# Where are you now?

## Skills

- |    |                        |                |
|----|------------------------|----------------|
| 1. | <i>Public speaking</i> | 1-----5-----10 |
| 2. | <i>Giving feedback</i> | 1-----5-----10 |
| 3. | ...                    | 1-----5-----10 |
| 4. | ...                    | 1-----5-----10 |
| 5. | ...                    | 1-----5-----10 |

## Confidence

- |    |                        |                |
|----|------------------------|----------------|
| 1. | <i>Speaking openly</i> | 1-----5-----10 |
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| 3. | ...                    | 1-----5-----10 |
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## Knowledge

- |    |                           |                |
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## Leadership

- |    |                            |                |
|----|----------------------------|----------------|
| 1. | <i>Team work</i>           | 1-----5-----10 |
| 2. | <i>Representing others</i> | 1-----5-----10 |
| 3. | ...                        | 1-----5-----10 |
| 4. | ...                        | 1-----5-----10 |
| 5. | ...                        | 1-----5-----10 |

# Reflections:

**What have you done, which you are most proud of?**

**What are your goals?**

# Reflections:

**What does being a Young Leader mean to you?**

**What next actions can you take on your goals?**



# **Reflections:**

**What impact can Young Leaders have in the community?**

**How can Young Leaders help create social change?**

## **Young Leader Toolbox:**

# **The Body Check**

**Before we start a speech or talk in a meeting, it is good check your whole body. We do this to make sure we look, feel and sound confident!**

## **Feet:**

**Where are you standing?**

**Where are your feet?**

**Are you legs straight?**

## **Hands:**

**Where are your hands?**

**What are you holding?**

**Are they still or moving?**

## **Face:**

**What expression do you have?**

**What are you looking at?**

**Who have you made eye contact with?**

## **Breathe:**

**Deep breath... 5, 4, 3, 2, 1... GO!**

## **Young Leader Toolbox:**

# **The Feedback Sandwich**

**When we give people feedback on their work or on a speech, we always say 2 good things and one thing they can improve.**

**This is important because it helps people feel confident. It also helps them know what to do better next, without making them feel sad.**

**Here's what we say...**

### **1. What you did well...**

(eg. You spoke very clearly)

### **2. What you could improve next time...**

(eg. Try standing more still and thinking about where you put feet)

### **3. What you should be proud of...**

(eg. You were very passionate and funny!)

## **Young Leader Toolbox:**

# **My Story, Your Story, Our Story**

**When we want people to feel connected to our story. Sometimes we tell the same story in different ways to help people feel like we understand them better.**

**Here's how we do it**

## **My Story...**

(eg. I sometimes find school difficult because English is not my first language.)

## **Your Story...**

(eg. I understand that you might struggle at school, when English is not your first language.)

## **Our Story...**

(eg. Because English is not our first language, we can sometimes struggle at school.)

## Young Leader Toolbox:

# The BIG IDEA Checklist

**When we want to share big ideas with people, it is important to structure the idea well!**

**Using the What, Why and How method is good, because it makes sure we tell the audience everything they need to know about the idea**

**Here's how we do it!**

### What is your idea?

(eg. I want more people to listen to young refugees...)

### Why is it important?

(eg. Because they have important stories to tell...)

### How do you make it happen?

*Step 1. (eg. Talk to young refugees in your town)*

*Step 2. (eg. Listen to their stories)*

*Step 3. (eg. Share your experiences with others)*

### Call to Action!

(eg. Come to our next event and listen to us talk!)

**Notes:**

**Notes:**

**Notes:**



**Notes:**

**Notes:**

# Looking after ourselves and others.

## **Looking after yourself**

Sometimes we can talk about things that are difficult. If there is anything that we discuss that affects you it is important to let us know. Staff are around for your support and you can approach us anytime for this.

## **Looking after others**

If you can see that someone is struggling, ask if they are ok. You can ask let staff know and we will follow it up.

## **Our commitment**

We will check in and check out. This means we will discuss how you are at the beginning of the session/event and how you are at the end. Its ok to discuss your mood and feelings at this time. We may also ring you afterwards to discuss feedback.

## **Your feedback**

We aim to be led by you. If you think we could do things differently, we would love that feedback. We are always looking to improve!



## The Hummingbird Young Leaders

