



TCK Activity Workbook

3 Strategies for TCKs and their Families to
Settle in a New Country and Adapt to Different Cultures

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Please do not use any activity without proper citation to the creator.

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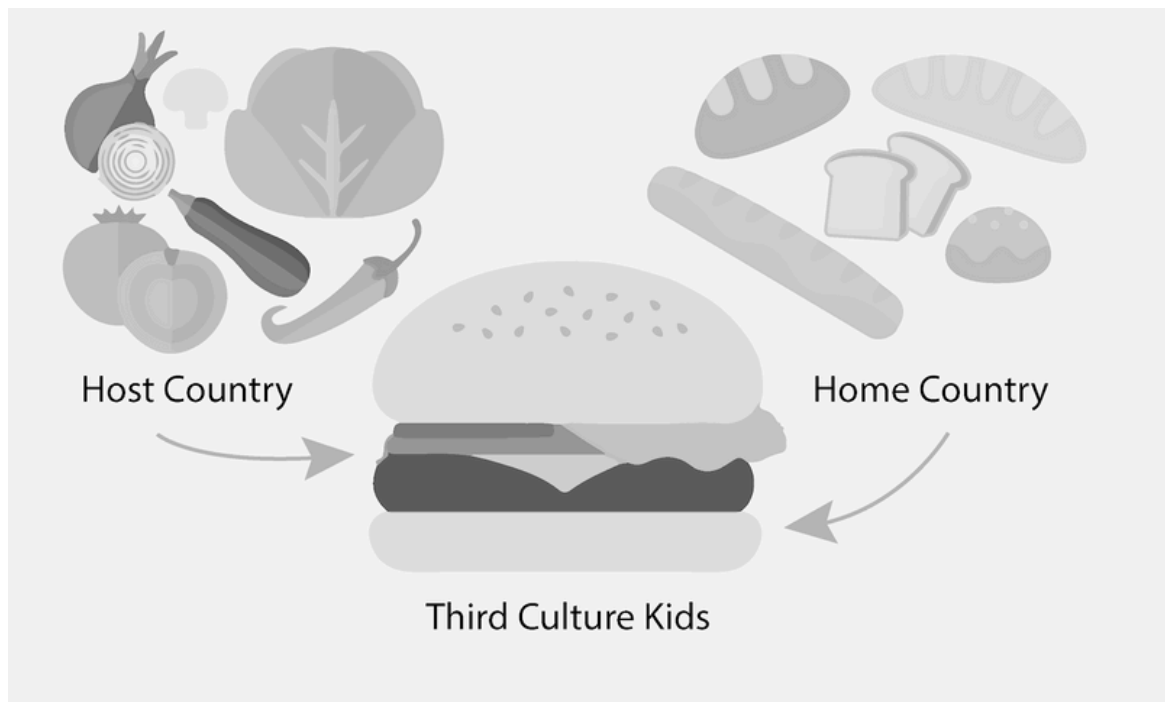
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The Hamburger Activity



Activity Instructions

Step 1: The basic ingredients of your identity burger

- Bread: Your family, your origins, and the cultures that have influenced you.
- Meat: Your personal experiences, your travels, and the friends you make around the world.
- Lettuce and tomato: The values and beliefs that guide you in life.

Step 2: Adding condiments to develop your Global Mindset

- Mustard: Curiosity to discover new cultures and perspectives.
- Ketchup: Compassion to understand and accept others' differences.
- Mayo: Flexibility to adapt to different environments and change with confidence.

Step 3: Seasoning with your Cultural Intelligence

- Salt: The ability to recognize and manage difficult cross-cultural situations.
- Pepper: The ability to communicate effectively with people from different cultures.
- Exotic spices: The open-mindedness to appreciate diversity and inclusiveness.

Step 4: Assembling your identity burger

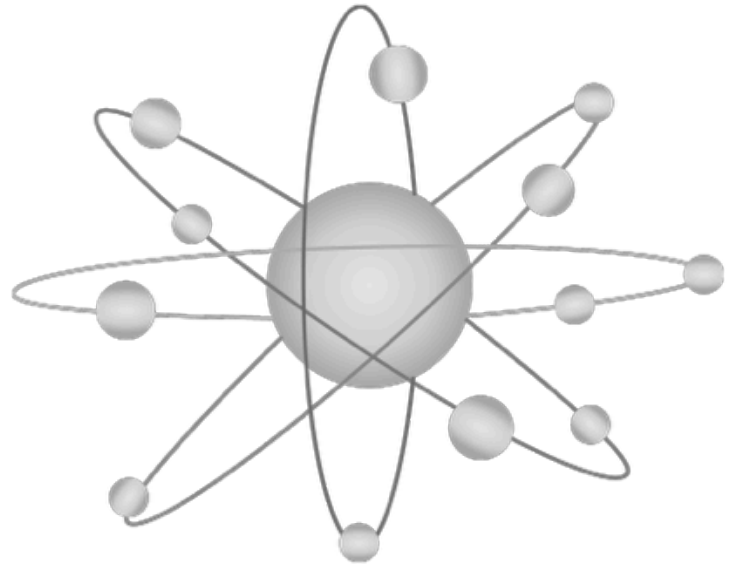
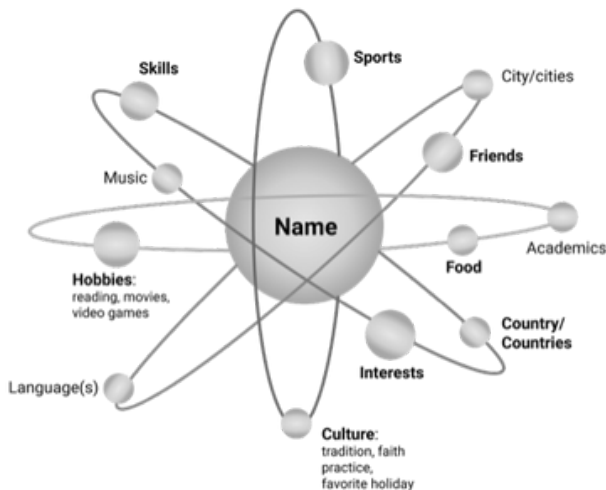
- Use each ingredient and condiment with care, taking care to balance flavors and textures. Be proud of your unique and delicious creation, which reflects your personality and background.
- Don't be afraid to modify your recipe over time, adding new ingredients and exploring new flavors. The more ingredients you have the more you become a juicy burger! Enjoy & celebrate!

The Identity Orbit Activity

One of the best things about our identity is that it's always changing! We are always learning, meeting new people, growing. Sometimes we can forget about parts of identity that were important to us in a different country. Those parts are still a part of us and can come to mind when we think about a friend, eat a familiar food from that country, or hear a song in that country's language. We are always changing and that's good! Look at the activity below and imagine the "rings" are orbiting you. Your identity parts are in motion and that's really cool.

Activity Instructions

- Think about what you would put close to your name. Who or what are a part of your daily or weekly routine?
- Write the names of people, activities, and places important to you right now on circles close to your name.
- Write the names of people, activities, and places important to you from your previous country/countries farther from your name.



Reflection Questions

- Who do you want to write or call?
- What activity would you like to do again?
- What food do you want to try to make?
- Where would you like to visit again someday?
- What is one of your favorite memories that comes up from doing this activity?

The Plug In Adaptor Activity

What is one of the first things we look for after arriving in a new place? A charger! When we arrive in a new country, we need to use an adapter plug in order to operate our phone, computer, iPad, and gaming system. An adapter with its different plugs makes two different systems communicate, allowing the passage of energy. The universal adapter contains all the energy for power usage. Similarly, when we move to a new country, we need to adapt ourselves in different ways, but we are not completely changed.



Activity Instructions

- List where you want to “plug into” your community. What is important to you? What are your passions, hobbies, and interests?
- Think about how you might need to adapt your language and behavior to “plug in” successfully.

Reflection Questions

- What are some hobbies you enjoy doing?
- Who is someone who can encourage you to adapt?
- In how many languages can you say “Hello”?
- What is something scary that you’ve been wanting to try?

Please reach out for more tools and resources.

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