



Joys & Strengths Assessment

We would like your team to assess not only your matched family's needs (see RAA Needs Assessments forms), but also their joys and strengths.

Why?

Refugees are often reduced to their needs (understandably, as their needs are very real), but not what they enjoy or are skilled at. This can lead to them feeling unseen as the whole, complex, talented selves they were before becoming refugees. RAA wants to encourage a complete sense of self even in the midst of trauma and displacement. For this reason, it's important for each member of the family, including children who are old enough to talk, to have time to tell a volunteer about their joys and strengths. This can be done through an informal conversation that's later added to this form, or by using the form to lead the conversation.

Please print multiple copies of the below page and fill it out with the members of your matched family.

Please share the results with your entire team.

*When **setting goals** with your matched family (an RAA CST Best Practice), we encourage your team to think about your matched family's needs, joys and strengths all together. This assessment helps to achieve that*

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Participant Name: _____

What do you enjoy doing? (hobby, sport, leisure activity)
What gives you a feeling of peace or calm?
What makes you feel energized?
What makes you feel happy?
What skill or talent do you have?
Who do you love?
Who makes you feel loved?
What or who makes you feel safe?
What are you good at doing?
What are you good at making?
What is your favorite possession (dress, photo, toy)?
What do you want to study/learn more about (What is your favorite school subject)?
What is your ideal job (what do you want to be when you grow up)?