

A PERFECT FIT

Blend into your new community

Materials: Worksheet copies, template copies, pens or pencils, timer

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

“Blooming where you’re planted is easier done than said.”*

Yes, it is easier *done* than *said*!

* *10 Things Military Kids Can Teach Civilians*
Raleigh Duttweiler, Spousebuzz.com

Opening up in a new environment is stressful. Because friends don’t come to you — you go to them.

If you stress over how to fit into a new community — and perhaps a new country and culture — you may exhaust yourself before you arrive! Remember: You’re still *you* wherever you are.

Today, we’re going to discuss strategies to fit in and make new friends. It can be as simple as saying, “Hi!”



ACTIVITY INSTRUCTIONS

- 1 On the template, write down different strategies below each column head. You can share strategies you’ve used in the past or ones you’ll try in the future. Use the examples to help guide you. You’ll have 7 minutes to write.

(Set the timer for 7 minutes.)

- 2 When the timer sounds, we’ll discuss our strategies. If you hear a strategy you think would work for you, write it on the template.

FITTING INTO A NEW ENVIRONMENT

WHAT I SHOULD AVOID DOING	WHAT I CAN DO TO FIT IN	WHAT I CAN DO TO MAKE NEW FRIENDS
Being bossy and loud.	Join a sports team.	Smile and make eye contact.

