Changing Families Group Steps

Feelings, kid jobs, two homes, and support.

Name: _____ **Date:** _____

1. Safety first

Unsafe at home or a crisis? Get help first.

2. Agreements

No family details needed. Passing is okay.

3. Not alone

Many kids have families that change.

4. Feelings

All feelings are okay. Find them in the body.

5. Not my fault

Grown up jobs belong to grown ups.

6. Two homes

Plan switch days and what stays the same.

7. Control

Sort what I can and cannot control.

8. Speak up

Use I feel sentences. Name my helpers.

9. Toolkit

Keep coping tools I can use anywhere.

What this group is and is not

Practice for feelings, kid jobs, two homes and support.

Is Skill practice for groups	Feelings, kid jobs, homes, helpers
Is not Not a treatment by itself	Therapy, a custody tool, picking sides
Care Report harm as your school requires	Counselor, family, 988 if unsafe

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

If a child is being hurt or is not safe at home, tell a trusted adult now.

Not affiliated with ASCA, CODIP or any named counseling program.

My Two Homes and Support Plan

Feelings, kid jobs, switch days, and my helpers.

Name: _____ **Date:** _____

My feelings and kid jobs

A feeling I have about the changes: _____

Where I feel it in my body: _____

A grown up job I can let go of: _____

A kid job that is mine: _____

Two homes or new routines

On switch days I will pack: _____

Something that stays the same: _____

Something I can control: _____

Something I cannot control: _____

When I miss someone I can: _____

Speaking up and my support team

I feel ... when ... I need ...: _____

An adult at school I can talk to: _____

An adult at home I can talk to: _____

A friend or relative who helps: _____

A coping tool that works for me: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Tell a trusted adult if you are not safe

More notes:

_____

_____

_____

_____

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_____

_____

Original layout by Lotus & Tulip, based on published divorce research. Not therapy.

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Changing Families Practice Log

Hard moments, coping tools, and who helped.

Name: _____ **Date:** _____

Day	Hard moment	Feeling	Tool I used	Who helped
1				
2				
3				
4				
5				
6				
7				

Changing families pocket cards (cut out)

Safety 988 · HOME · 911	**Not alone** Many families change	**Feelings** All feelings are okay
Not my fault Grown up decision	**Kid jobs** Learn, play, feel	**Switch day** Pack, breathe, go
Control Sort it: mine or not	**Speak up** I feel, when, I need	**Helpers** Name one adult

Not a treatment. 988 · HOME 741741 · 911 · Tell a trusted adult if you are not safe

Something that went okay this week:

_____

_____

_____

_____

_____

_____

_____

_____

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The complete, ready to print version is here:

Changing Families Divorce Small Group Curriculum for School Counselors

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607462468 | instant digital download

See every page first: lotustulip.com/changing-families-divorce-group-curriculum.html

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