

OPPORTUNITY KNOCKS

Focus on a new direction

Materials: Worksheet copies, pens or pencils

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

We're moving? Again?

That means boxes to pack... Farewells to say...
And the realization *almost everything*
will change.

Moving isn't easy. But it doesn't have to feel like punishment!

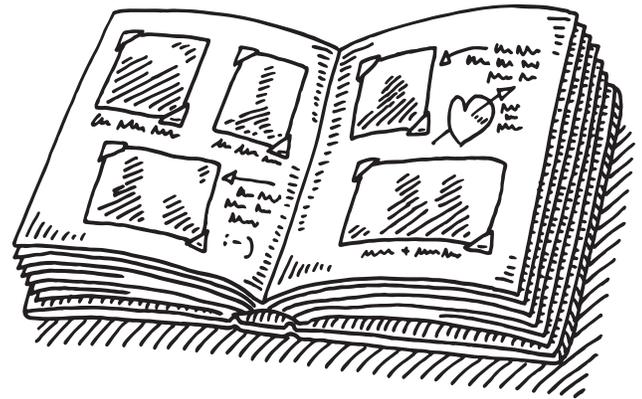
When you're facing a move, it helps to think positively. Don't dwell on what you're leaving. Instead, focus on the opportunities that lie ahead.

In today's activity, let's identify some positive strategies to cope with moving.

STEP ONE

Rank the following strategies from 1 to 10 (1 being best). As you rank each strategy, concentrate on how the action could help you deal positively with moving.

- Create a scrapbook of things to remember.
- Start a journal devoted to moving.
- Take super-silly selfies with your pals.
- Make a time capsule to hide at the home you're leaving.
- Draw plans for how you'll decorate your new room.
- Research outdoor areas near your new home.
- Make a list of restaurants and shops to visit.
- Google your new school and uncover fun facts about it.
- Plan activities for traveling to your new home.
- Get contact info from your friends to stay connected.



STEP TWO

Let's discuss our rankings with the group. As you listen, think about which strategies you'll use on your next move.