IN TRANSITION

Look for

the sweet side of life

Materials: Worksheet copies, pens or pencils, one bowl each of raisins, pretzels and M&Ms®, napkins (one per youth)

Directions: Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

What did you think when you first heard the word "divorce"?

That your life was over? That nothing would ever be the same?

Divorce is a transition. It will impact your life in some areas, while other areas will remain the same. Still others will improve.

In today's activity, we're going to look a little deeper into how divorce will — and will not — alter our lives.

ACTIVITY INSTRUCTIONS

1. Taking turns, we'll each share a way our life will remain the same, change or improve as a result of the divorce. After each turn, select the appropriate snack and place it on your napkin.

   When you share or hear something that will:

   - Remain the same — take a raisin.
   - Change — take a pretzel.
   - Improve — take an M&M.

   The more examples we think of, the more trail mix we'll create. Use the table to record everyone's answers.

2. Let's discuss our answers. How did adding M&Ms improve the trail mix? How can focusing on the positives help us face the challenges of divorce?

   Remember: Always look for the M&Ms in life!

THINGS THAT WILL REMAIN THE SAME	THINGS THAT WILL CHANGE	THINGS THAT WILL IMPROVE

Note: *A qualified adult will facilitate all Divorce activities.*