

MUSIC city COUNSELOR

Thank you for purchasing
this resource!

Please contact me any time at laura@musiccitycounselor.com if
you have questions, suggestions, or requests for resources!
I am here for you!

let's connect!



For helpful ideas and free resources, please check out my website!
www.musiccitycounselor.com



Directions: **TO ASSEMBLE:**

This is a great resource to have on hand in your office or classroom to use with students who are struggling to cope with their parents' divorce. It can be used with small groups and with individual students. I like to use a manila folder and Velcro dots to make my lap books durable and easy-to-use. I included both a full color and a black/white version for you – you choose the one that meets your printing needs! First, I recommend you print pages 6-11 for color printing or pages 13-18 for black/white printing. I've found it saves a lot of time to assemble the folder *before* introducing it to students but if you prefer to have your students help with the assembly, that's great too! I recommend printing on cardstock. I find that if I laminate the pages, the Velcro dots don't stick as well. Please cut out all of the boxes on pages 10 and 11 (17 and 18 for black/white printing). Please glue page 6 (13 for black/white printing) onto the front of the manila folder. Then, open the manila folder vertically and glue page 7 (14 for black/white printing) to the top half of the folder and page 8 (15 for black/white printing) to the bottom half of the folder. Then, please glue page 9 (page 16 for black/white printing) to the back cover of the manila folder. Please place one side of the Velcro dot in the middle of each blank square on pages 7 and 8 (14 and 15 for black/white printing) including the square with the push pin at the top. Then, please place the other side of the Velcro dot on the back middle of each of the squares you cut out on pages 10 and 11 (17 and 18 for black/white printing). Once the Velcro dots are in place, put all of the feelings, worries, and coping strategies squares on the blank squares inside the folder. A buyer requested that I add 2 additional feelings to the set (worried and stressed) but there is not enough space to display all 8 feelings on the lap book. Your student can pick the 6 that best represent their experience for their book!

See the sample for a guide!

Directions:

TO USE:

I like to keep an assembled copy of this lap book on hand because you never know when a child will come into school struggling with their parents' divorce and need in-the-moment support. First, I like to review the front cover of the lap book with students. We talk through what divorce means and how it is a BIG change that can bring about a lot of tough feelings. Then we discuss the "Kids' Rights" – the "kids need to" and "kids should not" lists. It is important for children to understand that just like grown-ups, they have rights too and that there are certain things that will help them cope and certain things that will make this process harder on them. I make sure to share this list with parents, too, so they are aware of the impact (both positive and negative!) that their choices can have on their children. Next, we open the folder and go through each of the 3 interactive parts. Students can choose 2 emotions from the 6 squares and place the 2 that describe their current feelings the most on the framed squares with the push pin at the top. If they are feeling more than 2 emotions, that is great too – they can choose 2, discuss them, then choose 2 more! Next, students follow the same process for the worries section. They choose 2 things that worry them the most about the divorce, place them on the framed squares with the push pins at the top, and discuss them with the educator. Finally, I review all of the helpful coping strategies with students then ask them to choose 1 that they'd like to try and place it on the framed square with the push pin at the top. I like to also talk through which coping strategies they've already tried and if they were helpful or unhelpful. The final step is to turn to the back of the lap book and draw/write in each of the 4 sections. First, students draw a picture to show what their family looked like before the divorce and what their family looks like now. This could include drawings of their old and new homes, who they live with, any new stepparents or stepsiblings, etc. Next, students fill in the feelings poem with words that describe their experiences. Students who cannot yet write can talk through the poem aloud and the educator can write in their responses. Finally, the student draws pictures and/or writes the names of people in their lives that form part of their "support heart." These are people at home and at school that they can go to for love and support through this difficult time. This may include parents, school counselors, teachers, grandparents, friends, etc. If you have any questions about this resource, I am here to help! Please contact me at laura@musiccitycounselor.com and I'll promptly respond! 😊

SAMPLE:

When I think about the divorce, I feel...

Scared At peace Angry

Disappointed Sad Surprised

I worry most about...

Who will I live with? Where will I spend holidays? When will I see my dad?

When will I see my mom? Will my parents be okay? Where will I live?

Will my parents stop fighting? What will I tell my friends? Will my parents date other people? Will I go to a new school? Will I still see both parents?

To feel better, I can...

Focus on the good. Ask questions so I understand. Talk to a grown-up I trust.

Get some fresh air outside. Tell mom and dad how I feel. I feel...

Talk to a friend whose parents are divorced. Write in a journal. Draw about my feelings.

I can cope with *divorce*.

Divorce is a BIG change that can turn our world upside down. It can feel scary, confusing, sad, surprising, and overwhelming. Even though things will never be the same as they were before, we can learn to accept this change and find peace and happiness in our new life. This list of ideas below can help us stay strong and healthy during this tough time, and let's share this list with mom and dad, too!

Kids need to...

- Be LOVED unconditionally!
- Live in a safe, stable home.
- Show love for their mom and dad
- Express their feelings.
- Stay part of their mom and dad's lives.
- Understand any changes that are happening such as where they will live, go to school, when they will see each parent, etc.
- Be a kid and not have to worry about grown-up problems.

Kids should not...

- Feel like the divorce is their fault.
- Hear or see their parents fight.
- Worry about grown-up problems such as court dates or money.
- Be a "message carrier" who has to share important information between their parents.
- Be a "spy" and be asked to share what the other parent is doing or saying.
- Be asked too many questions after visiting a parent.

I can cope with **DIVORCE!**

My Family Then...

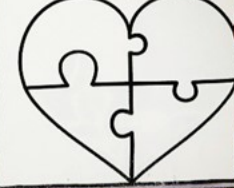
Blank space for drawing or writing about the family before the divorce.

My Feelings Poem

- I hope _____
- I wonder _____
- I wish _____
- I fear _____
- I love _____

My Support Heart:

Fill in the heart with people that you can talk to about your feelings.



My Family Now...

Blank space for drawing or writing about the family after the divorce.

FULL COLOR



I can cope with divorce.

Divorce is a BIG change that can turn our world upside down. It can feel scary, confusing, sad, surprising, and overwhelming. Even though things will never be the same as they were before, we can learn to accept this change and find peace and happiness in our new life. This list of ideas below can help us stay strong and healthy during this tough time. Let's share this list with mom and dad, too!

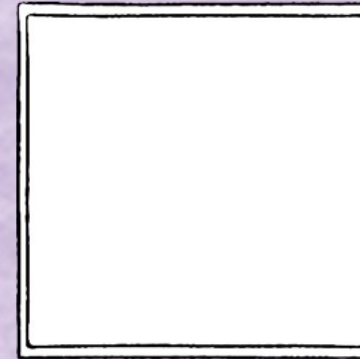
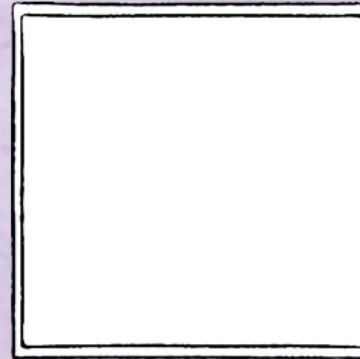
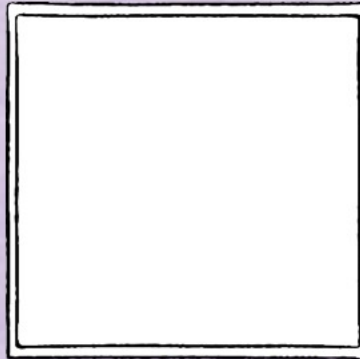
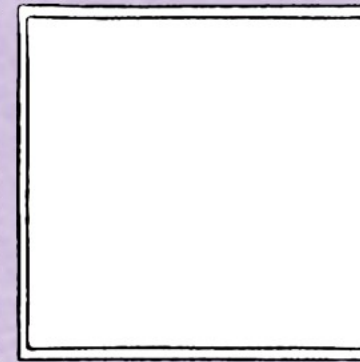
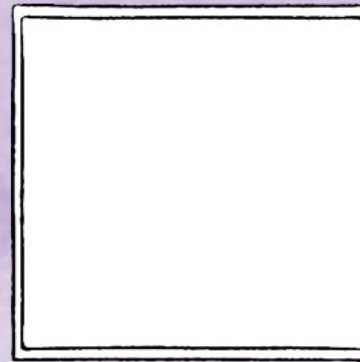
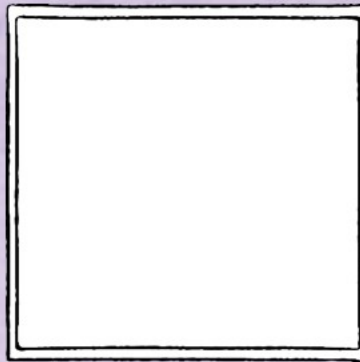
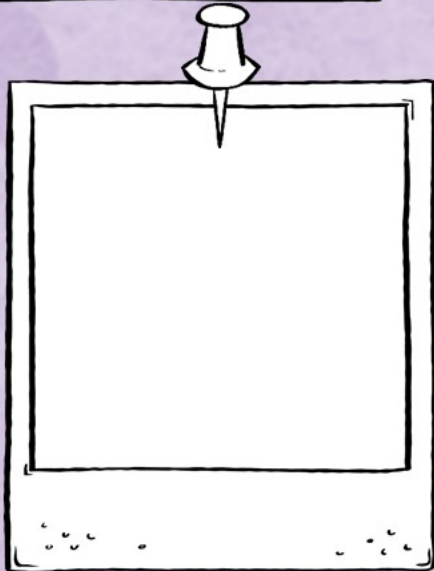
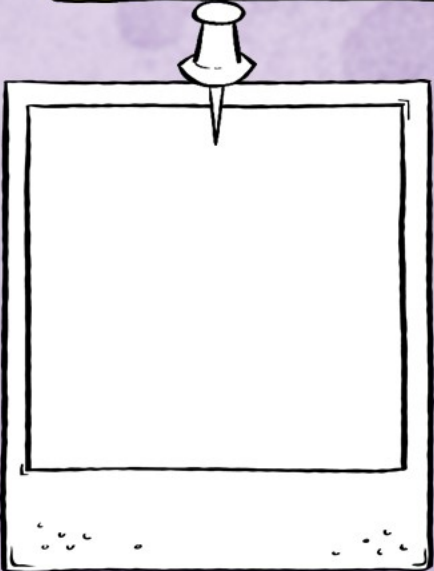
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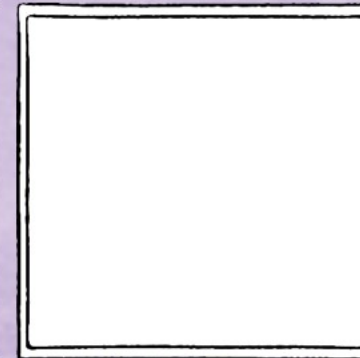
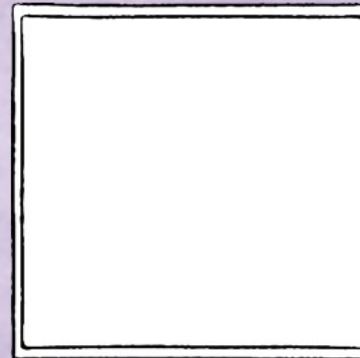
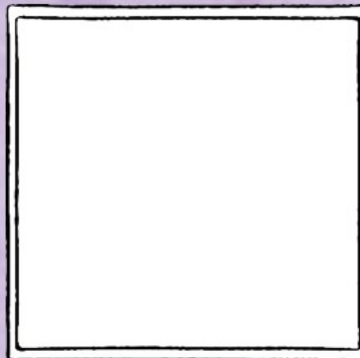
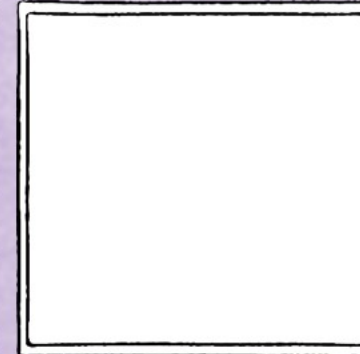
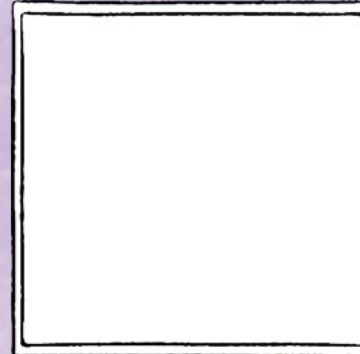
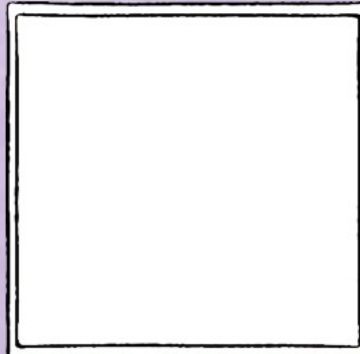
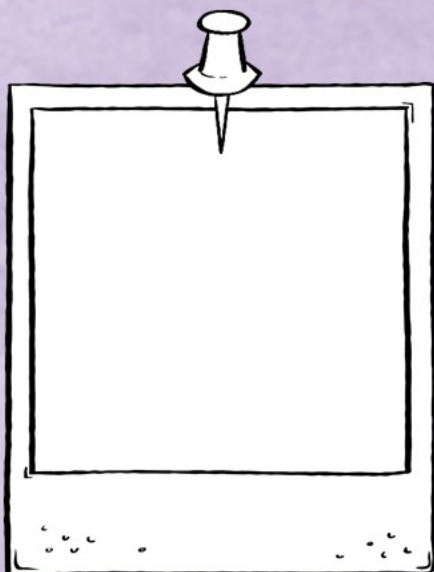
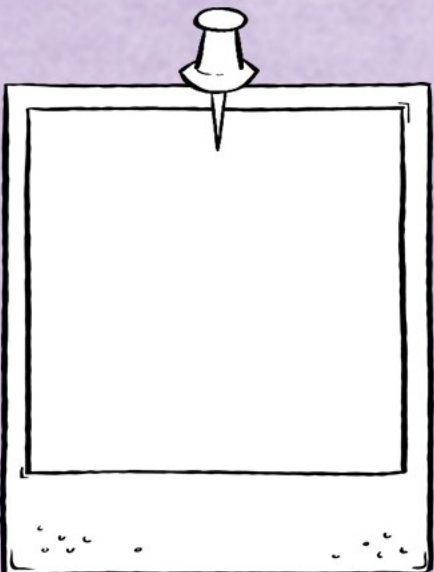
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When I think about the divorce, I feel...



I worry most about...

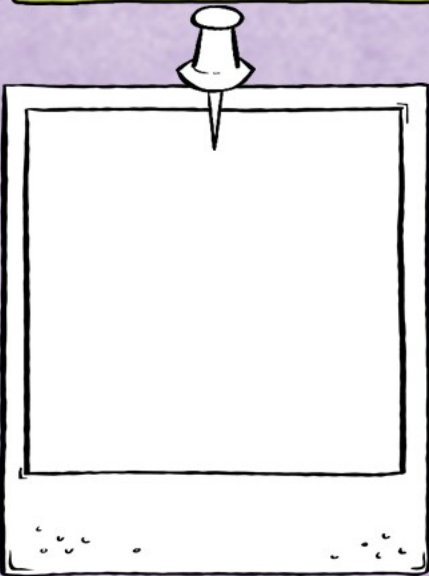


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To feel better, I can...

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Name: _____

I can cope with **DIVORCE!**

My Family Then...

Blank space for writing about the family before the divorce.

My Feelings Poem

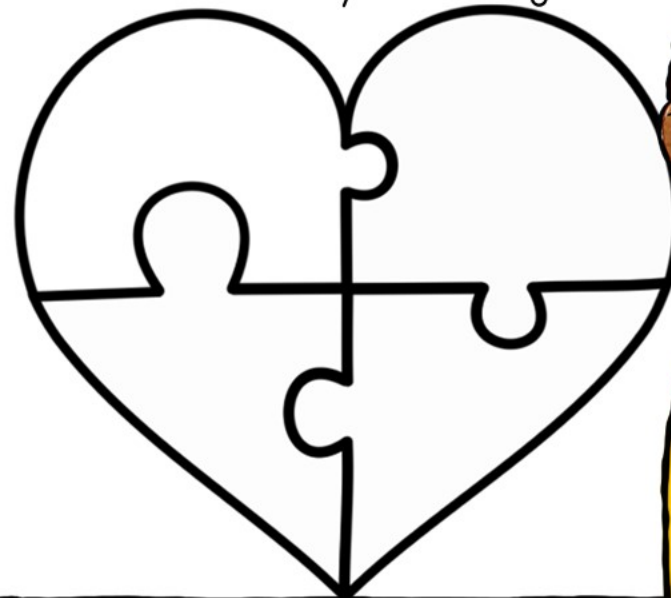
- I hope _____
- I wonder _____
- I wish _____
- I fear _____
- I love _____

My Family Now...

Blank space for writing about the family after the divorce.

My Support Heart:

Fill in the heart with people that you can talk to about your feelings.



Angry



Sad



Scared



Surprised



At peace



Disappointed



Stressed



Worried



Will my parents be okay?



Where will I spend holidays?



When will I see my mom?



When will I see my dad?



Where will I live?



Who will I live with?



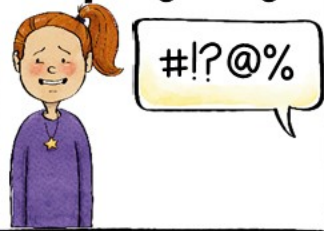
Will I still see both parents?



Will I go to a new school?



Will my parents stop fighting?



What will I tell my friends?



Will my parents date other people?



Write in a journal.



Focus on the good.

A cartoon illustration of a young boy with dark skin and short hair, wearing a yellow long-sleeved shirt. He is smiling. Above his head is a thought bubble containing a red heart.

Tell mom and dad how I feel.


I feel...

A cartoon illustration of a young girl with red hair in two braids, wearing a yellow shirt. She is smiling. A speech bubble next to her says "I feel...".


Talk to a friend whose parents are divorced.

A cartoon illustration of a young girl with red braids in a yellow shirt and a young boy with blonde hair in a green shirt. They are standing together. The boy has a speech bubble next to him.

Get some fresh air outside.

A cartoon illustration of a red bicycle with a basket on the front, parked on a path. There are two green trees and a yellow sun in the background.

Draw about my feelings.

A cartoon illustration of a yellow pack of crayons with the word "CRAYONS" on it, and a red and white marker.

Talk to a grown-up I trust.

A cartoon illustration of a young girl with blonde hair and glasses, wearing a blue jacket over a pink shirt, and a young boy with blonde hair in a green shirt. They are standing together.

Ask questions so I understand.

???

A cartoon illustration of a young girl with brown hair in pigtails, wearing a green shirt. She is looking thoughtful. A speech bubble next to her contains "???".

BLACK &

WHITE

»»»» I can cope with *divorce*.

Divorce is a BIG change that can turn our world upside down. It can feel scary, confusing, sad, surprising, and overwhelming. Even though things will never be the same as they were before, we can learn to accept this change and find peace and happiness in our new life. This list of ideas below can help us stay strong and healthy during this tough time. Let's share this list with mom and dad, too!

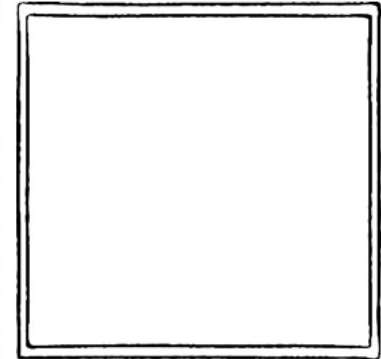
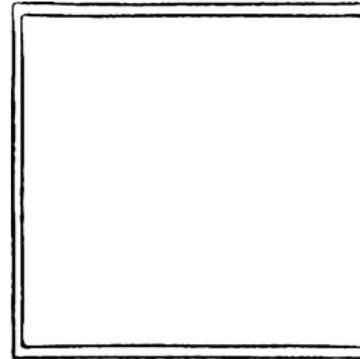
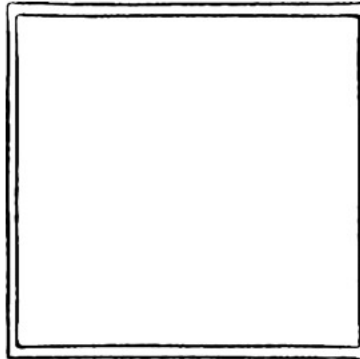
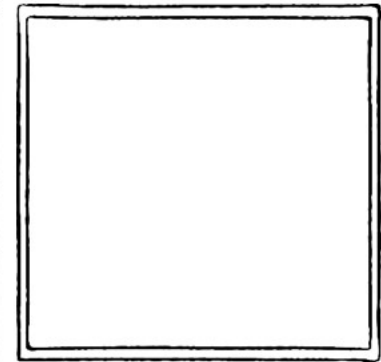
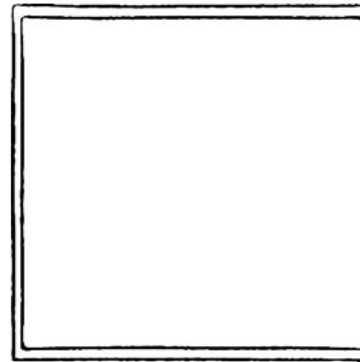
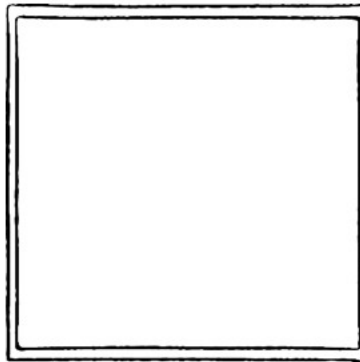
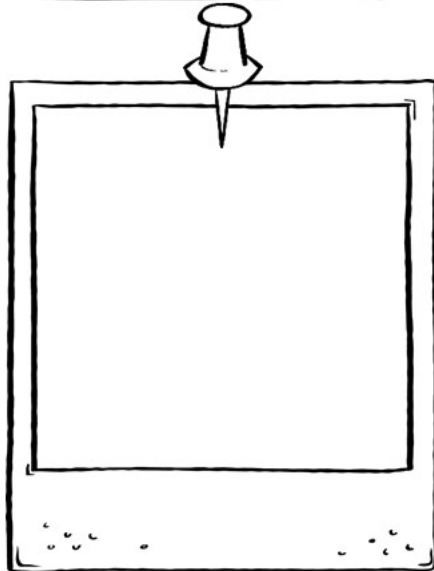
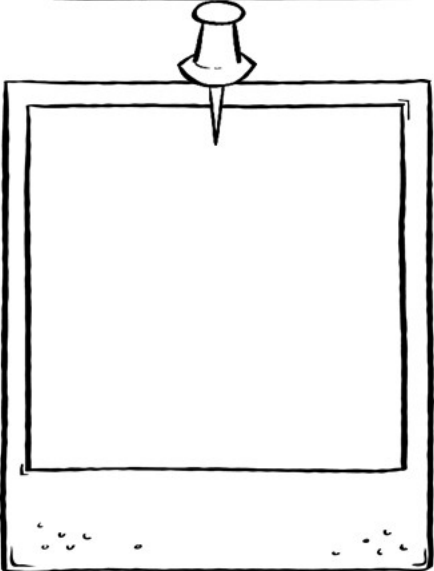
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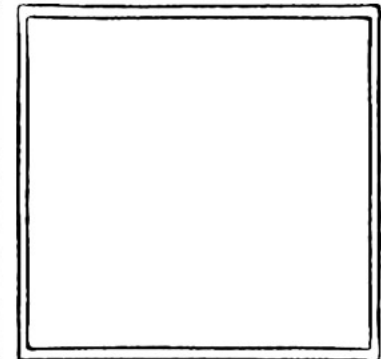
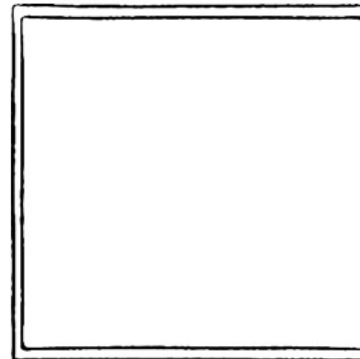
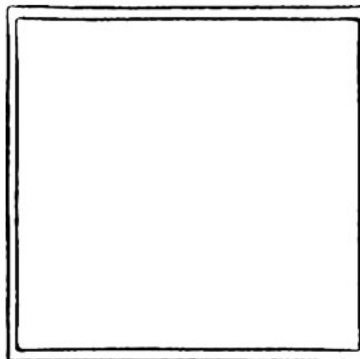
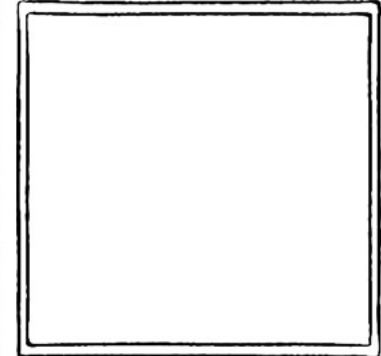
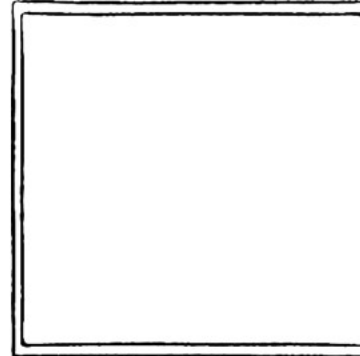
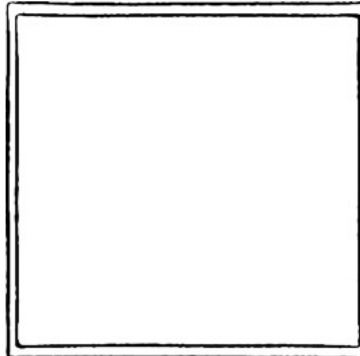
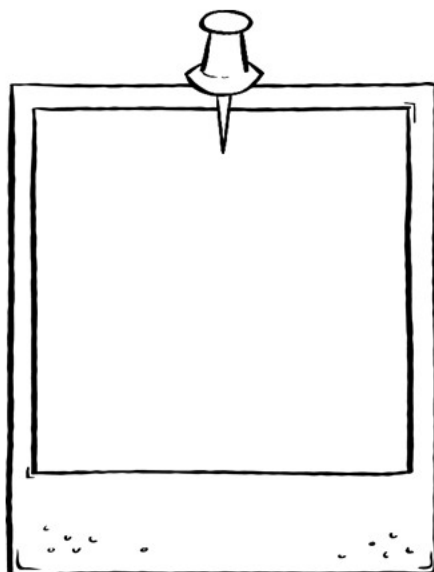
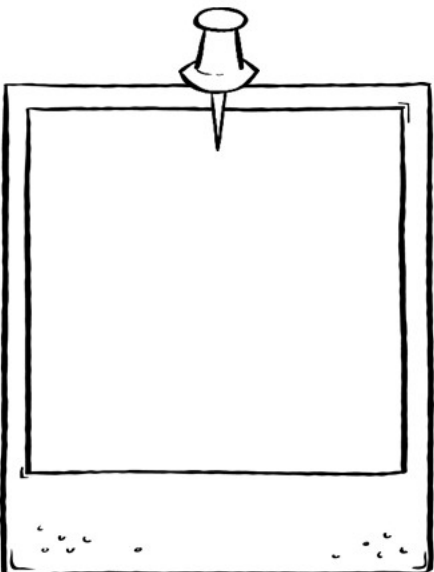
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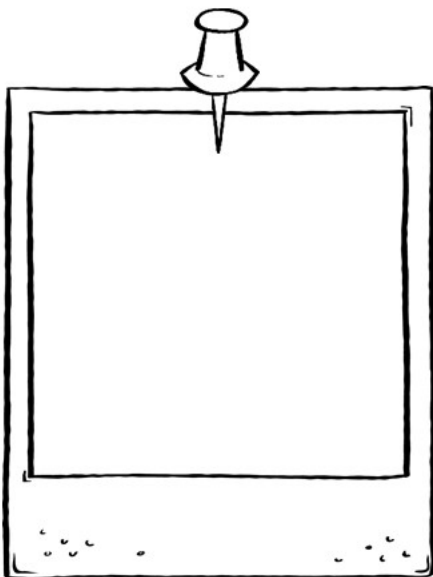


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To feel better, I can...

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Name: _____

I can cope with **DIVORCE!**

My Family Then...

Blank space for writing about the family before the divorce.

My Feelings Poem

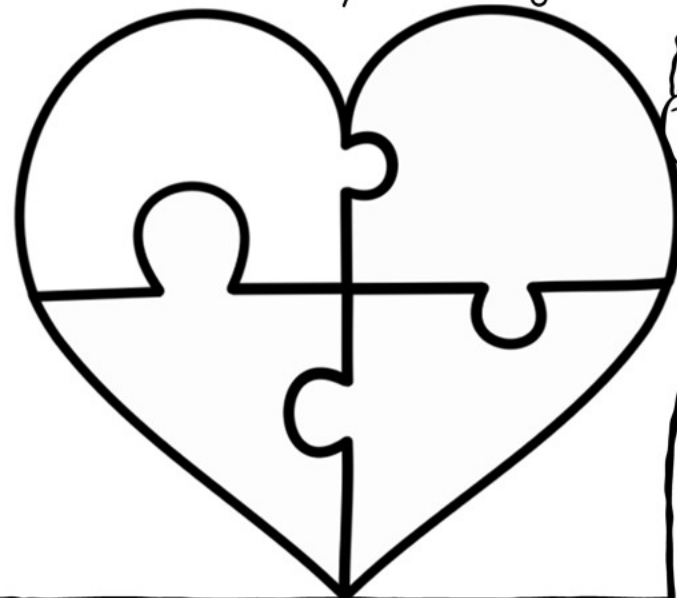
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- I wonder _____
- I wish _____
- I fear _____
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My Family Now...

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My Support Heart:

Fill in the heart with people that you can talk to about your feelings.



Angry



Sad



Scared



Surprised



At peace



Disappointed



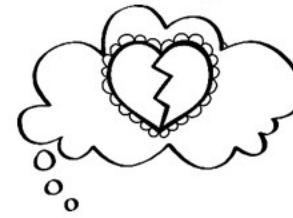
Worried



Stressed



Will my parents be okay?



Where will I spend holidays?



When will I see my mom?



When will I see my dad?



Where will I live?



Who will I live with?



Will I still see both parents?



Will I go to a new school?



Will my parents stop fighting?



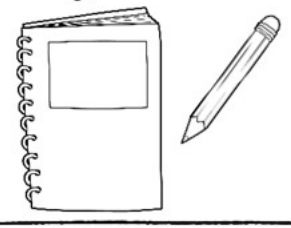
What will I tell my friends?



Will my parents date other people?



Write in a journal.





A circular logo with a white background. At the top, there is a small heart icon. The text "MUSIC city" is written in a colorful, playful font, with "MUSIC" in purple and "city" in green. Below it, the word "COUNSELOR" is written in a larger, purple, outlined font. At the bottom, there are two small hearts, one green and one purple, with radiating lines.

TERMS OF USE:



YOU MAY ...

make copies for the purchaser's classroom AND share copies with other educators in your school building; reference (without distribution) this product in blog posts, seminars, PD, workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation; share this resource with teachers and parents at your school via email, hard copy, or on a protected website such as Google Classroom or Seesaw

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