

JAZZ IT UP!

Make a fresh start

Materials: Worksheet copies, pre-cut template cards, small bag, pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

Maybe you're in a rut. You do the same things, with the same people, in the same way.

You always know what to expect and when to expect it.

Face it. Your current situation lacks excitement.

Moving can pump up the possibilities and jazz up life!

Today, we're going to explore how moving can reinvigorate our lives. We're going to think about making a fresh start.

STEP ONE

Taking turns, pick a card out of the bag. Read your card and figure out how you'd make a fresh start in the area written on the card.

For example, let's say you select a card that says, "Sports." If you played catcher on your former team, why not make a fresh start and try out for pitcher on your new team?

Write down everyone's tips and strategies on your worksheet.

STEP TWO

Let's share how we'll refresh various parts of our lives when we move. Next time you move, you'll be prepared to jazz up your life!

TIPS AND STRATEGIES FOR MOVING

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Friends	Organizations or clubs	Neighborhood
House	School	Sports
Teachers	Sightseeing	Family
Hobbies	Bedroom	Extracurricular activites