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the **D**word

(divorce)

Activity & Idea Book



published by



**National
Center for
Youth Issues**

Practical Guidance Resources
Educators Can Trust

Dear Parents, Teachers and Counselors:

Divorce can be stressful, confusing and difficult for everyone involved. The purpose of this activity book is to offer creative ideas to counselors, teachers and parents that can help children process the changes in family life that are taking place. The goal behind each activity is to teach children to better understand divorce, and encourage them to develop effective coping strategies.

We cannot prevent divorce from happening, but we can teach our children how to deal with it more effectively.

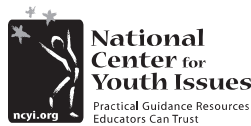
“Just because divorce stinks, doesn’t mean that YOU need to!”

BEST! Julia

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P.O. Box 22185
Chattanooga, TN 37422-2185
423.899.5714 • 800.477.8277
fax: 423.899.4547
www.ncyi.org

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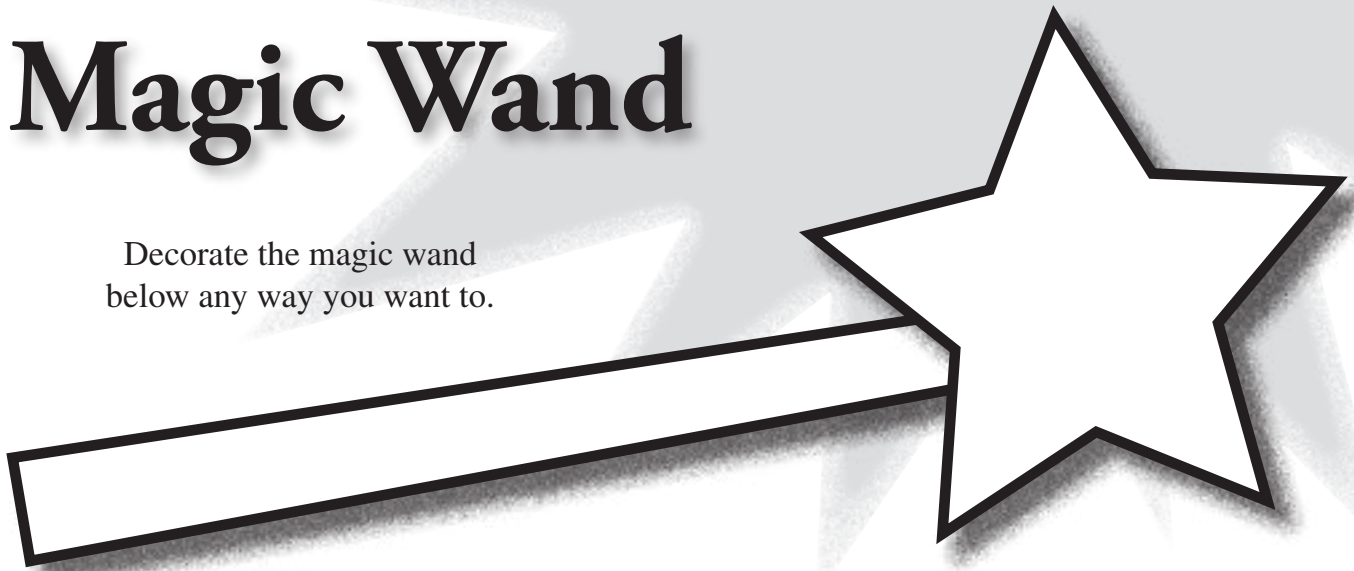
Summary: A supplementary teacher's guide for *The "D" Word*.
Full of discussion questions and exercises to share with students.

Written by: Julia Cook
Contributing Editor: Laurel Klaassen
Illustrations by: Phillip Rodgers
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Magic Wand

Decorate the magic wand below any way you want to.



1. If you had a magic wand and could wave it in the air and change your situation...What would you change? Why?
2. Fill out the chart below to help answer this question.

	What I would change?	Why?
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

3. Using the list above put a check mark in the boxes on the left of the things that actually CAN be changed.

Discussion

1. What are the things that you will be able to change? (Remember: you can only change yourself....not others.)
2. What do you need to do to change these things?
3. What are the things that cannot be changed?
4. Who are the people who can help you deal with what you cannot change?

Picasso You!

Here is a chance for you to be an artist and draw your family before and after the divorce.

Draw a picture of your family before the divorce.

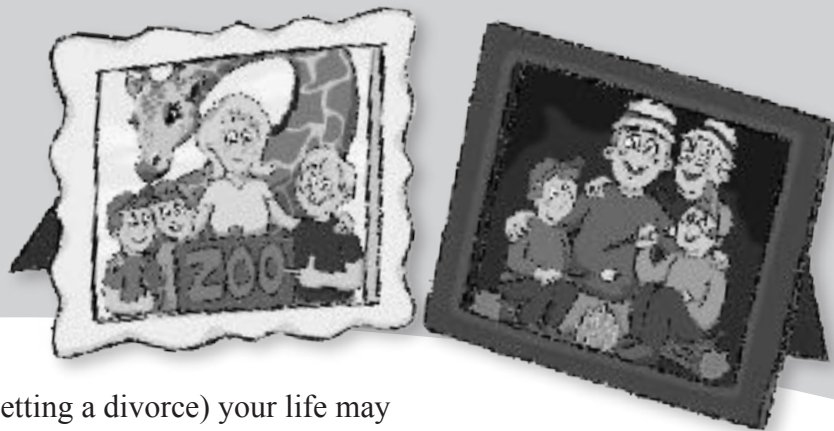


A large, empty rectangular box with a black border, intended for drawing a picture of the family before the divorce.

Draw a picture of your family now.

A large, empty rectangular box with a black border, intended for drawing a picture of the family now.

Same or Different



Now that your parents are divorced (or getting a divorce) your life may seem different from what it used to look like. Fill out the chart below.

Things that have stayed the same.

Things that are different now.

--	--

Circle the things on your list that are positive or good changes.

I'm Puzzled!

When parents divorce you are sometimes caught in the middle and feel like you are pulled in many different directions. Sometimes you feel that you are falling apart. Cut out the person below and tear or cut a piece off for each of the ways you are being pulled apart. Then put yourself back together like a puzzle. Notice that you can become whole again, but the scars are still there.

