

EASE THOSE WORRIES

Explore emotions about homecoming

When we learn our special person is coming home, we experience many emotions. We may get excited or fearful or even a little nervous.

All of these emotions are normal.

Materials: Worksheets, homecoming templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Recognizing our emotions will help us with reintegration.

What's reintegration? It's the process of restoring your special person and family back into everyday life. Reintegration is making your family whole again.

But the process comes with challenges. By recognizing and understanding our emotions, we can better express them in healthy ways when we're all back together.

For today's activity, we're going to explore emotions surrounding our special person's homecoming.

ACTIVITY INSTRUCTIONS

- 1 Answer the five questions on your homecoming template. You'll have 10 minutes to write.
(Set the timer for 10 minutes.)
- 2 When the timer sounds, we'll go around the room. If you feel comfortable, share some of your homecoming feelings.
- 3 When you go home, you can share your feelings with your special person.



MY HOMECOMING FEELINGS

1. Circle the word that describes how you felt when you heard your special person was coming home.
Or, you can write another word that describes how you felt on the blank line.

happy sad excited uncertain proud afraid different tense
confused angry loving worried pleased annoyed joyful eager

.....

2. Why did you feel that way?

.....
.....

3. What will you do on the day your special person comes home? How will you act?

.....
.....
.....

4. What has changed since your special person left home?

.....
.....
.....

5. What do you expect will happen in the future with your special person?

.....
.....
.....