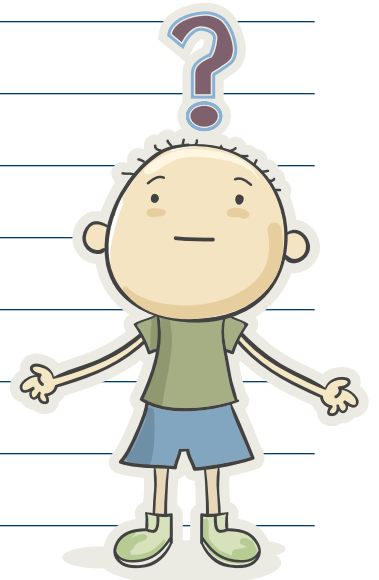


What Does Divorce Mean?

Handout 1.1



Please write down what you think divorce is.

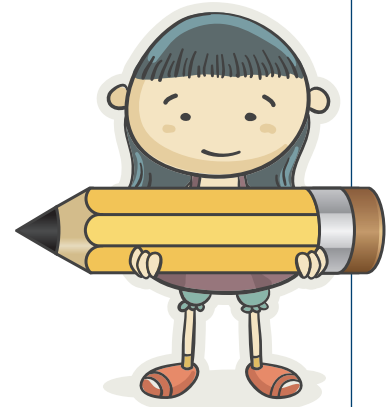


What Does Divorce Mean?

Handout 1.2



Please draw what you think of when you hear the word divorce.



The most common answers are circled.

1. **T** **F** **You will never see the parent you do not live with.**

This is probably not true. Just because you do not live with a parent does not mean you will never see them—you will just see them less. Your parents will talk and decide when you will be able to see the parent you do not live with most of the time.

2. **T** **F** **It is not your fault your parents got divorced.**

This is true. Parents usually get divorced for many different reasons but not because of anything you did. There is nothing you did that caused the divorce or separation. And there is nothing you could have done to stop the divorce.

3. **T** **F** **I will always feel sad or mad about the divorce.**

This is probably not true. You might feel sad or mad after the divorce, but these strong feelings will go away. Most kids feel a lot less sad or mad as time goes on.

4. **T** **F** **My parents did not try to stay married.**

This is probably not true. Most parents tried very hard to stay married, but it was too hard for them and they thought divorce was the best for your family. Just because your parents divorced or separated does not mean they did not try to stay married.

5. **T** **F** **There are a lot of kids at your school with divorced or separated parents.**

This is probably true. There are probably many other kids at your school whose parents are separated or divorced. If you go around and ask three kids if their parents are divorced, at least one of them will probably say their parents are divorced.



Please circle all of the emotions that you have felt or are feeling because of the divorce.

SAD

HAPPY/GLAD

ANGRY/MAD

FRUSTRATED

SHY

SILLY

HURT

AFRAID

EXCITED

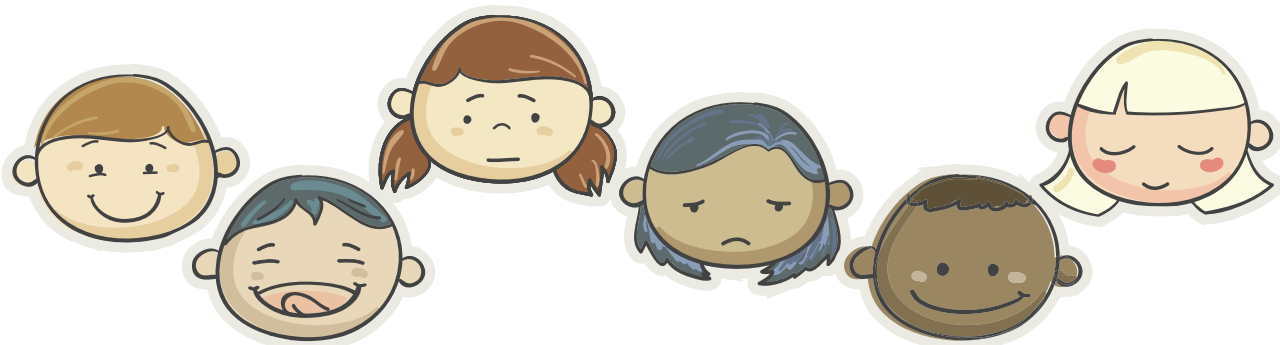
LONELY

WORRIED

RELAXED

CONFUSED

GRUMPY



Something Special

Handout 2.2

Please draw one picture of something special that you will want to have with you when you are at both your parents' homes.

A large empty rectangular box with a thin blue border, intended for a child to draw. In the bottom right corner of this box, there is a cartoon illustration of a young boy with blonde hair, wearing an orange striped shirt and blue shorts, holding a purple comb. Next to him is a colorful sandcastle with a blue roof and various colored towers.

A Fun Activity

Handout 2.3



Think of a fun activity that you would like to do with the parent you are missing or do not get to see as much as you would like to. Then write about the activity you would like to do with them.

Take this handout home, and when you are missing your parent, draw yourself and your parent doing that activity.

A large empty rectangular box with a thin black border, intended for drawing a scene of the child and parent doing an activity together.

1. Paying for things.

Adult Job: Adults are responsible for thinking about money and paying for the things you need. You are not responsible for thinking about money.

2. Sending important messages from one parent to the other parent.

Adult Job: Kids are not responsible for sending important messages between parents. If it is important, your parents are responsible for talking to each other without putting you in the middle.

3. Learning to live in two different places.

(Example: making sure your school supplies are not left at one home)

Kid Job: You are responsible for thinking about how to keep up with your things between your two different homes. You can also think about what is the best way to not lose your things when you are going from one place to another.

4. Telling parents when their arguing makes you sad or mad.

Kid Job: You are responsible for telling your parents how you feel when they argue in front of you. Your parents will not know how you feel or know to stop arguing if you do not tell them.

5. Scheduling times to spend time with both parents.

Adult Job: Your parents are responsible for deciding when you will get to see both parents, so you are not responsible for when you will see your other parent. You are only responsible for thinking about the fun things you can do with your parents when you are with them.

6. Doing homework and getting good grades.

Kid Job: You are still responsible for doing your homework and getting good grades. It was always your job to get good grades before the divorce or separation, and it is still your job after.

7. Figuring out how to stop arguments.

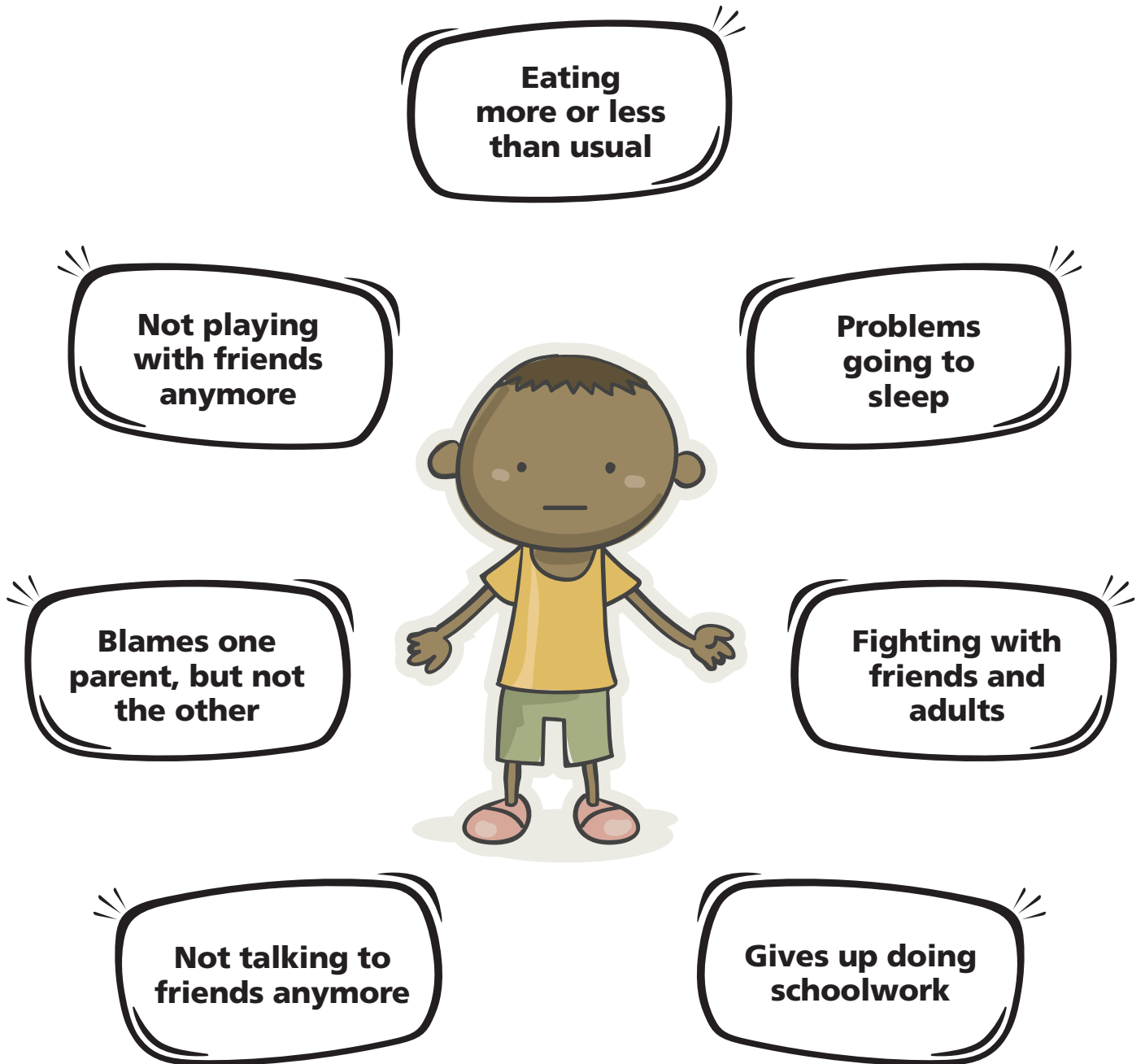
Adult Job: You are never responsible for being in the middle of arguments about the divorce. When your parents have arguments, it is about adult things that you do not need to be responsible for.

8. Being nice to brothers and sisters.

Kid Job: You are responsible for being nice to your brothers and sisters. Parents should be nice to your brothers and sisters too, but it is also your job.

Handout 4.1 (page 2)

Some ways that Sam might start acting differently now that his parents are getting a divorce.



Handout 4.2 (page 2)

Some things that Stephanie might be thinking now that her parents are getting a divorce.



Each picture shows a feeling. What feeling goes with the picture?



Mad



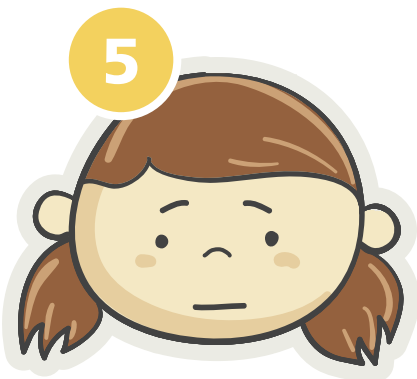
**Worried
or Afraid**



Happy



**Silly or
Excited**



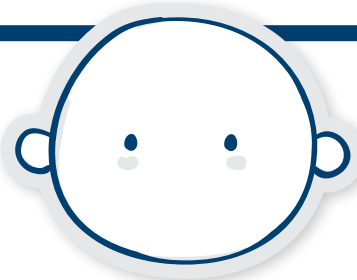
Sad



**Shy or
Embarrassed**

I feel

because



Friends, Family, and Others

1. List the names of friends, family, and others close to you.
2. Circle the names of the people you think you can trust to talk to about your parents' divorce or separation.



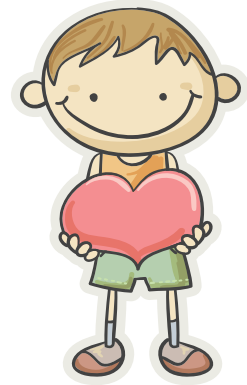
Friends

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Others (teachers, coaches, church)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Handout 6.1



Family

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Should I Tell Friends?

Handout 6.2

1. At the lunch table with two close friends	YES	
2. In the middle of your class	NO	Why not?
3. At your friend's house while you are playing a game	YES	
4. During a sports game	NO	Why not?
5. On the playground alone with a friend	YES	
6. To a new student the first day he or she is at school	NO	Why not?

FOLD

Things I Like To Do

Handout 6.3

1. Circle all of the activities that you like to do for fun.
2. Put a 1, 2, and 3 by your top 3 favorite activities.
3. Write other activities you like to do at the bottom of the page.

_____ **Bike riding**

_____ **Listening to music**

_____ **Arts and crafts**

_____ **Math**

_____ **Cooking with an adult**

_____ **Acting out plays**

_____ **Dancing**

_____ **Reading a favorite book**

_____ **Playing a board game**

_____ **Playing sports**

_____ **Fixing broken things**

_____ **Science projects**

_____ **Shopping**

_____ **Playing with friends**

_____ **Reading about history**

_____ **Writing stories or poems**

_____ **Playing video games**

_____ **Swimming**

_____ **Playing with toys**

_____ **Watching TV/movies**

_____ **Playing music**

_____ **Playing with other kids**

_____ **Skating/skateboarding**

_____ **Spending time with your pet**

_____ **PE (physical education)**

_____ **Talking with parents**

Other activities

- * For each situation, check the box next to the better thought to have.
- * To help decide, ask yourself: Is the thought true? Is the thought helpful?



1. You got a bad grade on a test.

- "I am not smart—I knew I did badly."
- "That test was hard—I'll try to do better next time."

2. Your friend is playing with someone else on the playground.

- "I should go ask to play with them."
- "He or she does not want to be my friend anymore."

3. Your dad will not let you call your mom when you want to.

- "I'll ask him what other time is better to call her."
- "My dad is always so mean and never lets me call my mom."

4. Your dog ran away from home.

- "I'm never going to see my dog again."
- "I might find my dog if I go start looking for him or her."

5. Your brother or sister broke your favorite toy.

- "Breaking my toy was probably an accident."
- "He or she broke my toy on purpose to make me mad."

Getting Help from Others

Handout 8.1

*** You have 1 minute to look!**

1. Read each statement and find as many things as you can in the room that are a red or blue color. Write down the number of things you can find by yourself on the first line.
2. Talk with the group and write down how many red or blue things you found when you add everyone's together.



	# by yourself	# with group
A Things in the room that are red	_____	_____
B Things in the room that are blue	_____	_____

3. Discuss and compare the different numbers when looking for things by yourself and looking for things as a group.

*** Which way was the best—by yourself or with help from others?**



“After Lucy’s parents got divorced, she felt _____ (**Question 1**). For her, the worst part about the divorce was having to _____ (**Question 2**). She wasn’t sure why her parents got divorced but thought it could be because of _____ (**Question 3**). A few weeks after the divorce some of Lucy’s friends noticed that she was not playing _____ (**Question 4**) at recess any more. Lucy wanted to tell her _____ (**Question 5**) about the divorce but was not sure how. Later that day when Lucy was with her mom, she was missing her dad. She asked her mom if she could _____ (**Question 6**) to feel better. Then Lucy drew a picture of _____ (**Question 7**) to make herself feel better. When Lucy saw her friends’ parents together she felt _____ (**Question 8**) and remembered that she could feel better by changing her thoughts. If she thought differently and still felt bad she could try to do other things like _____ (**Question 9**) to help herself relax.”

Questions

1. What is a negative emotion Lucy could be feeling?
2. What are some changes you think might happen after her parents’ divorce?
3. What are some reasons that parents might get divorced?
4. What are some activities you like to do with your friends at recess?
5. Who is someone that you trust that you can tell things to?
6. What are some activities or things you can do when you are missing a parent?
7. What are some fun things you can do with the parent you are missing the next time you see them?
8. What is a negative emotion she could be feeling?
9. What relaxation technique is your favorite?

Certificate of Completion

of the
**Kid First
Divorce Program**

is hereby awarded to

This certificate acknowledges that, through hard work and dedication, the participant
has successfully completed the Kid First Divorce and Separation Program on

_____ Kid First Facilitator

Thoughts about New Partners

Handout 9.1

1. Write one negative thought that you might have about your parents having new partners.
2. Write one positive thought that you might have about your parents having new partners.

Negative thought:

Positive thought:
