



Coping with Divorce FOR KIDS





This Journal Belongs To





*I can do
Whatever I set
my Mind To.*





Changing With Seasons

THERE ARE FOUR CIRCLE FOR EACH SEASON, MAKE NOTES OF HOW MUCH SEASONS CHANGES AND HOW DIFFERENT THEY ARE

Summer	Autumn

Winter	Spring





My Support Network

HAVING PEOPLE IN YOUR LIFE THAT YOU CAN TALK TO ABOUT YOUR FEELINGS IS IMPORTANT

When you're sad with whom you feel comfortable to talk?

A large, empty, rounded rectangular box with a light purple background and a dark purple border.A large, empty, rounded rectangular box with a light blue background and a dark blue border.A large, empty, rounded rectangular box with a light purple background and a dark purple border.



Write them down

[illegible]



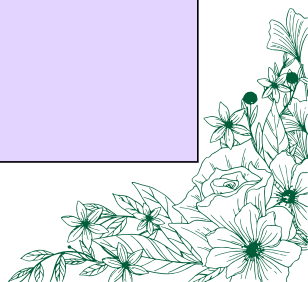
THERE ARE LOTS OF REASONS WHY SOME PARENTS SPLIT UP. OFTEN IT'S BECAUSE ONE OR BOTH OF THEM IS UNHAPPY.

It's not your fault that this is happening.



???

It's not your fault that this is happening





Changing Homes

WHEN YOU THINK ABOUT YOUR FUTURE, WHAT ARE YOUR HOPES OR WISHES?

Write them down







My Support Network

HAVING PEOPLE IN YOUR LIFE THAT YOU CAN TALK TO ABOUT YOUR FEELINGS IS IMPORTANT

If you feel sad, who would you feel comfortable to talk with?



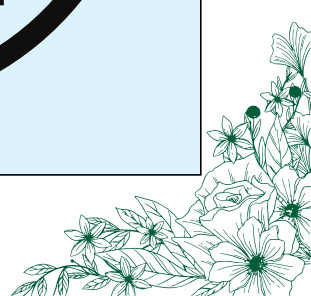


*I do not have
TO Change
myself to
Be Enough.*



Changing Homes

YOU SHOULD FEEL COMFORTABLE IN YOUR HOME AND IN THE NEW HOME OF EITHER YOUR MUM OR DAD MAKING SURE THAT EACH HOME CONTAINS SOME FAMILIAR ITEMS WILL HELP YOU FEEL SECURE AND AT HOME IN BOTH PLACES



Stories From Other Kids

Our mother took the three of us to stay without Dad when I was 13. We stayed in a hotel with a pool and went to the beach every day it was quite wonderful and I don't remember asking why Dad had not come. One day at lunch, we were sitting at a table with my younger brother and sister on the same side of Mum and me opposite. She told us they were getting divorced. Dad was moving out to be with his new girlfriends and would probably want to take one of us to live with them.

My little brother put his hand on Mum's arm and said "tell me I want to stay with you."

My sister put her hand on Mum's other arm and said "He can have me staying with you too."

Then all three of them looked at me. I felt for a horrid moment that they all hated me. But I was certain that Dad loved me a lot less than the other two. So I said "Tell me he won't want."

I wonder how my mother felt at that moment. We reverted about that again in the end, he took none of us but he did take the dog which hurt all of us kids the most.



Stories From Other Kids

My parents split up when I was 10. I was getting ready for bed when they told me that they needed to talk to me. They said that they were separating, and that Dad would be moving out I burst into tears, though I had expected this. It was the thought of our family splitting up that scared me. My dad moved into the spare bedroom for six months, then got an apartment, At times, I worried that he might stop visiting us and cried for many nights, feeling so sad thinking about him alone in his apartment. But everything was more peaceful

I felt relieved that their loud arguments wouldn't happen any more. Ten years on, I'm so glad they were brave enough to make that decision. So many couples say that they stayed together for the sake of their children, but I think my parents' separation made us all happier. By being true to themselves, they were proving their strength as parents. They knew that what they were doing was for the best. Now they can have amiable conversations and can reminisce fondly about the good times. It was the best decision for the family



Stories From Other Kids

My parents split up when I was six I am nine now. I was downstairs watching television with my baby sister when my gran told me that my mummy and daddy wanted to speak to me. I thought it was going to be happy

When I got to their room, they told me. They said it in the best way possible - though it doesn't really matter how you say it, it will still be relay sad When I cried they hugged me and made me laugh by saying: "We're stilt friends" "H", "Hello" and waved to each other

After a few years, I got used to it and wasn't as sad but fem. Stead My daddy only lives a few roads away and we visit. We stay at his flat a lot and he comes over to our house almost every morning. My parents are aligns there I want to talk and now they are happier and don't fight often

I really want them to get back together and it work out, but it is not that simple. We are all happy and love each other, which is the main thing



IT CAN BE VERY CONFUSING WHEN PARENTS SPLIT UP. YOU COULD
TALK TO AN ADULT, LIKE A PARENT OR TEACHER, ABOUT ANY
QUESTIONS YOU HAVE.

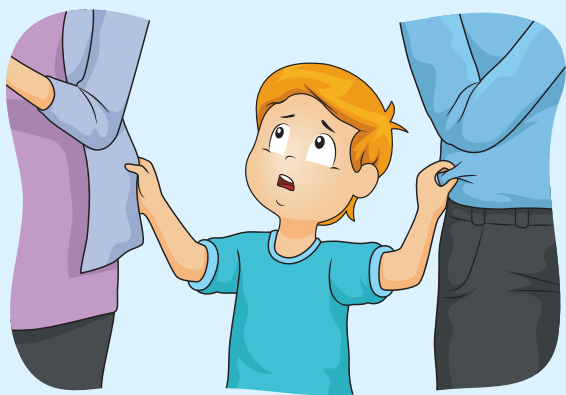
what about my cat?



where will I live?



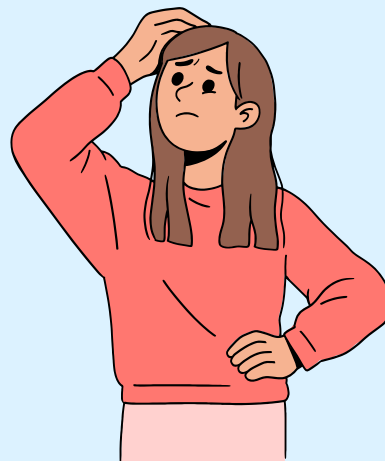
why are mum and dad angry?



Do they still love me?



Who can I talk to?





Divorce Coping Skills

ACTIVITY 1

Personal history time line

One common feeling children experience after the divorce is worry about the future. They may be concerned about what is going to happen to them and if their lives will ever be normal again. Creating a time line can help children put the current events of their lives in perspective. It can help them see that they have experienced many good things in the past, and that they have many years ahead of them to have fun and happy times with their families. Younger children will need help with this activity but will enjoy thinking of events for their parent to put on their time line. Discuss your child's time line with him when he is finished. Point out that he has experienced many different events throughout life, some good and some bad. Help him to understand that he can get through the difficult time of divorce and that there are happiness and good times ahead.

Directions for a personal history time line

DRAW A LONG HORIZONTAL LINE ON A SHEET OF PAPER.

LABEL YOUR BIRTH AT ONE END WITH A STAR

LABEL THE PRESENT TIME SOMEWHERE IN THE MIDDLE

MARK SIGNIFICANT EVENTS THAT HAVE OCCURRED IN YOUR LIFE BETWEEN THE BIRTH STAR AND THE PRESENT MARK.

MARK EVENTS THAT YOU HOPE WILL HAPPEN IN THE FUTURE.





Divorce Coping Skills

ACTIVITY 2

Time capsule

Making a time capsule is another way of helping children recognize that the troublesome feelings surrounding the divorce won't last forever and that there are many things to look forward to in the future. Have your child put things in the capsule that represent his life stories, drawings, photographs, and other special treasures and reminders. Encourage your child to answer the following questions and include them in the time capsule.

Time capsule question

WHO ARE YOUR FRIENDS? WHO IS PART OF YOUR FAMILY NOW? WHO WILL BE PART OF YOUR FAMILY IN THE FUTURE? WHERE WILL YOU BE LIVING IN ONE YEAR? FIVE YEARS? WHAT KINDS OF THINGS DO YOU LIKE TO DO? WHAT WOULD YOU LIKE TO LEARN HOW TO DO IN THE FUTURE? WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

There are many different kinds of containers that make good time capsules: large glass jars with tight lids, large manila envelopes, shoe boxes, or drawstring bags. After your child has finished making the time capsule, help her seal it. Let her decide when she will open it. For example, it might be opened in one year, on a certain birthday, or five years from the divorce. When the time comes to open the capsule, your child will undoubtedly have fun looking at the things she put in it, noticing how her handwriting has changed, and reading the things she wrote.



Divorce Coping Skills

ACTIVITY 3

Let's exercise!

Engaging in physical activities together helps parents and children spend time with one another and reap the health benefits of exercise! Exercising is a good way to get rid of tension or angry feelings in a positive way

Good activities for parents and children to enjoy together

SWIMMING



BIKING



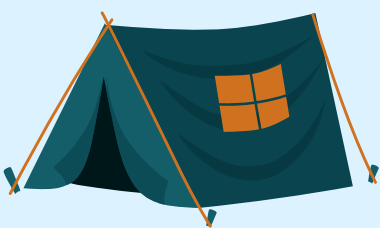
HIKING



WALKING



CAMPING





FLYING KITES



ROLLER BLADING





*There is no
One Better to
be than
Myself.*

Divorce Coping Skills

ACTIVITY 3

Let & exercisel

Engaging in physical activities together helps parents and chicken spend time with one another and reap the health benefits of exercise Exercising is a good way to get rid of tension or angry feelings in a positive way

Sport activities for parents and children to enjoy together

SWIMMING



BIKING



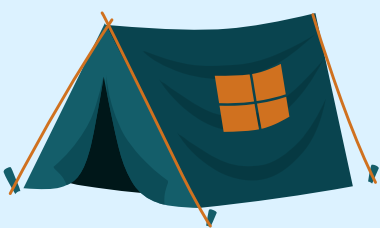
HIKING



WALKING



CAMPING



FLYING KITES



ROLLER BLADING



Today I Feel

Use these emotion words to describe how you feel today.

Happy



Excited



Scared



Sad



Disgusted



Upset



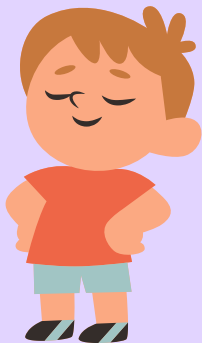
Sleepy



Annoyed



Proud



worried



silly



Exhausted





Draw Your Feelings

Name

Date

Draw your feelings or facial expressions during each scenario below.
You can label each feeling below every drawing

My feelings last night about going back to
school

My feelings this morning before going to
school

My feelings when I met my friends in school

My feelings now that I'm in school

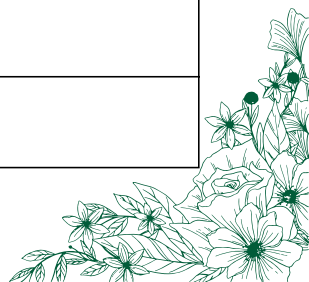




My Family Changing

Write down how you feel before and after your family changing and how you can get past it.

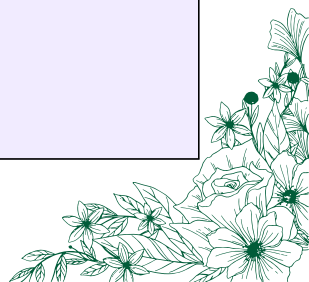
Before changing	After changing	How can I get past it





My Family Changing

Write down you wishes after your family changing





My Family Changing

My family different now because:

When I think about my parents separating I think

Some positive things about my parents separating are

Changes I'm not happy about:

When I think about my families future, I worry about:





*I have
People Who
love and
Respect me.*





A decorative floral illustration in the bottom right corner, featuring various flowers and leaves in a light green line-art style.



