

FAMILY SUPPORT

Ask questions about your move

Materials: Worksheets, move templates, pencils, timer

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

When we're given news we don't like — for example, that we're moving to a new city and attending a new school — we may think our family is not looking out for us.

But usually, our family has thought long and hard about the decision to move and how it will affect us. And there are other times when military orders come down and orders have to be followed.

It's normal to feel frustration or confusion toward your family when you're faced with moving.

After all, we feel we're being taken away from our home and school, losing our friends, and expected to learn new things in a new area.

Expressing these feelings to your family is important. It helps you prepare for the upcoming move and the changes you'll face. Knowing you can turn to your family for support will help you cope with the challenges during the transition.

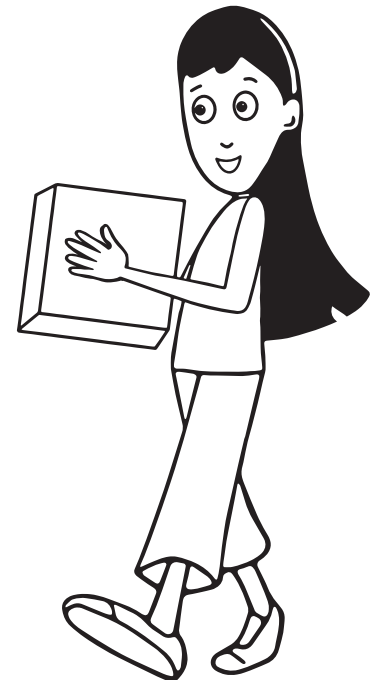
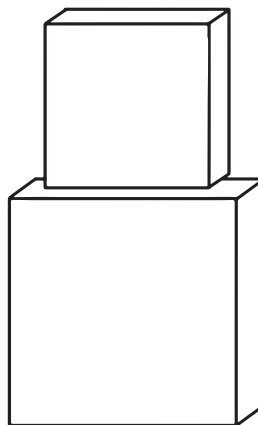
STEP ONE

On the template, answer the questions about your upcoming move. You'll have 10 minutes to write. When the timer sounds, everyone can share their thoughts.

(Set the timer for 10 minutes.)

STEP TWO

Take the template home and show it to your family. With your questions answered, you'll begin to feel more comfortable about the changes ahead.



QUESTIONS ABOUT MY UPCOMING MOVE

1. How do you feel about the move?

2. What are your fears and concerns about the move?

3. How can your family help you during the move?

4. How can your family help you after the move?
