My Family Is Changing

All feelings are okay. Color or circle the feelings I have about the changes.

Name: _____ **Date:** _____


Sad


Mad


Worried


Confused


Relieved


Lonely


Scared


Guilty


Okay


Hopeful


Embarrassed


Missing someone

My biggest feeling right now is _____

because _____

Another feeling I have is _____

My job or not my job?

Check one box for each. Then talk about your answers with a grown up.

	My job	Not my job
Being a kid, playing and learning	☐	☐
Deciding where everyone will live	☐	☐
Telling a grown up how I feel	☐	☐
Fixing my parents' problems	☐	☐
Carrying messages between my homes	☐	☐
Getting my parents back together	☐	☐
Doing my homework and chores	☐	☐
Choosing which parent to love more	☐	☐

Grown ups make the big decisions. A kid's job is to be a kid.

What is true

- The changes in my family are NOT my fault.
- Nothing I said or did made this happen, and I do not have to fix it.
- My grown ups still love me, even when they live apart.
- I can love everyone in my family. I never have to choose.

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My Two Homes

Two homes can both be my home. Write or draw what each one is like.

Home 1

Whose home: _____

Who lives here: _____

My space here: _____

I like it here when _____

_____

A rule that is different: _____

I keep these here: _____

_____

Home 2

Whose home: _____

Who lives here: _____

My space here: _____

I like it here when _____

_____

A rule that is different: _____

I keep these here: _____

_____

Things that stay the same in both homes

For example: I am loved, my school, my friends, my bedtime story, my pet.

_____

_____

My week

Color each day: Home 1 Home 2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
○	○	○	○	○	○	○

Switch day reminder: _____

My switching homes checklist

Pack the night before so switch day feels calmer.

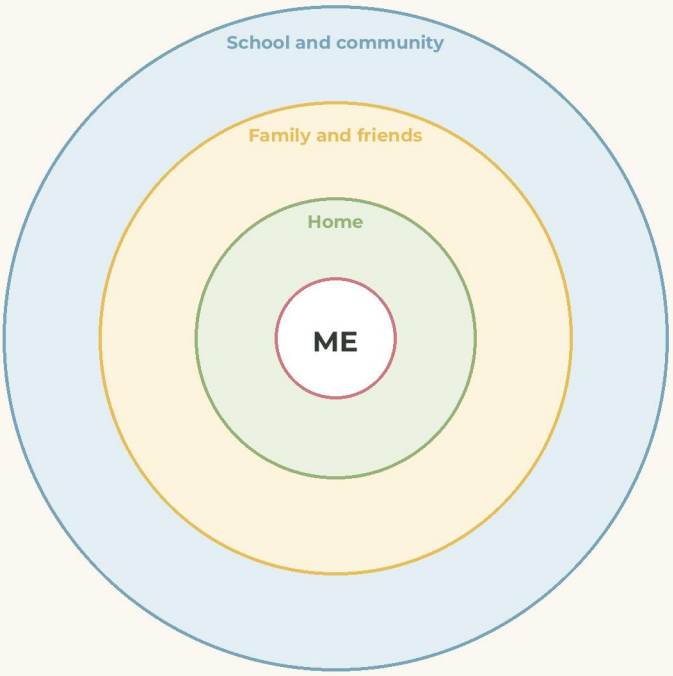
- [ ] Backpack and homework
- [ ] Medicine (ask a grown up)
- [ ] Clothes for tomorrow
- [ ] Library book
- [ ] Comfort item
- [ ] Charger or device
- [ ] Sports or club gear
- [ ] Other: _____

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My Support Plan

I do not have to handle big changes alone. These are my people and my tools.



People I can talk to

Write names in my circle, or here:

At home: _____

In my family: _____

A friend: _____

At school: _____

Another helper: _____

A grown up at school I can go to when I feel upset: _____

_____

When I miss someone, I can:

- [ ] Call or video chat
- [ ] Look at a photo
- [ ] Draw or write them a note
- [ ] Count the days on a calendar
- [ ] Hug my comfort item
- [ ] Tell a grown up I miss them
- [ ] My idea: _____

If I feel stuck in the middle, I can say:

- I love you both. Please don't ask me to choose.
- Can you tell them yourself? I don't want to carry messages.
- That sounds like a grown up problem.
- I need a break. Can we talk later?

Questions I want to ask my grown ups

It is okay to ask the same question more than once.

1. _____
2. _____
3. _____

When I feel upset, my calm tool is _____

Something that makes me feel at home is _____

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