

Riding the Wave of

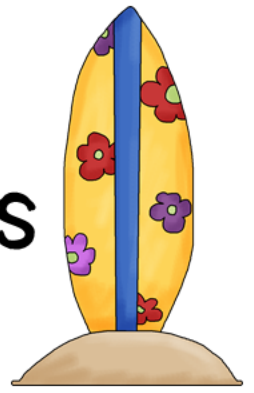
# Divorce



Student Workbook



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# The Wave of Divorce



Divorce is something a lot of kid's experience, it often feels like a wave that is crashing down on your family.

This workbook is meant to help you ride the wave, getting through some of the bumps and wipeouts along the way.

By the end of the workbook, you will know how to ride the wave of divorce. You will understand that every scary wave is possible to ride and come out as a stronger surfer kid!

# Catch a Wave



Draw or write the story of your  
parent's divorce:



Draw or write the names of your  
family members:



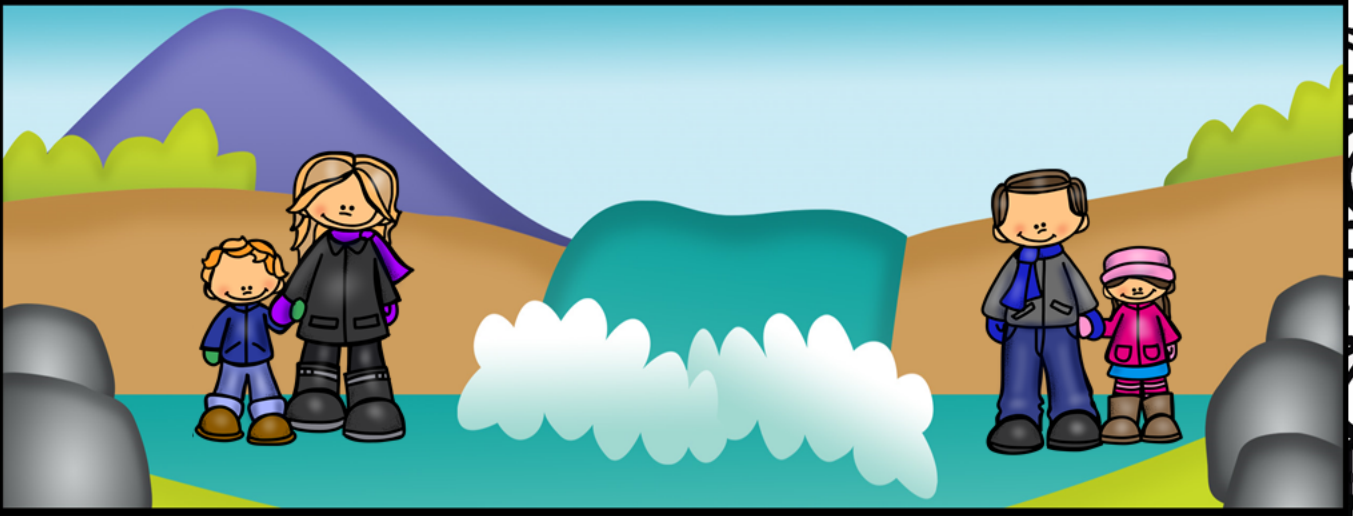
How it used to be, before the Divorce:

How I found out about the Divorce:



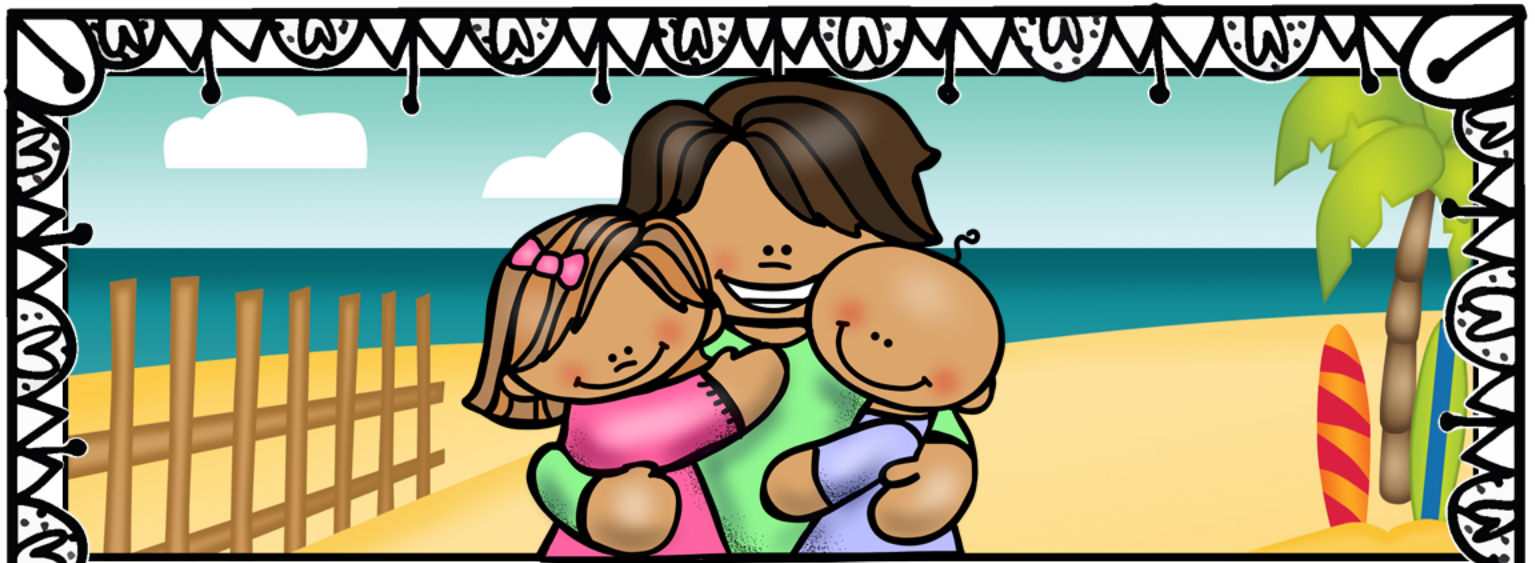
What I miss the most:

How things got better:



Things I enjoy doing with my Mom:

Things I enjoy doing with my Dad:



What I am scared of is:

What makes me angry is:

What I wish is:



Everyone's home looks different. Some homes are big, some are small. Some are shared with other family members. Some have pets and some do not. Some kids have two homes. Draw what one of your houses look like.

A large, empty rectangular box with a black border, intended for drawing a house.

The people that live here are:

What I like about my house is:

What I would change about my house is:





Draw what your other house looks like.

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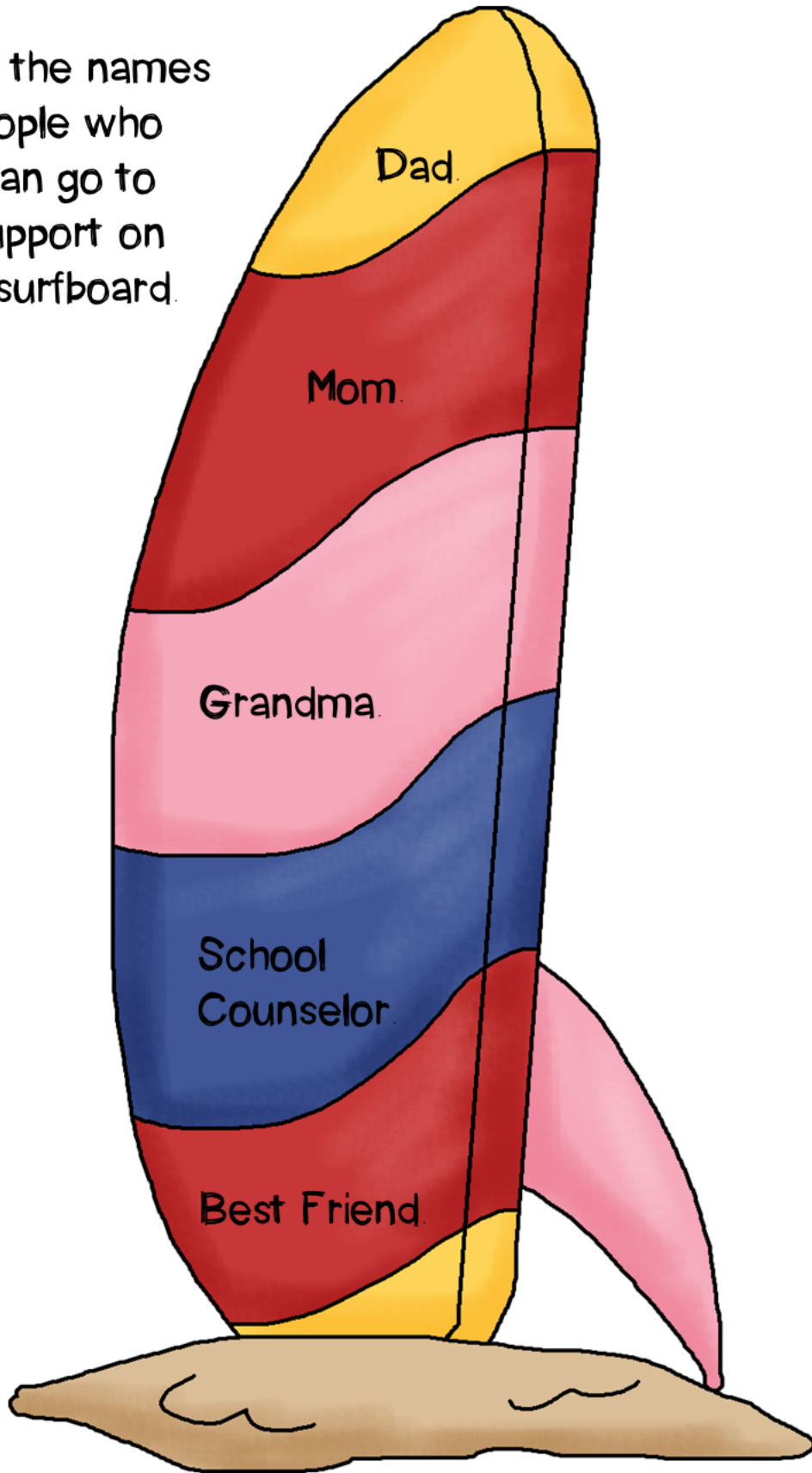
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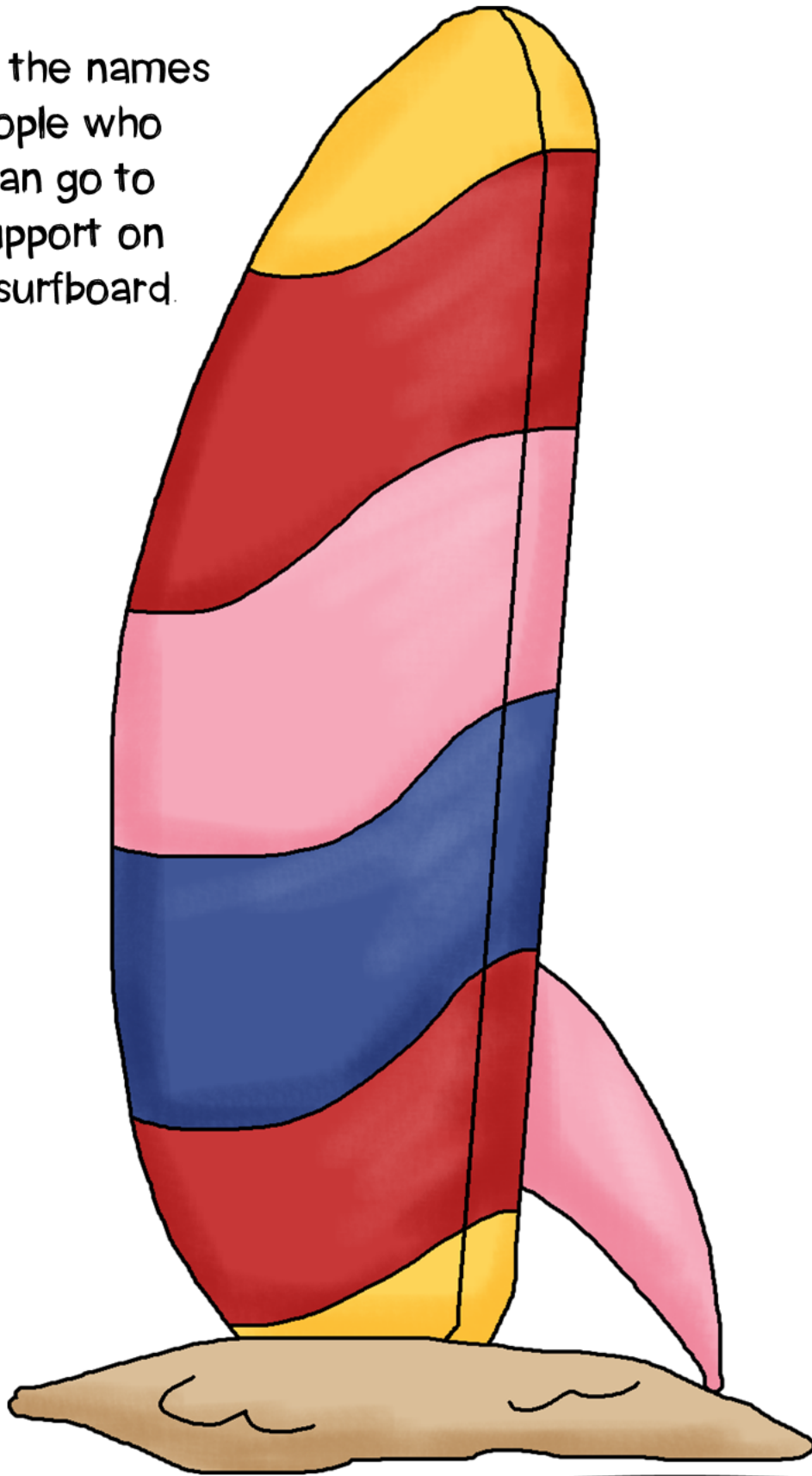
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Write the names of people who you can go to for support on your surfboard.



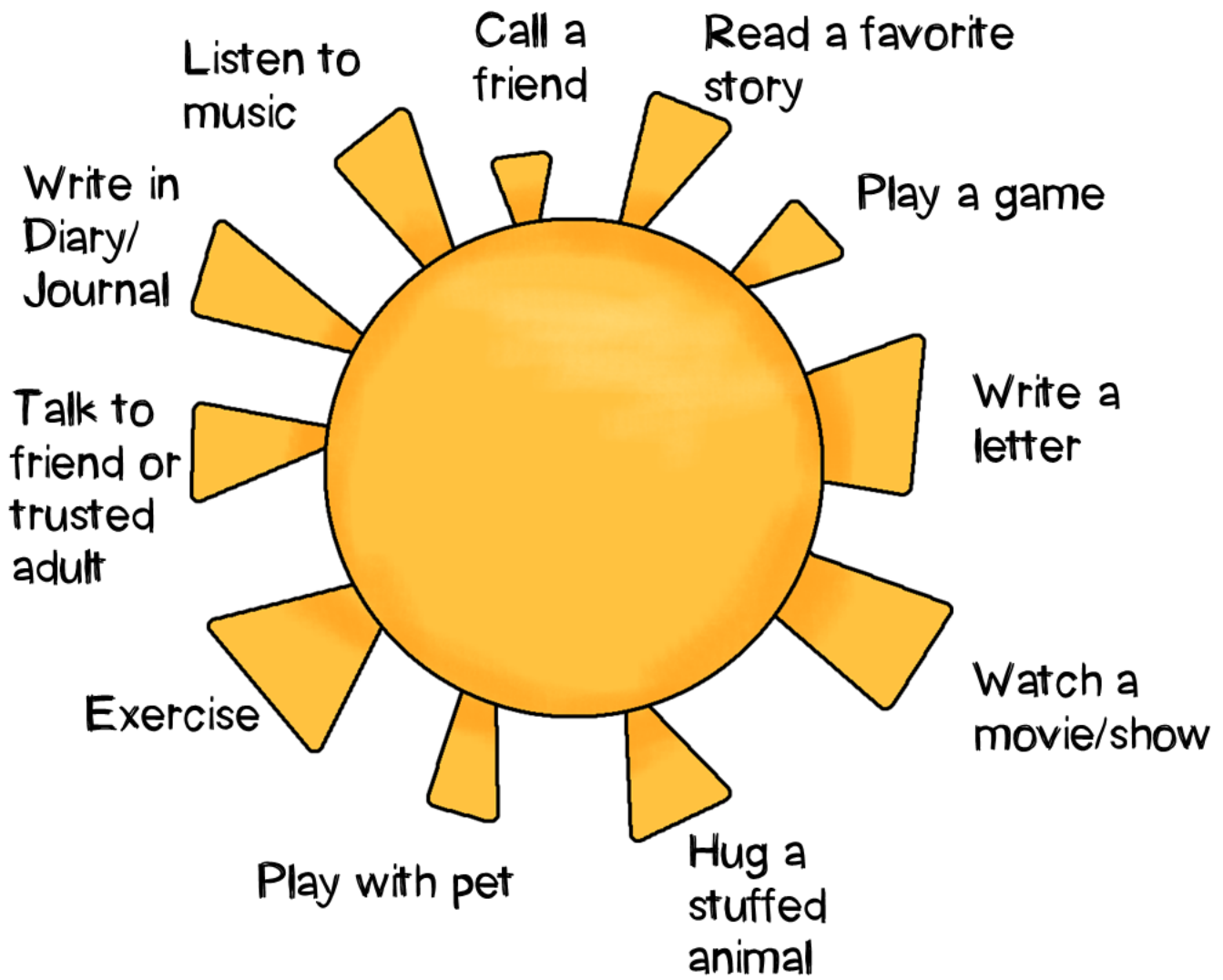
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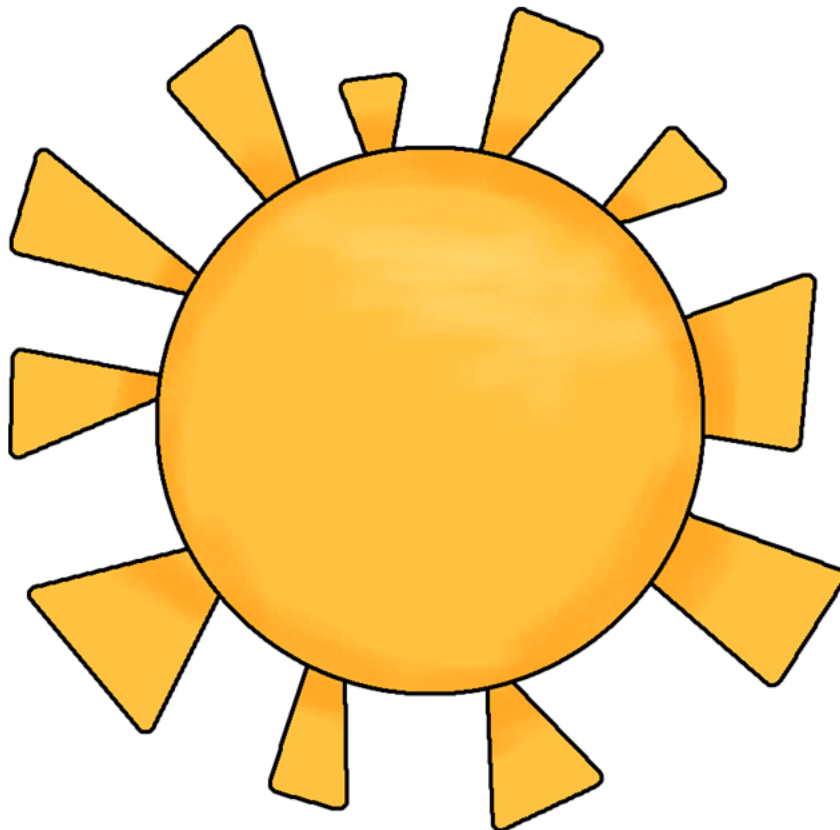
# Sunshine Feelings

On each of the sun's rays, list something you could do to feel better when you are feeling sad about your parent's divorce.



# Sunshine Feelings

On each of the sun's rays, list something you could do to feel better when you are feeling sad about your parent's divorce.



# Divorce Circle of Control

## Things I can NOT control

My parents getting back together

How my parents speak to each other.

My parents arguing

How much time I spend with each parent.

What my parents say about each other.

What my other family members say or think about the divorce.

What my friends say about the divorce.

New people that come into my life (Step parents, step siblings)

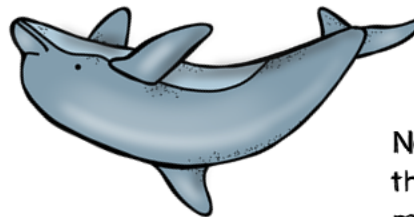
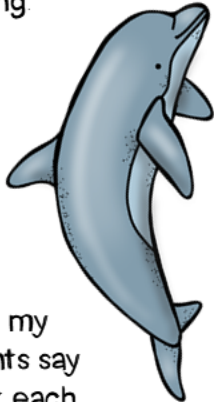
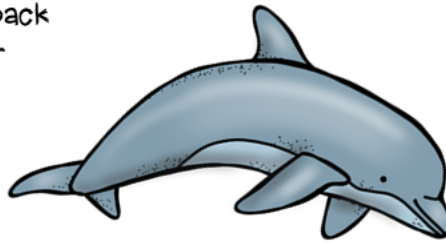
Where I live and who I live with.

## Things I can control

My attitude about the divorce (looking on the bright side)

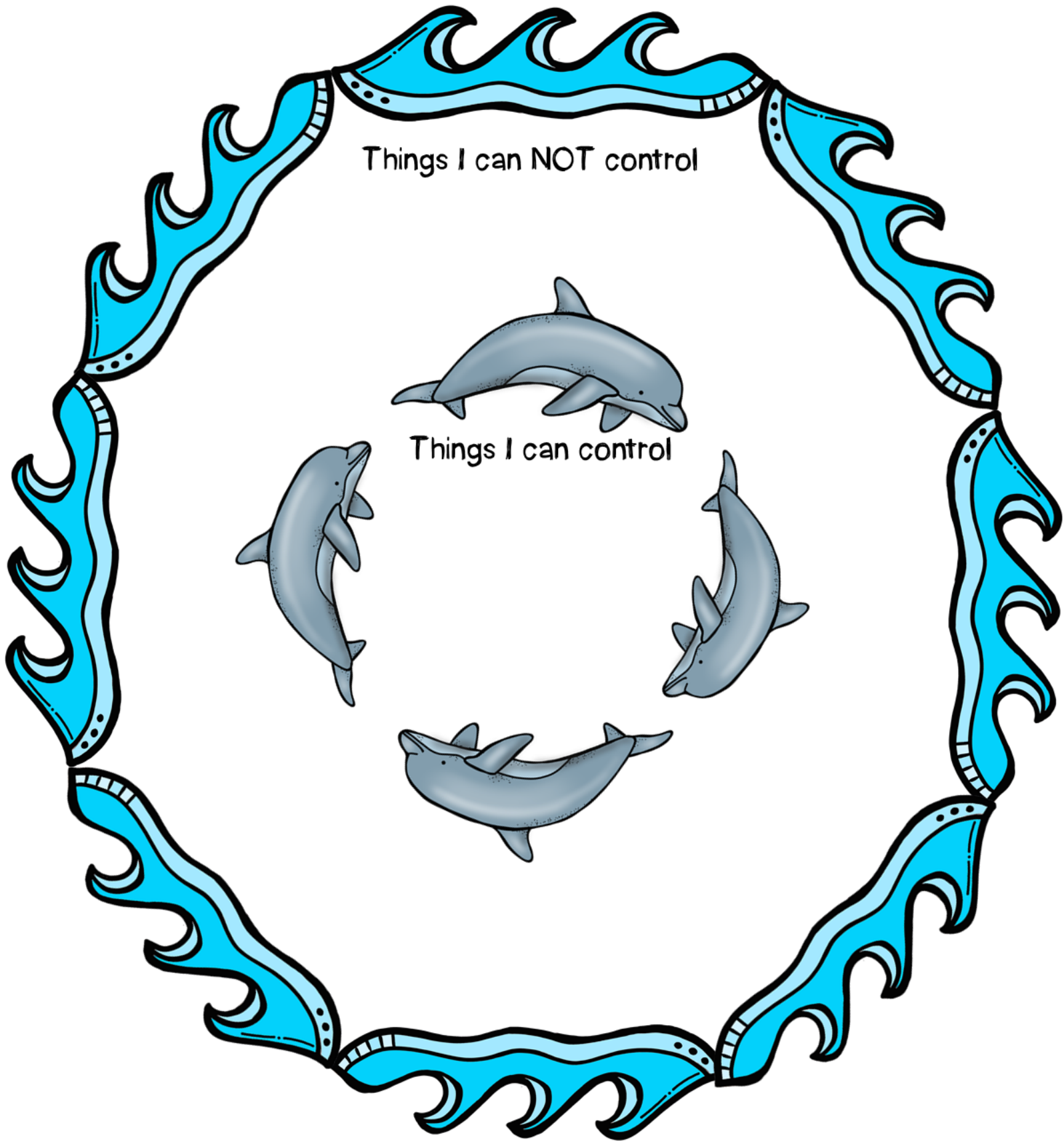
My choice on how to handle difficult situations (wear headphones when parents fight, try to get along with step family)

My response to sad or angry feelings: expressing myself (journal, talk to friend)



# Divorce Circle of Control

In the outer area, write the things you can NOT control about the divorce, and in the inner area what you CAN control.



# Bucket of Divorce Worries

Circle all the items that you have in your bucket of divorce worries.



One parent talks bad about the other



Dragging my stuff from house to house.



I miss the parent that I'm not staying with.



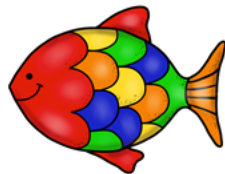
My parents yell at each other.



I'm asked which parent I want to live with



I worry that it is my fault.



Dealing with step siblings.



I am asked to carry messages back and forth from parent to parent.



I had to move to a new place.



Splitting up holidays.



Living with stepparents.



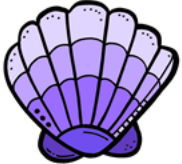
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Makes me  
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Can I control  
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What I can  
do about it



One  
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My parents  
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Dragging  
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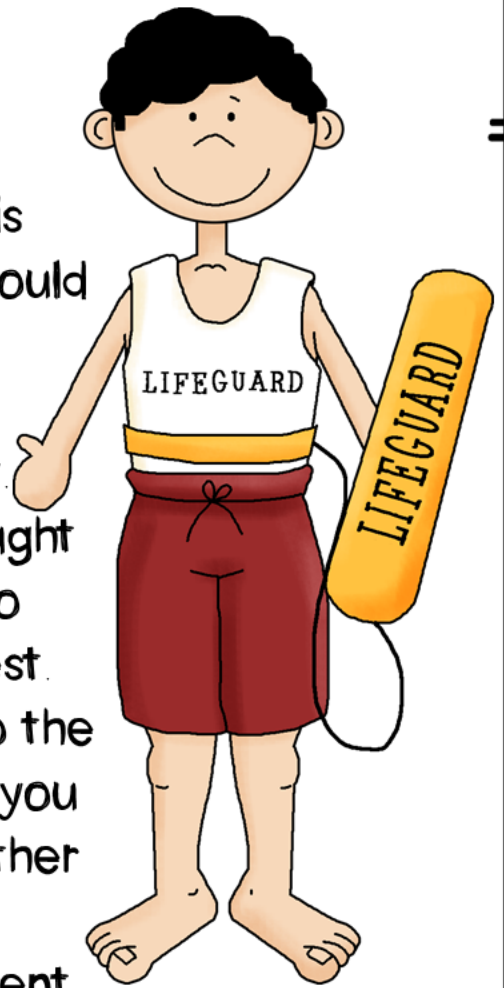
Splitting up  
holidays.



Living with  
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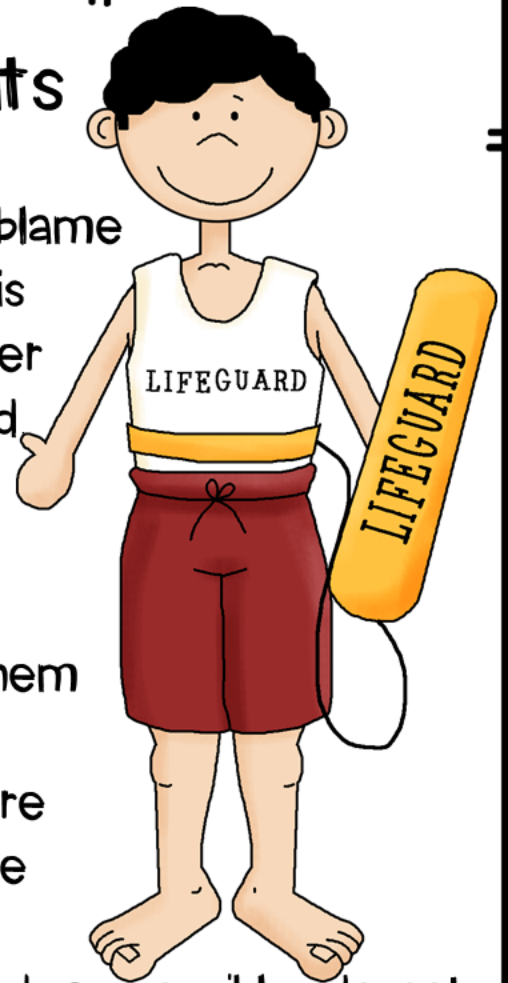
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I worry that it is my fault.			
Dealing with step siblings.			
I am asked to carry messages back and forth from parent to parent.			
I had to move to a new place.			
Splitting up holidays.			
Living with step parents.			

# Life Saving Tips for Kids



- \*Do not blame yourself for the divorce, it is NOT your fault and there is nothing you could do to keep them together.
- \*Trust that your parents have made the final decision of what is right for the family.
- \*Remember all the times your parents fought or seemed unhappy, that might help you to realize that the divorce may be for the best.
- \*If a parent asks you to give a message to the other parent, calmly explain that it makes you feel uncomfortable and to please find another way to communicate.
- \*If a parent talks bad about your other parent, tell them it makes you feel sad when they talk that way, you love them both equally and to please stop saying mean things in front of you.
- \*If you are having trouble remembering to bring certain items from house to house, ask your parents for help.
- \*Think about the good things that happened from the divorce: Double the amount of holidays, your parents are/will be happier apart, new people in your life (stepfamilies), 2 bedrooms.
- \*Realize that you are growing through this experience. You will be a stronger, more resilient person. You will be more flexible because you had to get used to so many new changes. You will be more responsible because you learned how to organize your stuff from house to house and your schedules. You will also be more compassionate towards others who have similar concerns.

# Life Saving Tips for Parents



\*Reassure your child that they are not to blame for the divorce. Children often feel that it is their fault. They think if they behaved better then the divorce would not have happened.

\*Give your child time to talk about the divorce and allow them to ask questions.

\*Understand that kids may feel angry, sad, guilty, scared, worried and anxious. Help them talk and cope with these feelings.

\*Remember the child is a child, do not share grownup information with them. Do not use them as a person to vent to.

\*Provide consistency and structure as much as possible, do not overcompensate with gifts or by being overprotective.

\*Try to discourage your child from taking sides, do not speak badly about the other parent even if they speak badly about you.

\*Respect the privacy of your child's relationship with the other parent, try not to ask too many questions about their time with the other parent.

\*Do not use the child as a bargaining tool for visitation or child support, or as a messenger to the other parent.

\*Create new traditions for holidays, try something new and different and make it fun.

\*Focus on the positive aspects of the divorce, both parents are/will be happier, double the amount of holidays, new people in their life, how much the child will grow from this experience (to be a stronger, more resilient, more flexible and responsible kid).

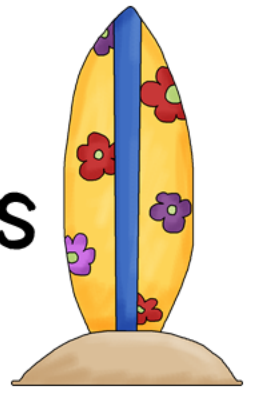
# Riding the Wave of Family Separation



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Life Saving Tips for Guardians .....20



# The Wave of Separation



Separation is something a lot of kid's experience, it often feels like a wave that is crashing down on your family.

This workbook is meant to help you ride the wave, getting through some of the bumps and wipeouts along the way.

By the end of the workbook, you will know how to ride the wave of separation. You will understand that every scary wave is possible to ride and come out as a stronger surfer kid!

# Catch a Wave



Draw or write the story of your  
family separation:



Draw or write the names of your  
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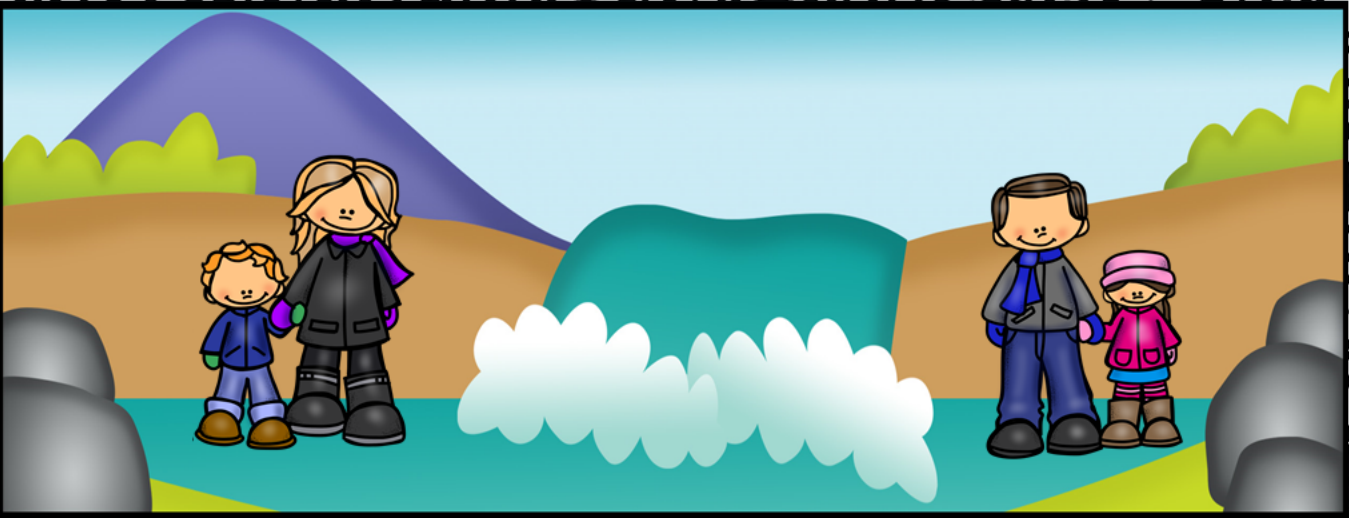
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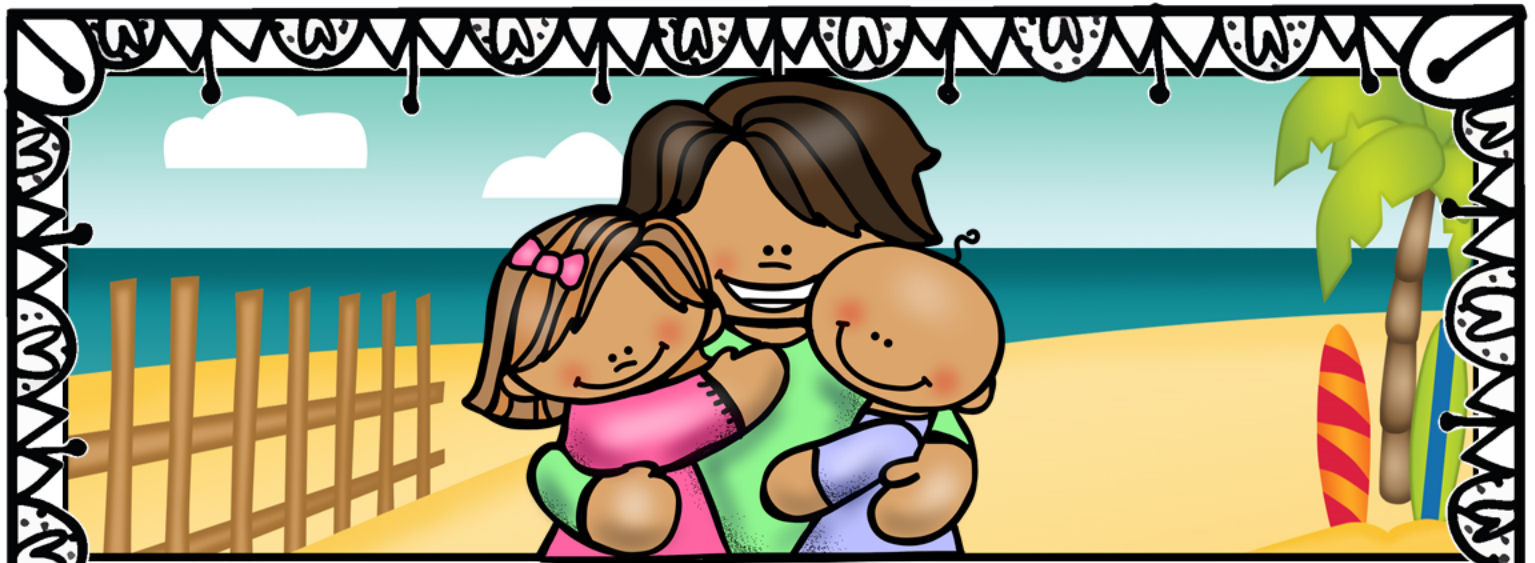


What I miss the most:

How things got better:



Things I enjoy doing with my Guardian:



What I am scared of is:

What makes me angry is:

What I wish is:



Everyone's home looks different. Some homes are big, some are small. Some are shared with other family members. Some have pets and some do not. Some kids have two homes. Draw what one of your houses look like.

A large empty rectangular box with a black border, intended for drawing a house.

The people that live here are:

What I like about my house is:

What I would change about my house is:





Draw what your other house looks like.

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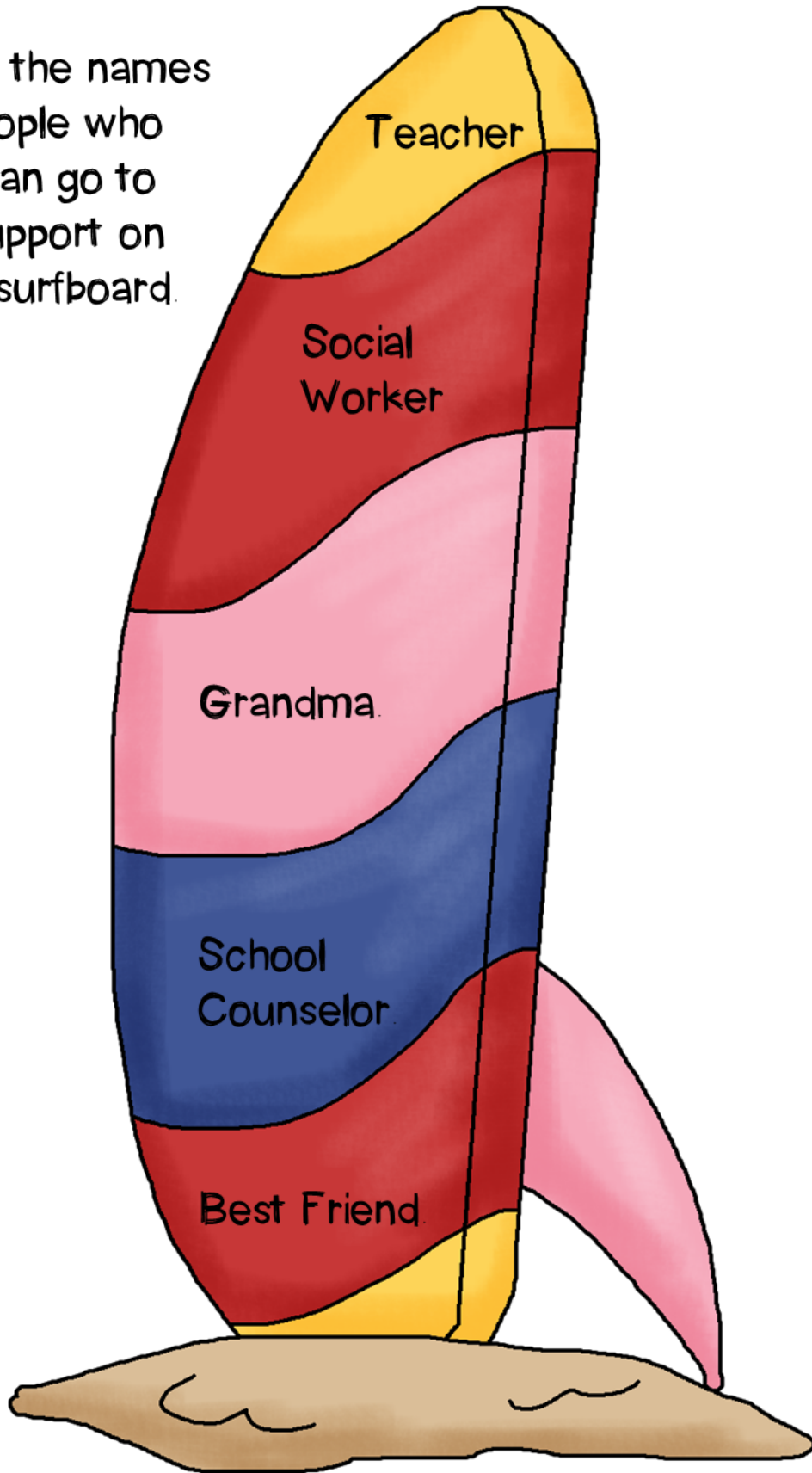
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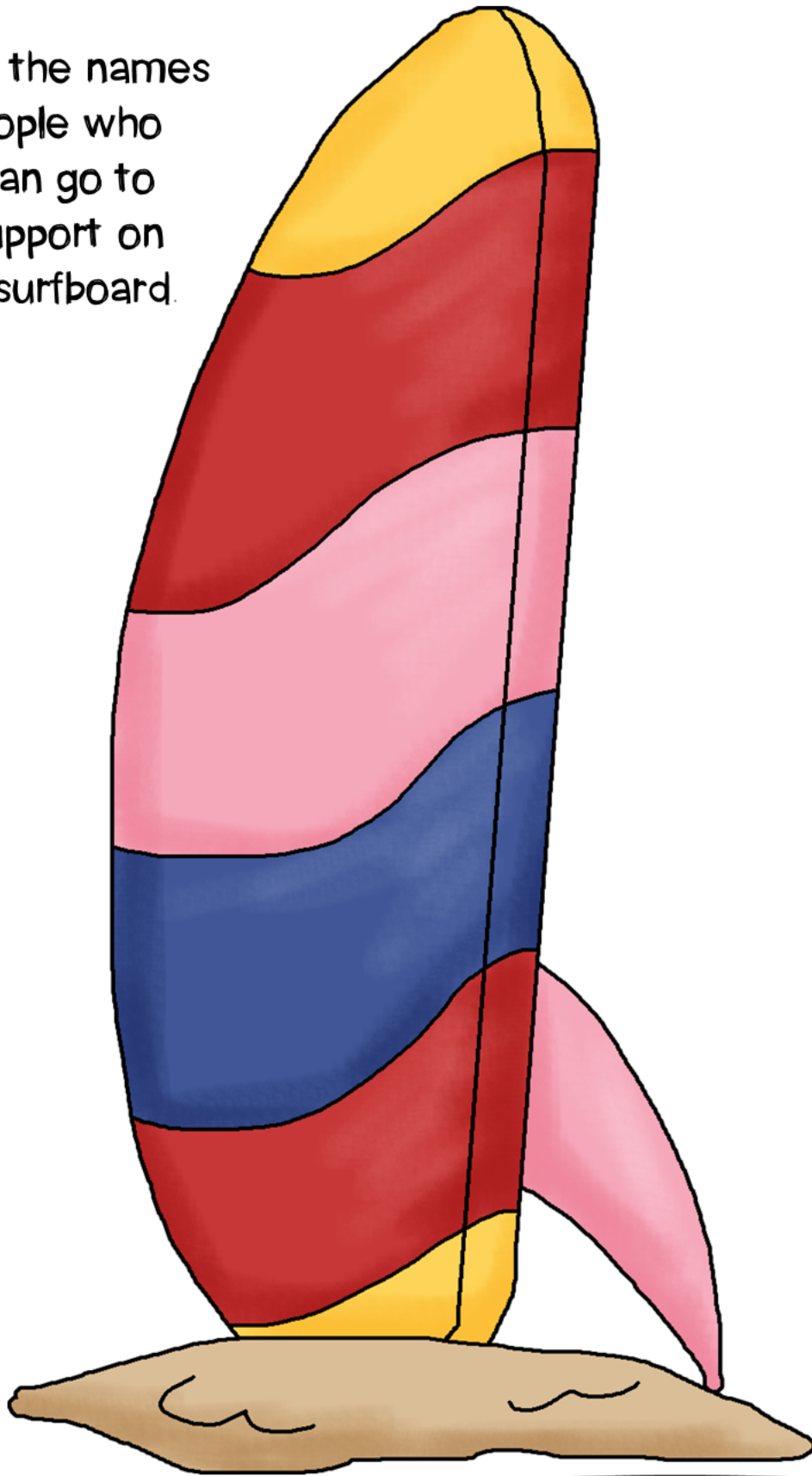
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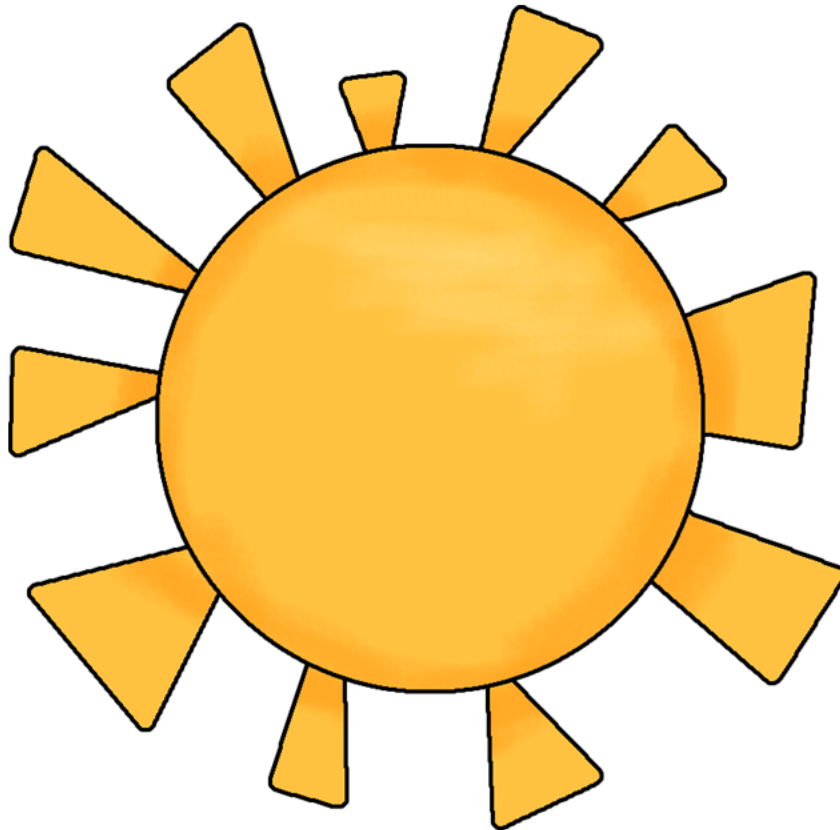
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On each of the sun's rays, list something you could do to feel better when you are feeling sad about the separation.



# Sunshine Feelings

On each of the sun's rays, list something you could do to feel better when you are feeling sad about the separation.



# Separation Circle of Control

## Things I can NOT control

My family getting back together

Who I live with.

My parent's behavior.

How much time I spend with my parent.

## Things I can control

My attitude about the separation (looking on the bright side)

My choice on how to handle difficult situations

What my parents say about each other.

My response to sad or angry feelings: expressing myself (journal, talk to friend)

What other people say or think about the separation.

How much time I spend with my siblings.

New people that come into my life.

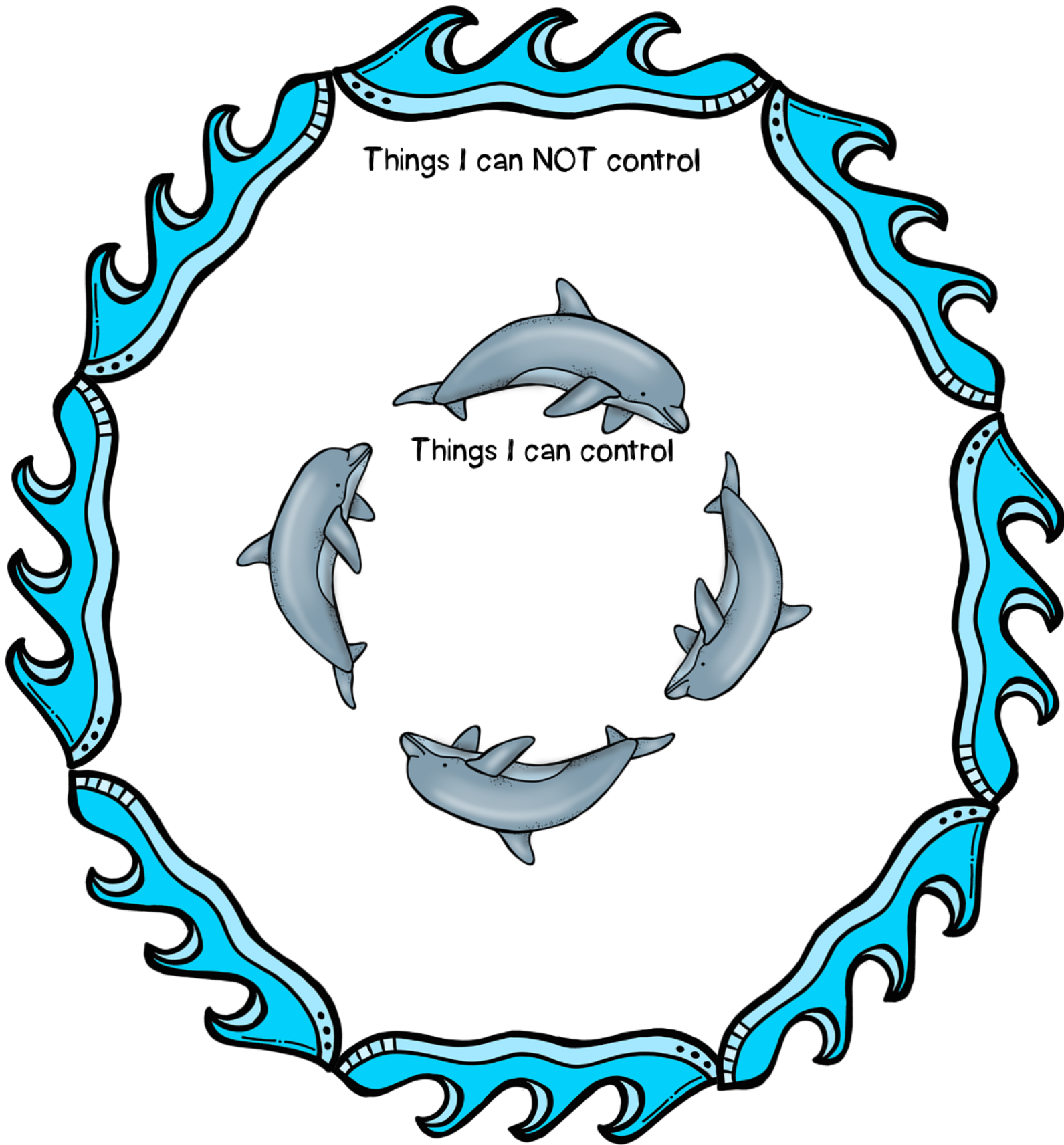
Where I live.

# Separation Circle of Control

In the outer area, write the things you can NOT control about the separation, and in the inner area what you CAN control.

Things I can NOT control

Things I can control



# Bucket of Separation Worries

Circle all the items that you have in your bucket of separation worries.



The bad things being said about my family.



Dragging my stuff from house to house.



I miss the parent that I'm not staying with.



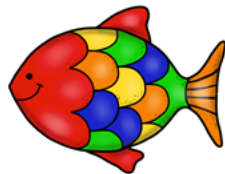
I worry about what the Judge will decide.



Not being sure who will take care of me.



I worry that it is my fault.



Dealing with other people in the house.



Moving to a different school.



I had to move to a new place.



Not seeing my siblings as much as before.



Living with new people.



# Bucket of Separation Worries

Fill out the ones you circled on the previous page.

Makes me  
feel...

Can I control  
this?

What I can  
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The bad  
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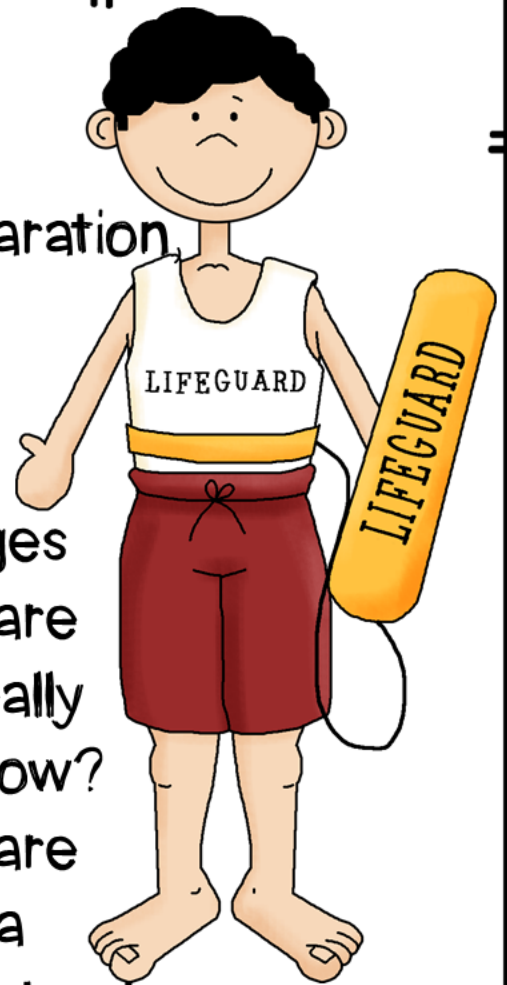


Not seeing my  
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much as  
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Living with  
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# Life Saving Tips for Kids



\*Do not blame yourself for the separation, it is **NOT** your fault and there is nothing you could do to keep your family together.

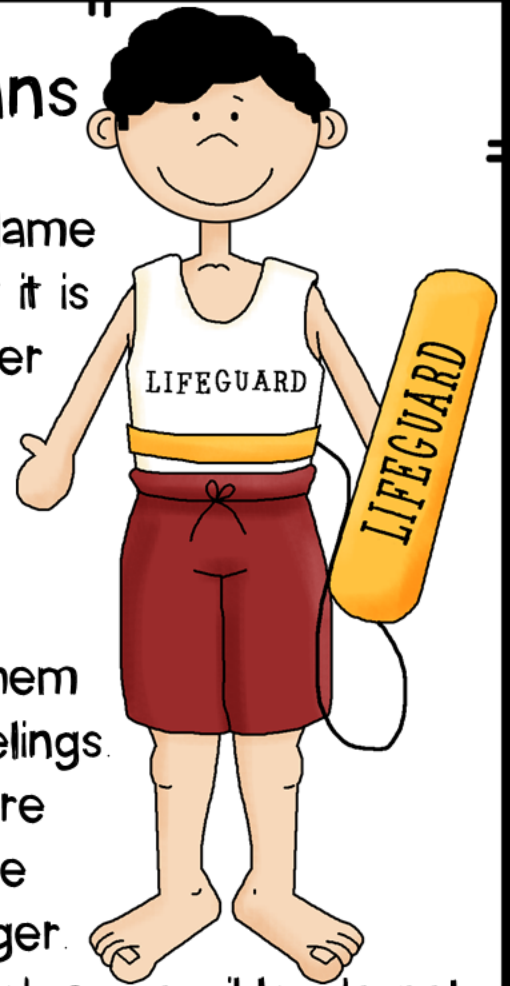
\*Try to focus on the positive changes that have happened, even if there are only a few. Is your new guardian really nice? Are you in a safer situation now?

\*Talk to someone about what you are going through. A friend, a teacher, a School Counselor, anyone that you trust.

\*Remember that you are not alone, did you know that over 400,000 kids are going through a family separation too?

\*Realize that you are growing through this experience. You will be a stronger, more resilient person. You will be more flexible because you had to get used to so many new changes. You will be more responsible because you learned how to organize your stuff from house to house and your schedules. You will also be more compassionate towards others who have similar concerns.

# Life Saving Tips for Guardians



\*Reassure the child that they are not to blame for the separation. Children often feel that it is their fault. They think if they behaved better then it would not have happened.

\*Give the child time to talk about it and allow them to ask questions.

\*Understand that kids may feel angry, sad, guilty, scared, worried and anxious. Help them talk (or draw/write) to cope with these feelings.

\*Remember the child is a child, do not share grownup information with them. Do not use them as a person to vent to or a messenger.

\*Provide consistency and structure as much as possible, do not overcompensate with gifts or by being overprotective.

\*Do not speak badly about the parent even if they speak badly about you.

\*Respect the privacy of your child's relationship with the parent, try not to ask too many questions about their time with the other parent.

\*Do not force a child to call you Mom or Dad.

\*Create new traditions for holidays, try something new and different and make it fun.

\*Acknowledge the difficulty of what they are going through but try to focus on the positive aspects of the separation and how much the child will grow from this experience (to be a stronger, more resilient, more flexible and responsible kid).

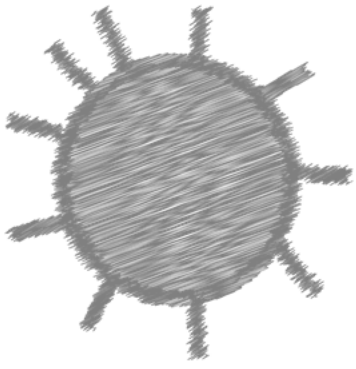
\*Ongoing counseling is strongly recommended.

# Riding the Wave of

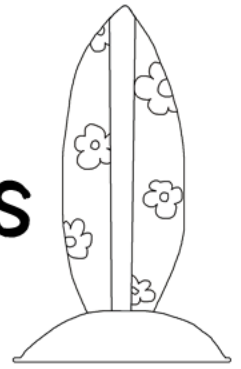
# Divorce



# Student Workbook



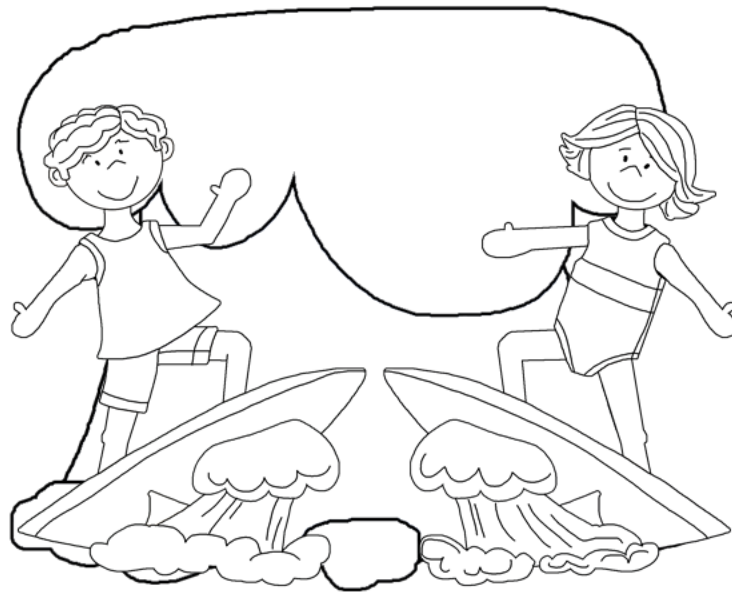
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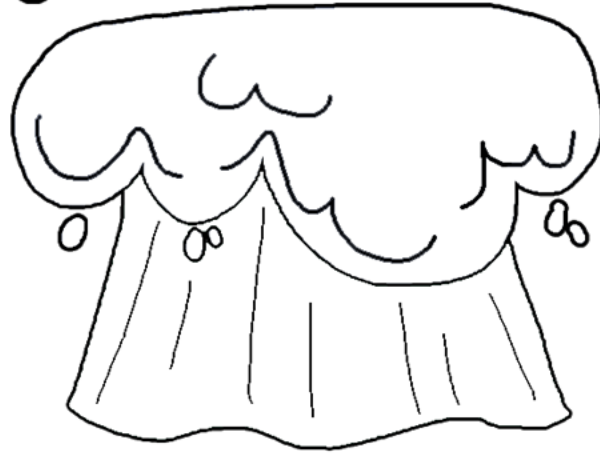


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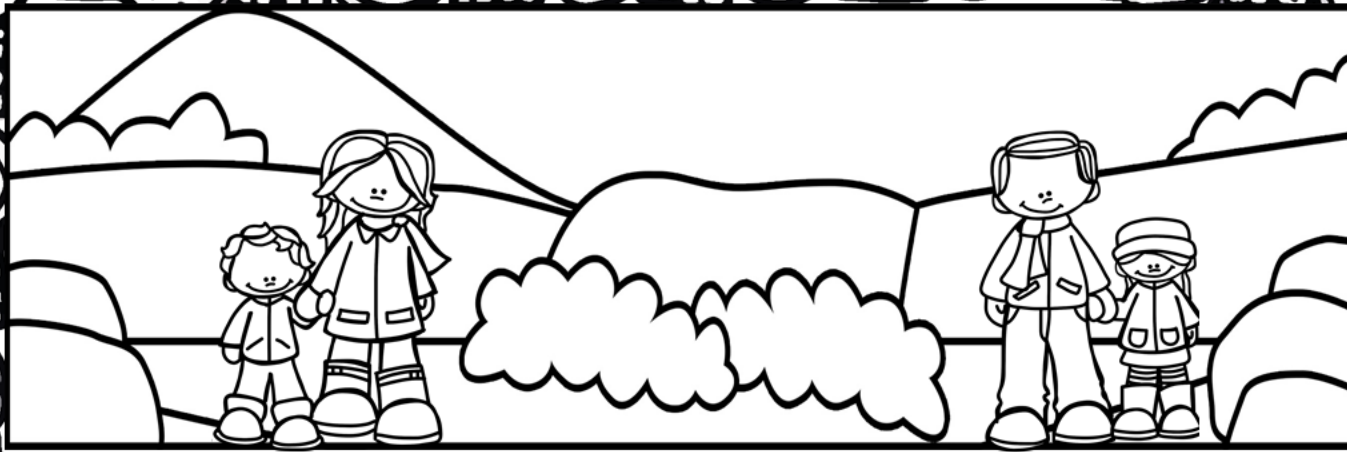
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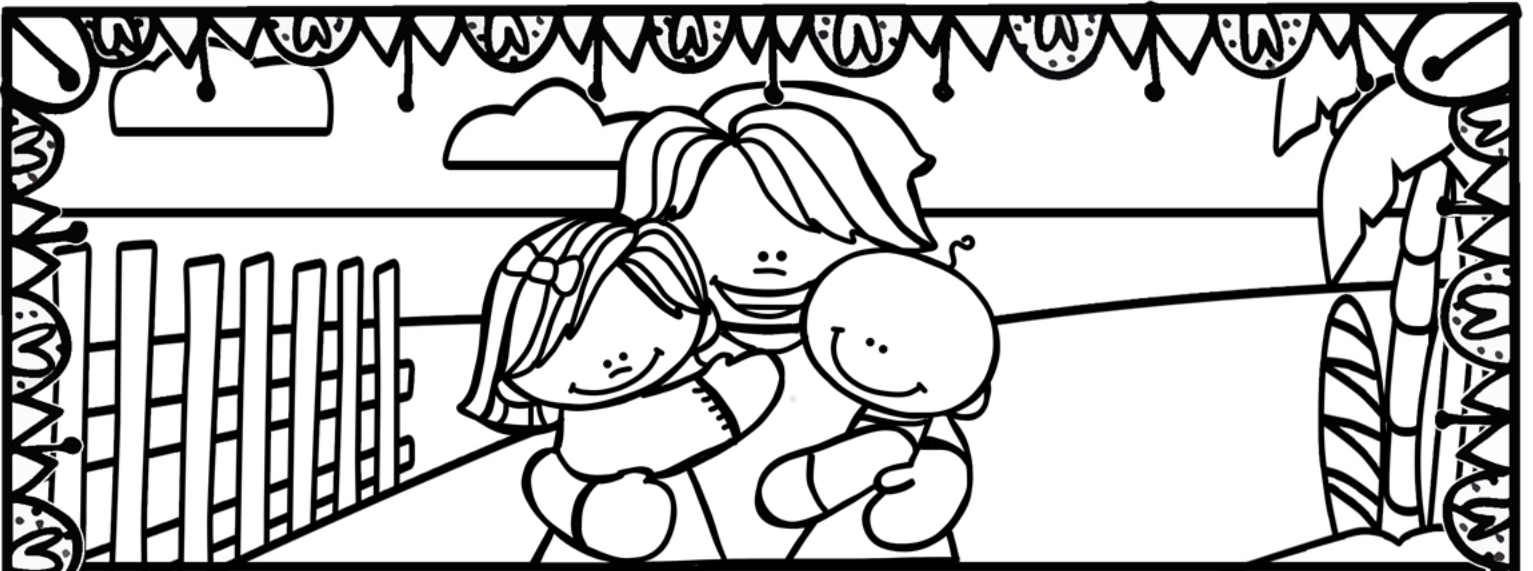
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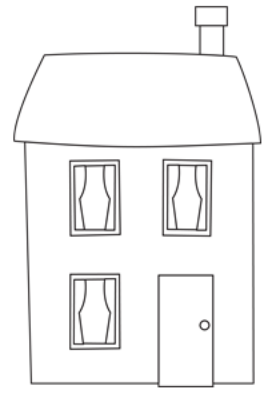
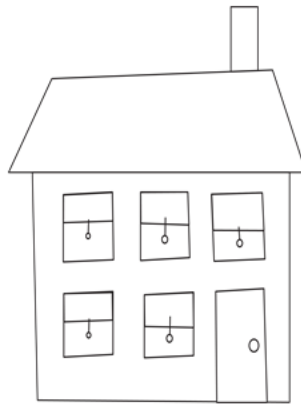
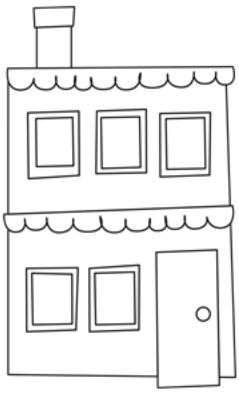
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What makes me angry is:

What I wish is:



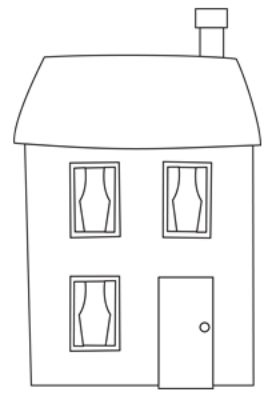
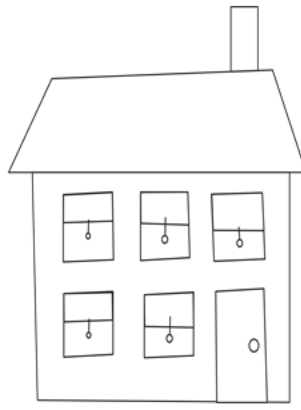
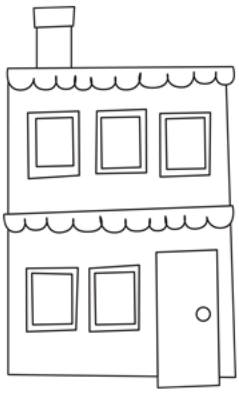
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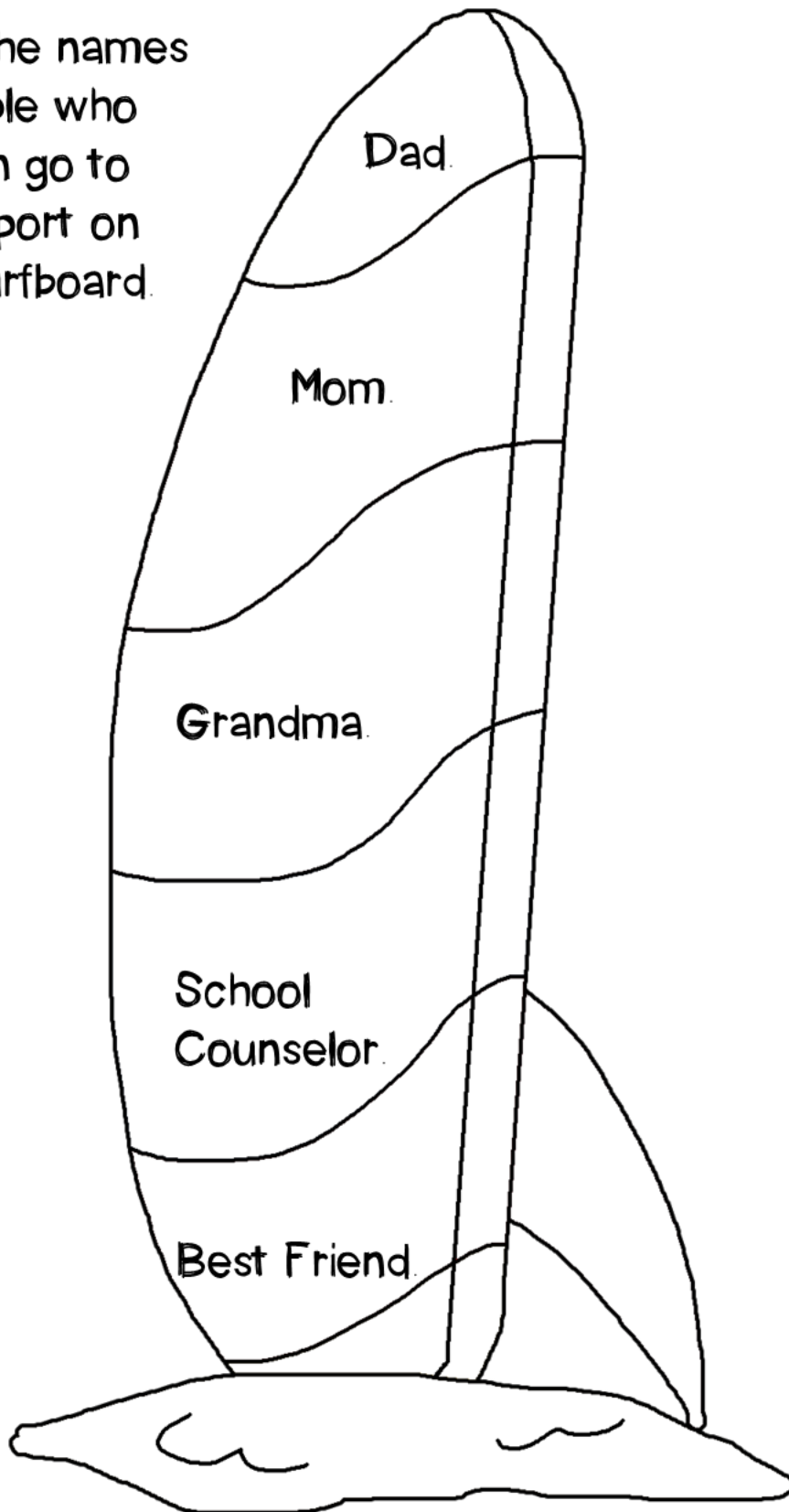
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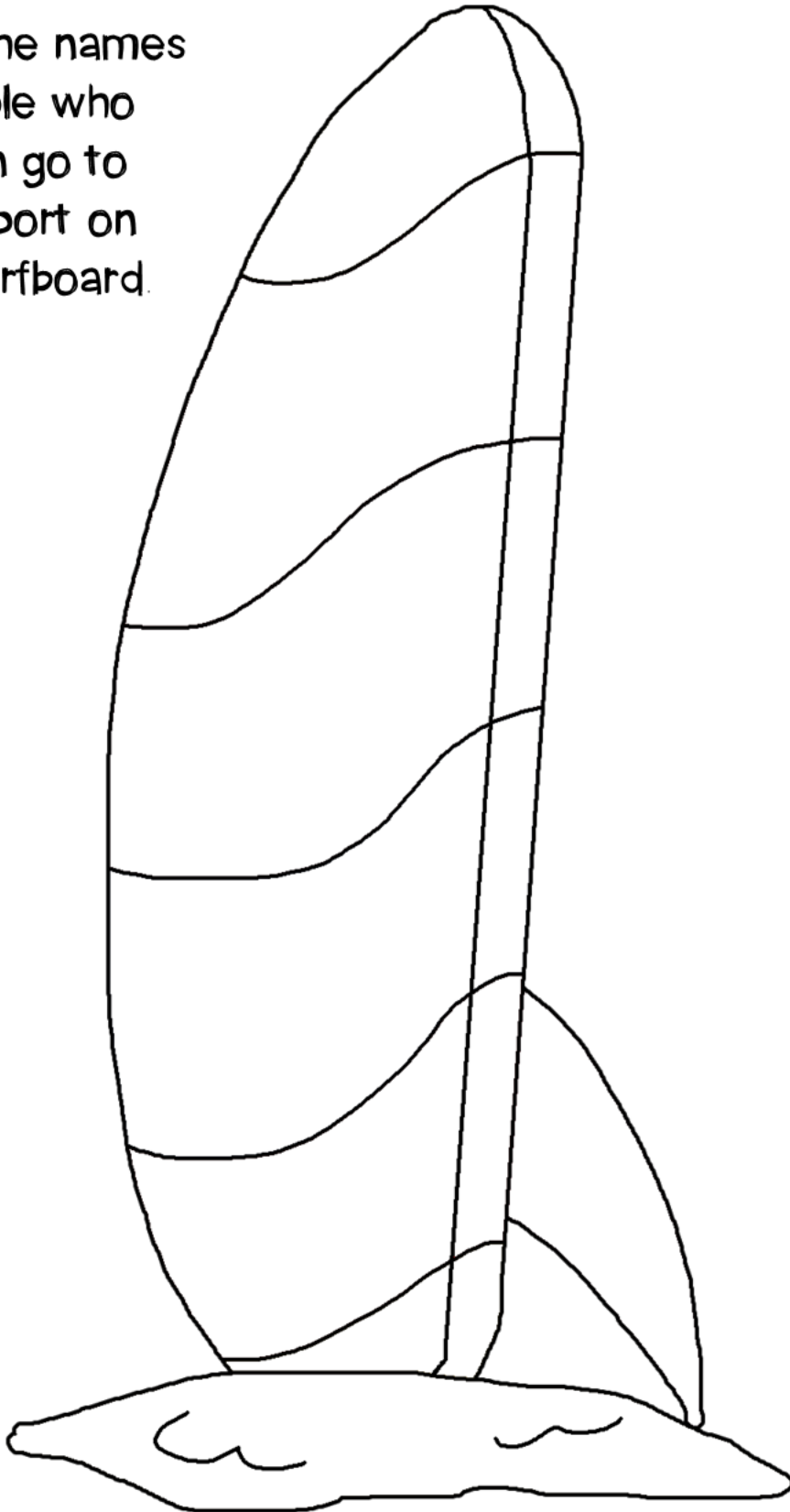
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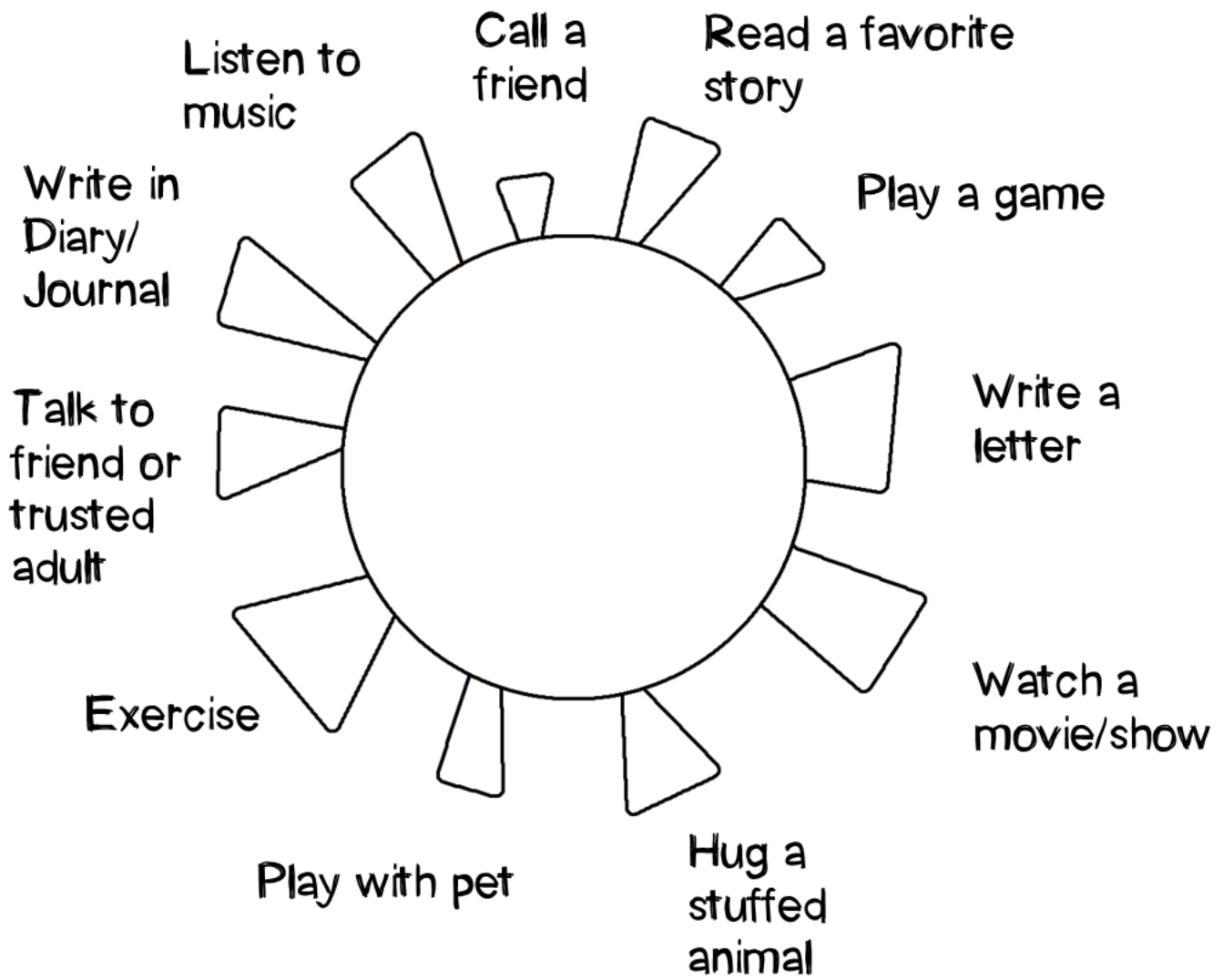
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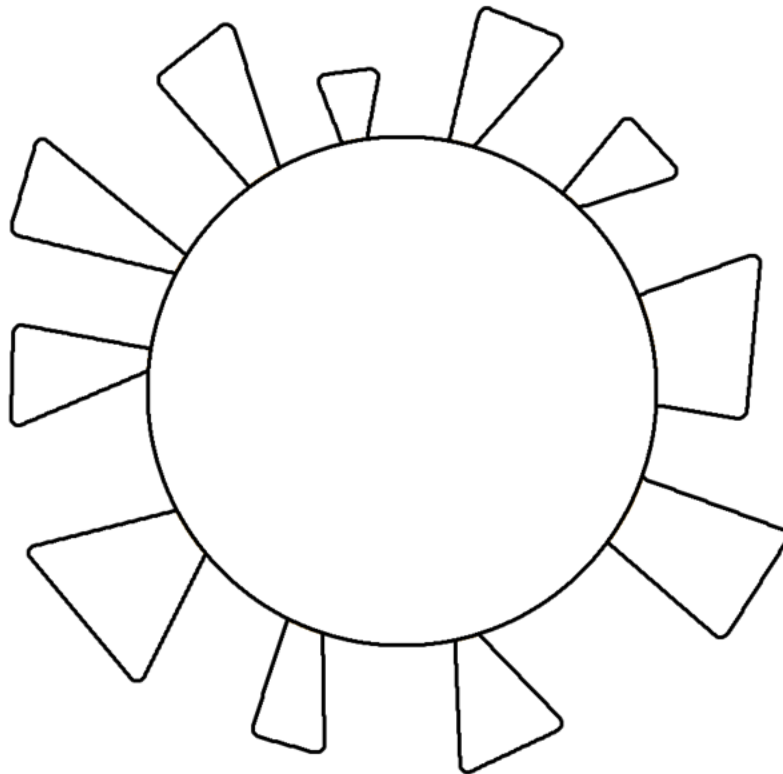
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# Sunshine Feelings

On each of the sun's rays, list something you could do to feel better when you are feeling sad about your parent's divorce.



# Divorce Circle of Control



## Things I can NOT control

My parents getting back together

How my parents speak to each other.

My parents arguing

How much time I spend with each parent.

What my parents say about each other.

What my other family members say or think about the divorce.

What my friends say about the divorce.

New people that come into my life (Step parents, step siblings)

Where I live and who I live with.

## Things I can control

My attitude about the divorce (looking on the bright side)  
My choice on how to handle difficult situations (wear headphones when parents fight, try to get along with step family)  
My response to sad or angry feelings: expressing myself (journal, talk to friend)

# Divorce Circle of Control



Things I can NOT control

Things I can control

# Bucket of Divorce Worries

Circle all the items that you have in your bucket of divorce worries.



One parent talks bad about the other



Dragging my stuff from house to house.



I miss the parent that I'm not staying with.



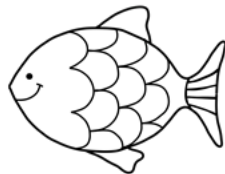
My parents yell at each other.



I'm asked which parent I want to live with



I worry that it is my fault.



Dealing with step siblings.



I am asked to carry messages back and forth from parent to parent.



I had to move to a new place.



Splitting up holidays.



Living with stepparents.



# Bucket of Divorce Worries

Fill out the ones you circled on the previous page.

Makes me  
feel....

Can I control  
this?

What I can  
do about it



One  
parent  
talks bad  
about the  
other



My parents  
yell at  
each  
other.



Dragging  
my stuff  
from  
house to  
house.



I miss the  
parent that  
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with.



I'm asked  
which  
parent I  
want to  
live with




# Bucket of Divorce Worries

Fill out the ones you circled on the previous page.

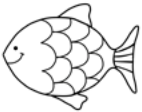
Makes me  
feel....

Can I control  
this?

What I can  
do about it



I worry  
that it is  
my fault.



Dealing with  
step siblings.



I am asked to  
carry messages  
back and forth  
from parent to  
parent.



I had to  
move to a  
new  
place.



Splitting up  
holidays.



Living with  
step  
parents.

Makes me feel....	Can I control this?	What I can do about it

# Life Saving Tips for Kids

\*Do not blame yourself for the divorce, it is NOT your fault and there is nothing you could do to keep them together.

\*Trust that your parents have made the final decision of what is right for the family.

\*Remember all the times your parents fought or seemed unhappy, that might help you to realize that the divorce may be for the best.

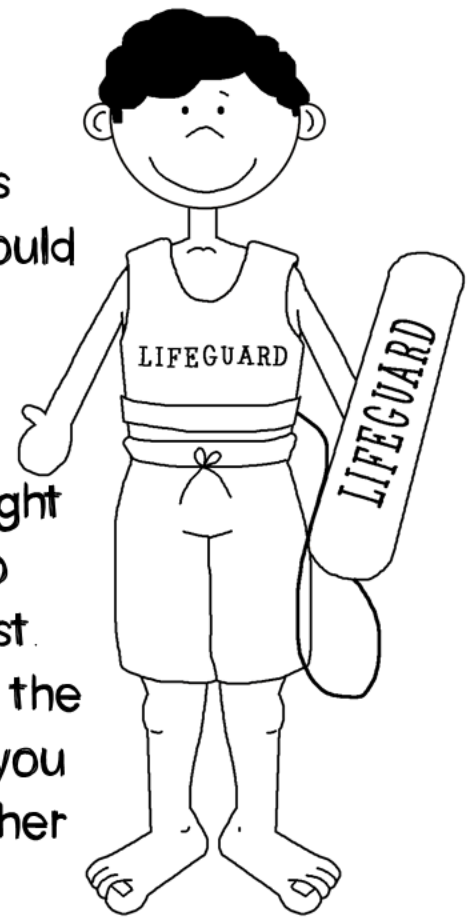
\*If a parent asks you to give a message to the other parent, calmly explain that it makes you feel uncomfortable and to please find another way to communicate.

\*If a parent talks bad about your other parent, tell them it makes you feel sad when they talk that way, you love them both equally and to please stop saying mean things in front of you.

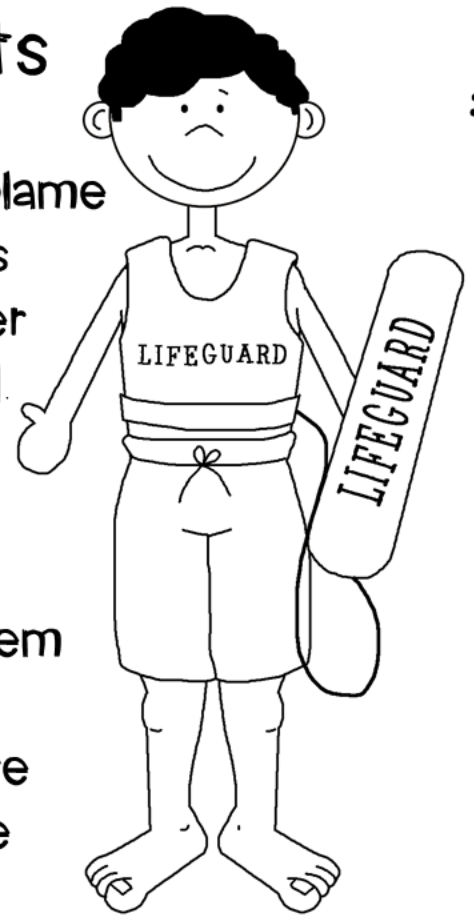
\*If you are having trouble remembering to bring certain items from house to house, ask your parents for help.

\*Think about the good things that happened from the divorce: Double the amount of holidays, your parents are/will be happier apart, new people in your life (stepfamilies), 2 bedrooms.

\*Realize that you are growing through this experience. You will be a stronger, more resilient person. You will be more flexible because you had to get used to so many new changes. You will be more responsible because you learned how to organize your stuff from house to house and your schedules. You will also be more compassionate towards others who have similar concerns.



# Life Saving Tips for Parents



\*Reassure your child that they are not to blame for the divorce. Children often feel that it is their fault. They think if they behaved better then the divorce would not have happened.

\*Give your child time to talk about the divorce and allow them to ask questions.

\*Understand that kids may feel angry, sad, guilty, scared, worried and anxious. Help them talk and cope with these feelings.

\*Remember the child is a child, do not share grownup information with them. Do not use them as a person to vent to.

\*Provide consistency and structure as much as possible, do not overcompensate with gifts or by being overprotective.

\*Try to discourage your child from taking sides, do not speak badly about the other parent even if they speak badly about you.

\*Respect the privacy of your child's relationship with the other parent, try not to ask too many questions about their time with the other parent.

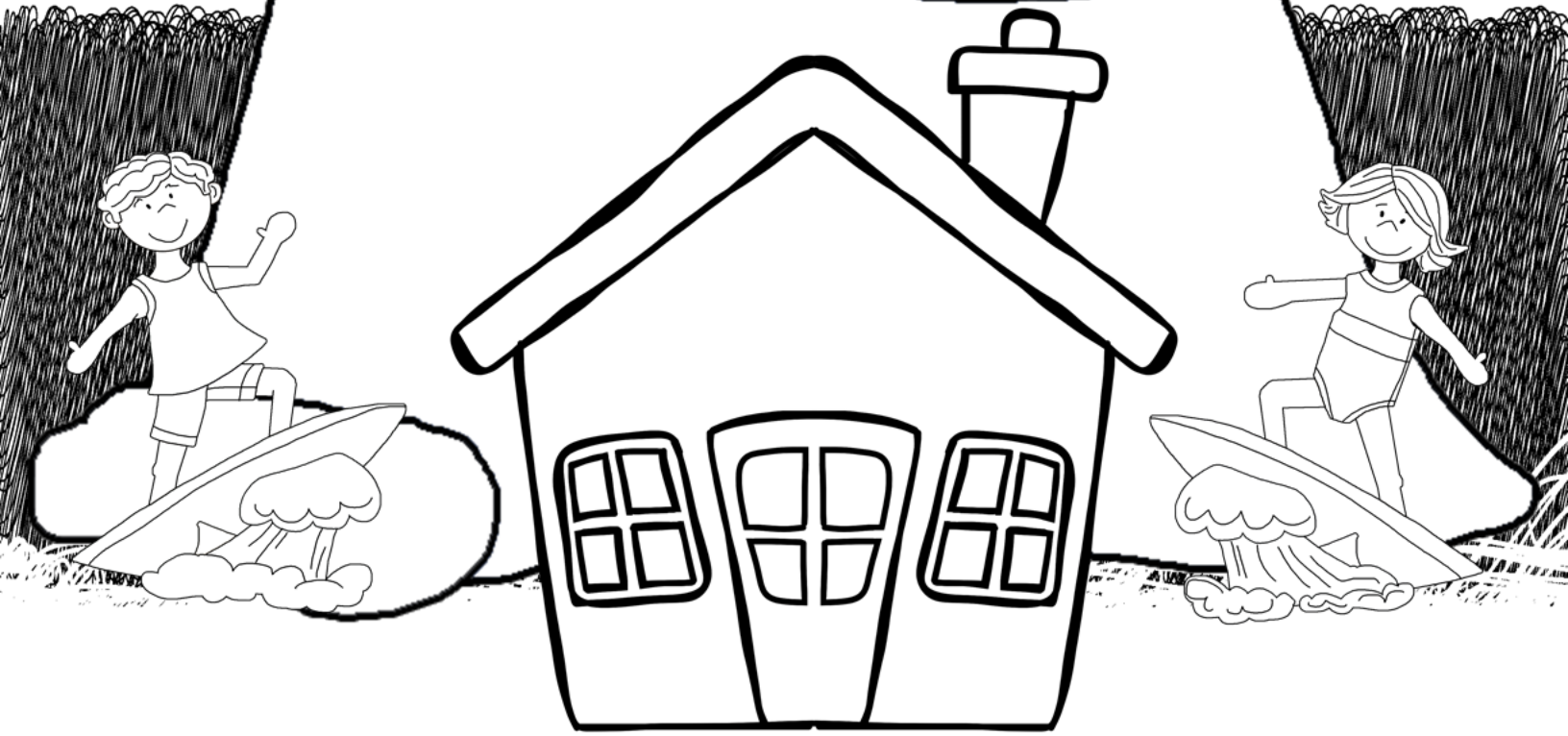
\*Do not use the child as a bargaining tool for visitation or child support, or as a messenger to the other parent.

\*Create new traditions for holidays, try something new and different and make it fun.

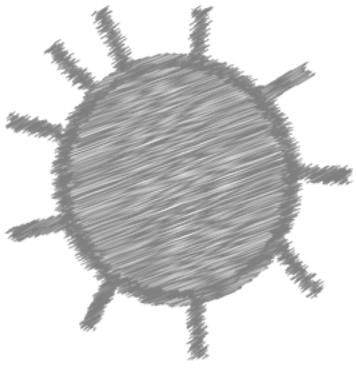
\*Focus on the positive aspects of the divorce, both parents are/will be happier, double the amount of holidays, new people in their life, how much the child will grow from this experience (to be a stronger, more resilient, more flexible and responsible kid).

Riding the Wave of

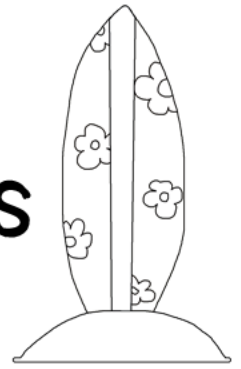
# Family Separation



Student Workbook



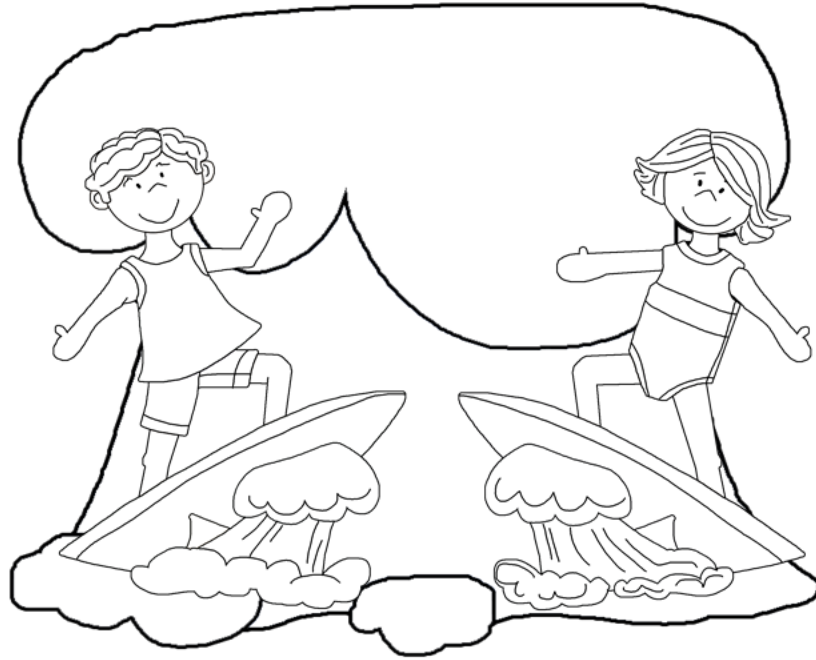
# Table of Contents



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# The Wave of Separation

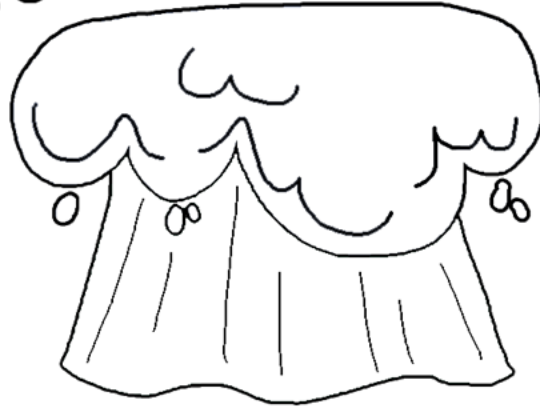


Separation is something a lot of kid's experience, it often feels like a wave that is crashing down on your family.

This workbook is meant to help you ride the wave, getting through some of the bumps and wipeouts along the way.

By the end of the workbook, you will know how to ride the wave of separation. You will understand that every scary wave is possible to ride and come out as a stronger surfer kid!

# Catch a Wave



Draw or write the story of your  
family separation:



Draw or write the names of your  
family members:



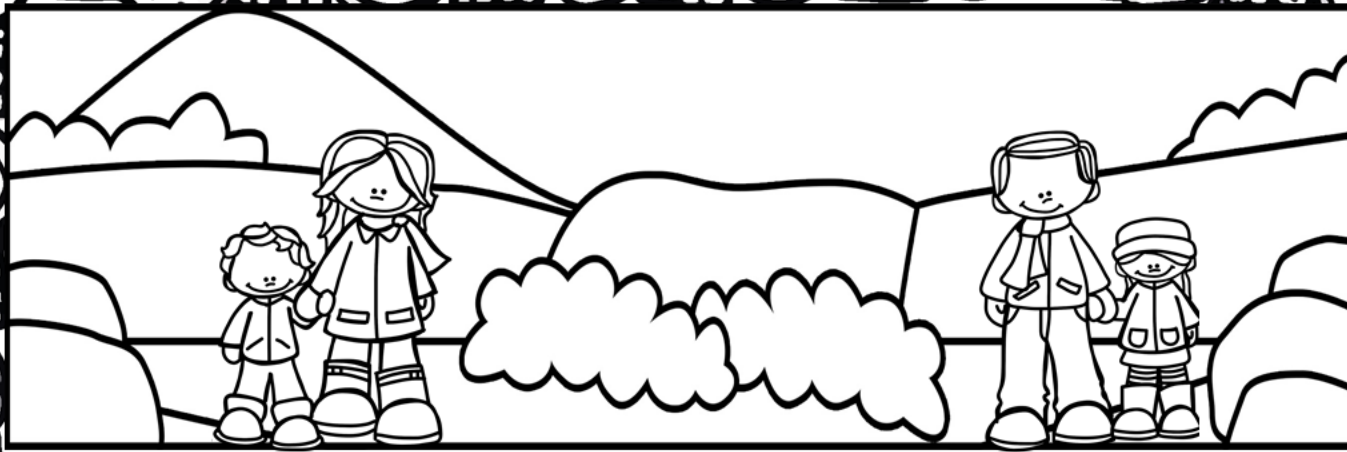
How it used to be, before the separation:

How I found out about the separation:

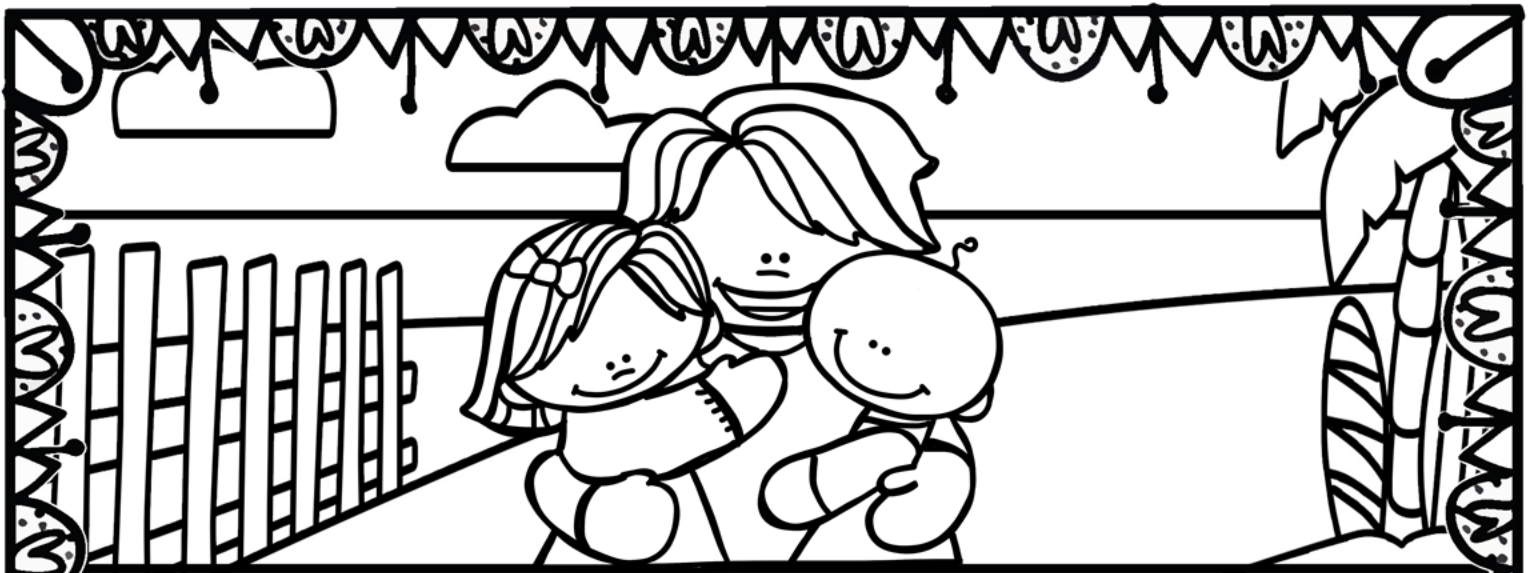


What I miss the most:

How things got better:



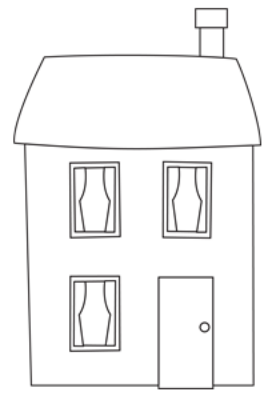
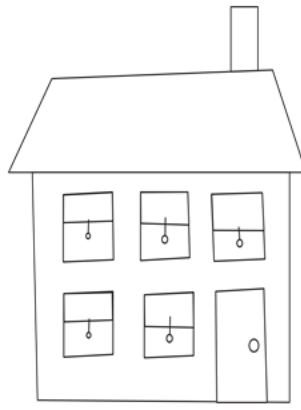
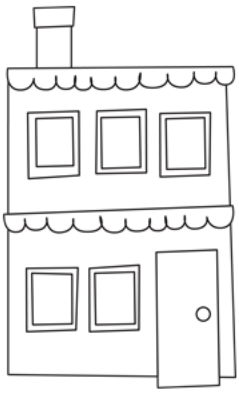
Things I enjoy doing with my Guardian:



What I am scared of is:

What makes me angry is:

What I wish is:



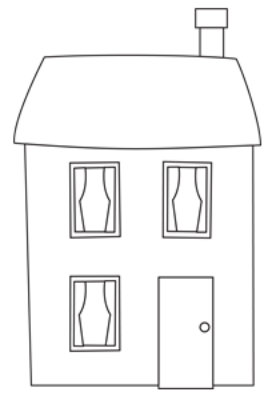
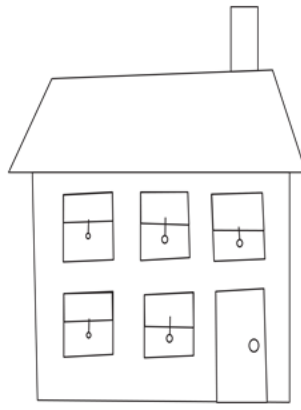
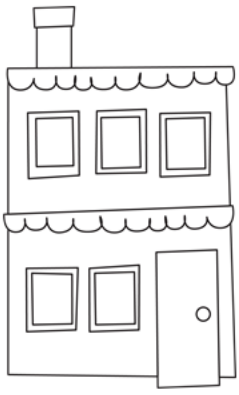
Everyone's home looks different. Some homes are big, some are small. Some are shared with other family members. Some have pets and some do not. Some kids have two homes. Draw what one of your houses look like.

The people that live here are:

What I like about my house is:

What I would change about my house is:





Draw what your other house looks like.

The people that live here are:

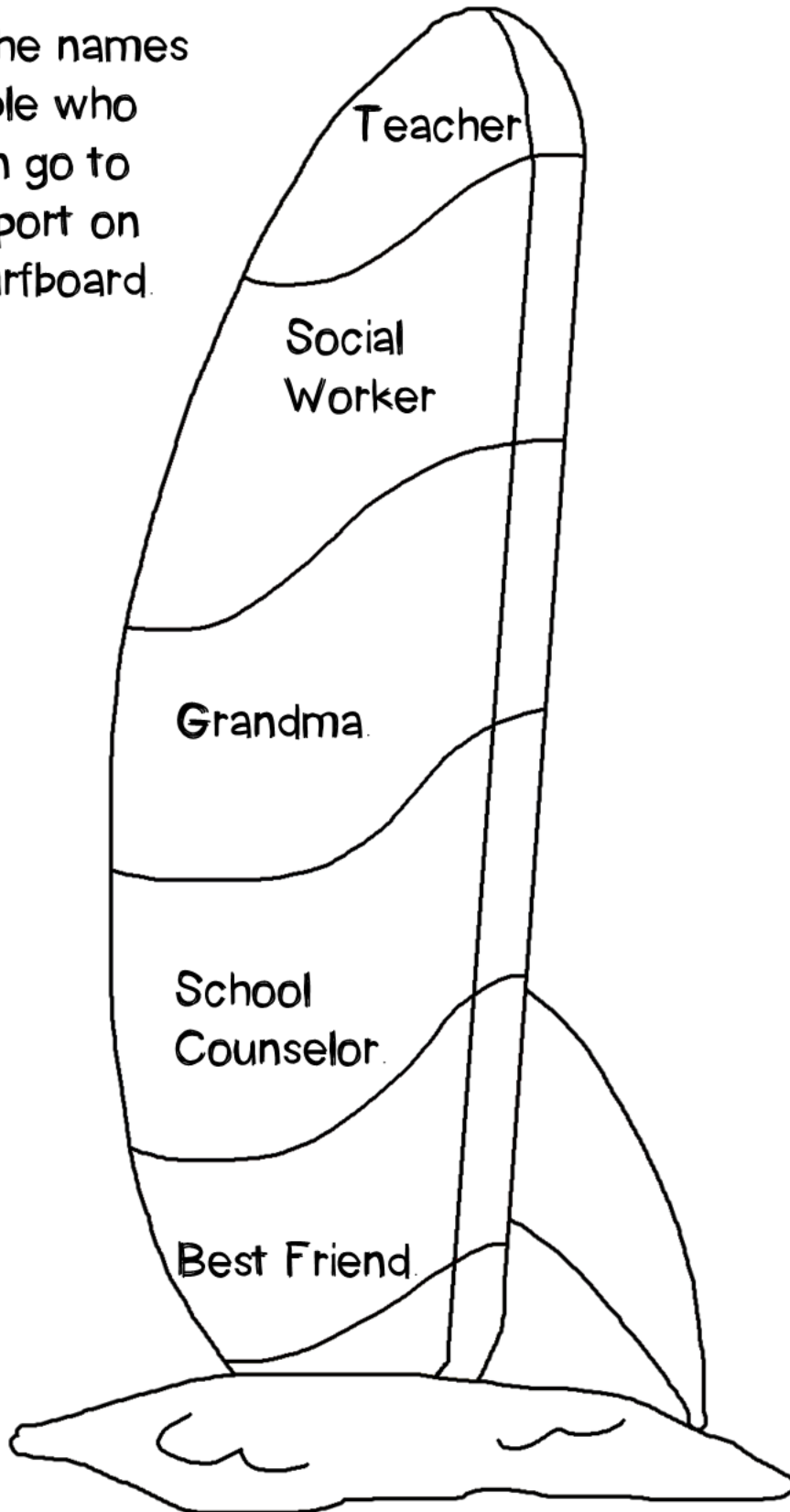
What I like about this house is:

What I would change about  
this house is:



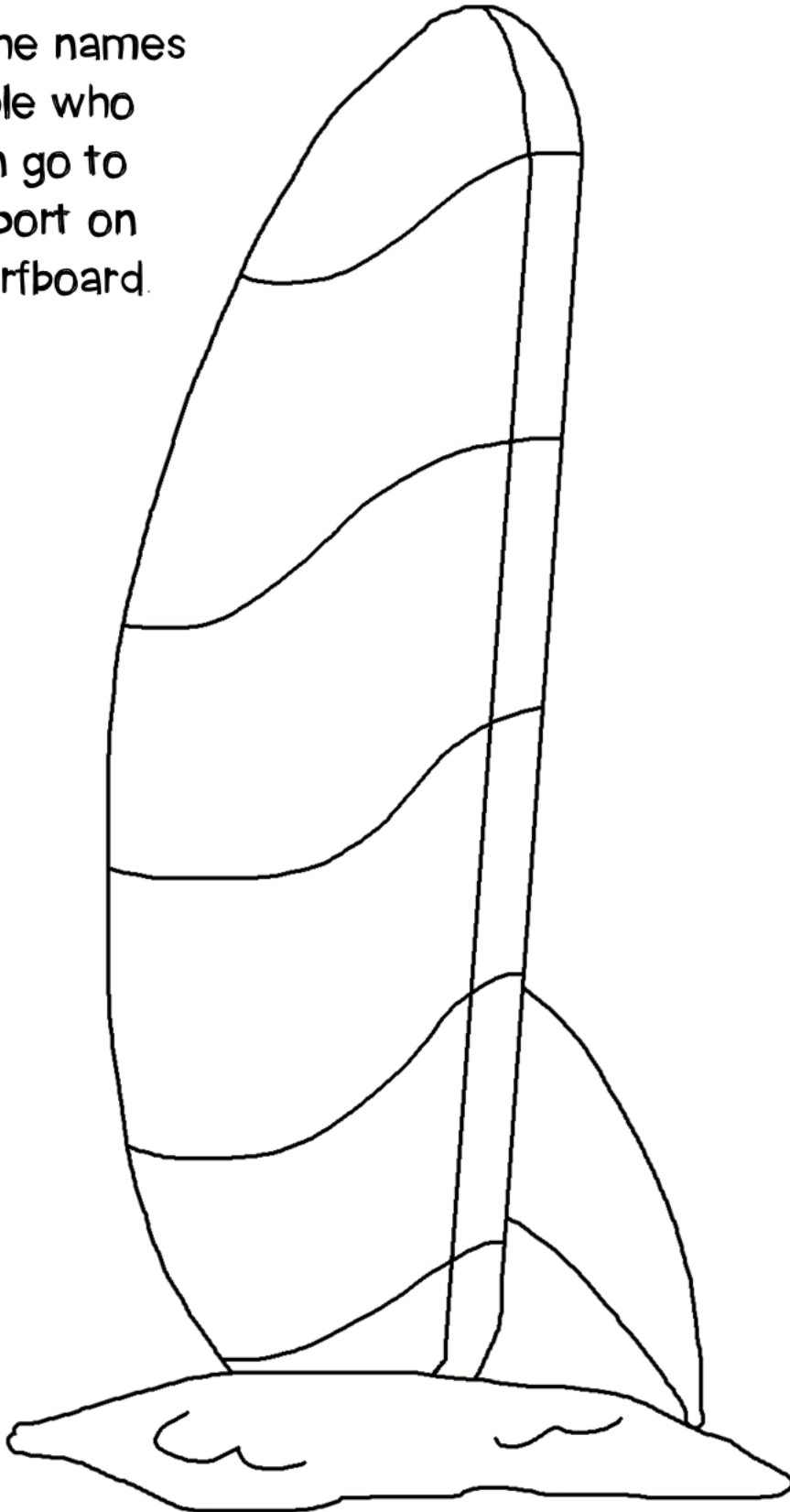
# Surfboard of Support

Write the names of people who you can go to for support on your surfboard.



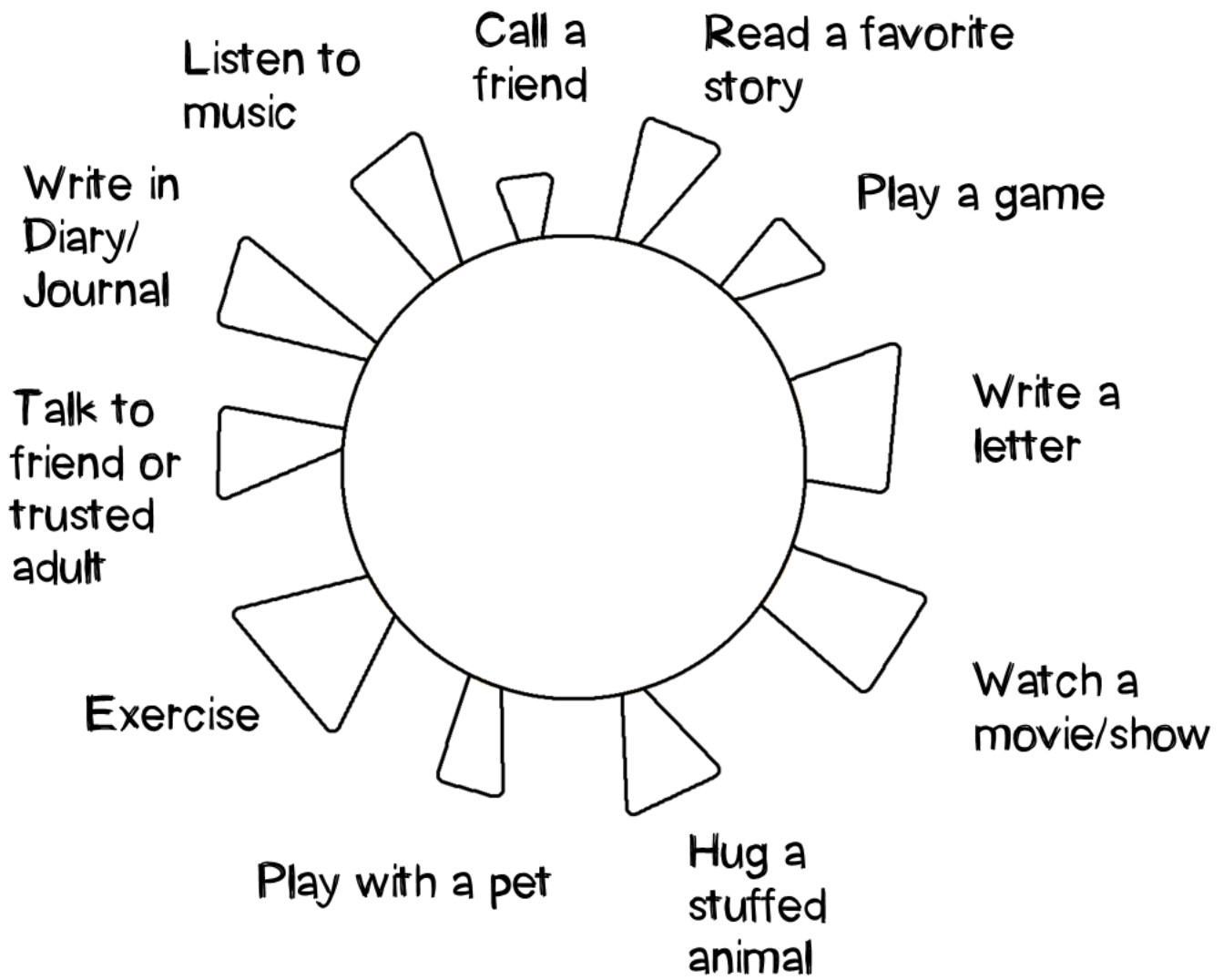
# Surfboard of Support

Write the names  
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your surfboard.



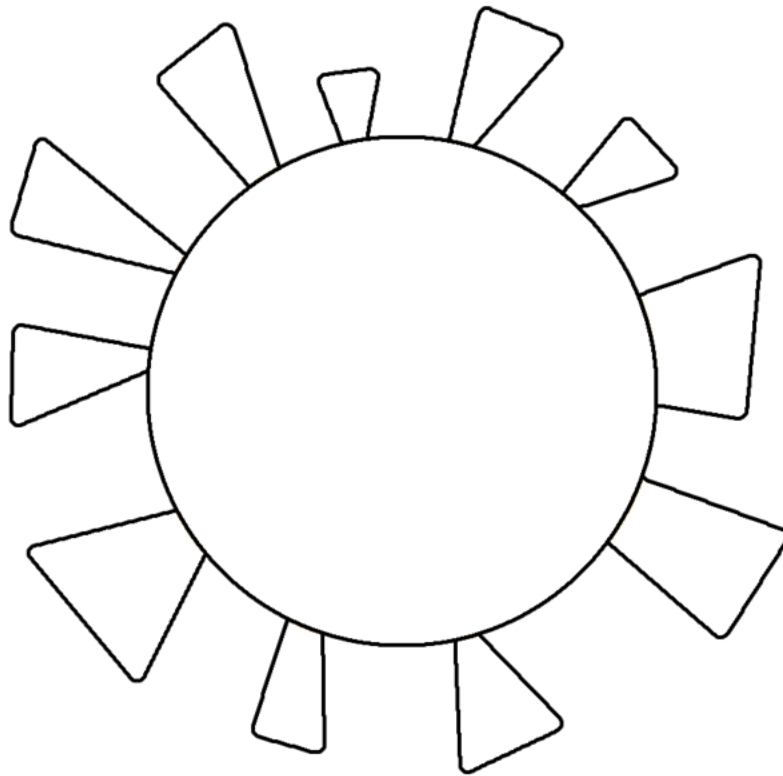
# Sunshine Feelings

On each of the sun's rays, list something you could do to feel better when you are feeling sad about the separation.



# Sunshine Feelings

On each of the sun's rays, list something you could do to feel better when you are feeling sad about the separation.



# Separation Circle of Control



## Things I can NOT control

My family getting back together

Who I live with.

My parents behavior.

How much time I spend with my parent.

## Things I can control

My attitude about the separation (looking on the bright side)

My choice on how to handle difficult situations

What my parents say about each other.

My response to sad or angry feelings: expressing myself (journal, talk to friend)

What other people say or think about the separation.

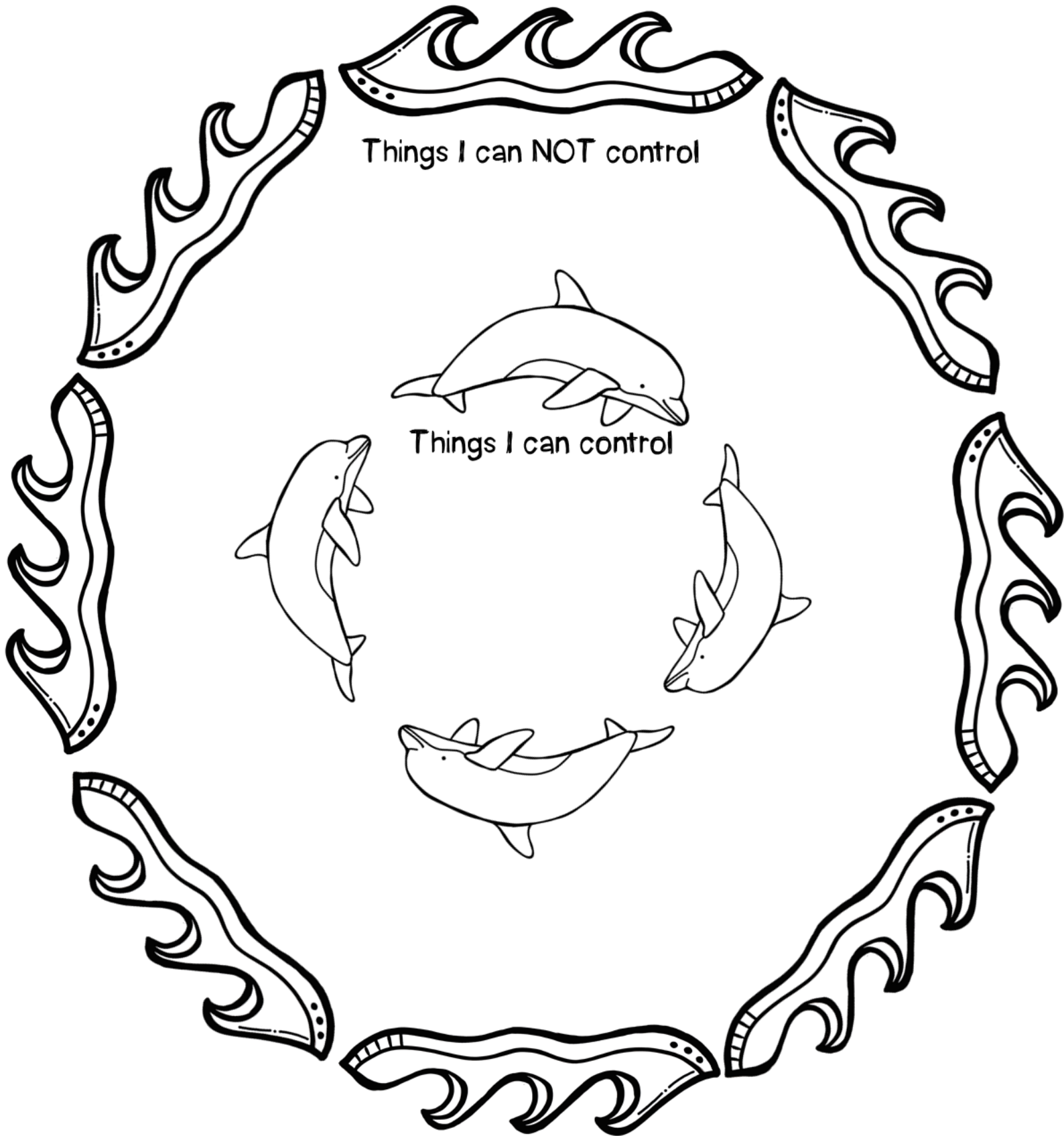
How much time I spend with my siblings.

New people that come into my life.

Where I live.

# Separation Circle of Control

In the outer area, write the things you can NOT control about the separation, and in the inner area what you CAN control.



# Bucket of Separation Worries

Circle all the items that you have in your bucket of separation worries.



The bad things being said about my family.



Dragging my stuff from house to house.



I miss the parent that I'm not staying with.



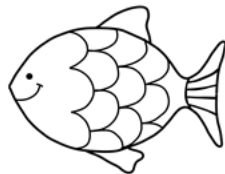
I worry about what the Judge will decide.



Not being sure who will take care of me.



I worry that it is my fault.



Dealing with other people in the house.



Moving to a different school.



I had to move to a new place.



Not seeing my siblings as much as before.



Living with new people.



# Bucket of Separation Worries

Fill out the ones you circled on the previous page.

Makes me  
feel...

Can I control  
this?

What I can  
do about it



The bad  
things  
being said  
about my  
family.



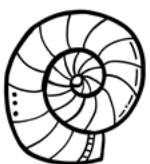
I worry  
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Dragging  
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from  
house to  
house.



I miss the  
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with.



Not being  
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# Bucket of Separation Worries

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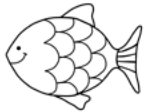
Makes me  
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Can I control  
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What I can  
do about it



I worry  
that it is  
my fault.



Dealing with  
other people  
in the house.



Moving to a  
different school.




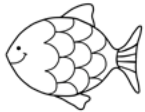




I had to  
move to a  
new  
place.



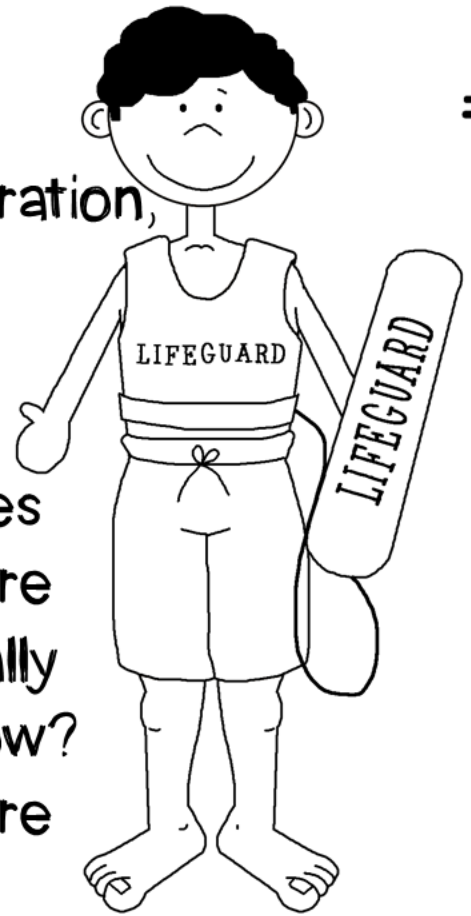
Not seeing my  
siblings as  
much as  
before.



Living with  
new people.

	Makes me feel....	Can I control this?	What I can do about it
 I worry that it is my fault.			
 Dealing with other people in the house.			
 Moving to a different school.			
 I had to move to a new place.			
 Not seeing my siblings as much as before.			
 Living with new people.			

# Life Saving Tips for Kids



\*Do not blame yourself for the separation, it is **NOT** your fault and there is nothing you could do to keep your family together.

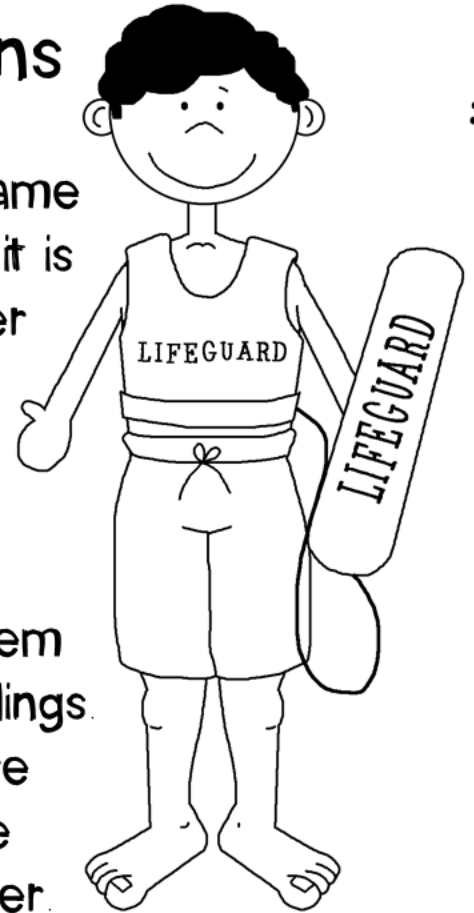
\*Try to focus on the positive changes that have happened, even if there are only a few. Is your new guardian really nice? Are you in a safer situation now?

\*Talk to someone about what you are going through. A friend, a teacher, a School Counselor, anyone that you trust.

\*Remember that you are not alone, did you know that over 400,000 kids are going through a family separation too?

\*Realize that you are growing through this experience. You will be a stronger, more resilient person. You will be more flexible because you had to get used to so many new changes. You will be more responsible because you learned how to organize your stuff from house to house and your schedules. You will also be more compassionate towards others who have similar concerns.

# Life Saving Tips for Guardians



\*Reassure the child that they are not to blame for the separation. Children often feel that it is their fault. They think if they behaved better then it would not have happened.

\*Give the child time to talk about it and allow them to ask questions.

\*Understand that kids may feel angry, sad, guilty, scared, worried and anxious. Help them talk (or draw/write) to cope with these feelings.

\*Remember the child is a child, do not share grownup information with them. Do not use them as a person to vent to or a messenger.

\*Provide consistency and structure as much as possible, do not overcompensate with gifts or by being overprotective.

\*Do not speak badly about the parent even if they speak badly about you.

\*Respect the privacy of your child's relationship with the parent, try not to ask too many questions about their time with the other parent.

\*Do not force a child to call you Mom or Dad.

\*Create new traditions for holidays, try something new and different and make it fun.

\*Acknowledge the difficulty of what they are going through but try to focus on the positive aspects of the separation and how much the child will grow from this experience (to be a stronger, more resilient, more flexible and responsible kid).

\*Ongoing counseling is strongly recommended.

# GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

**1** Click here  [Divorce & Family Separation Workbook](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

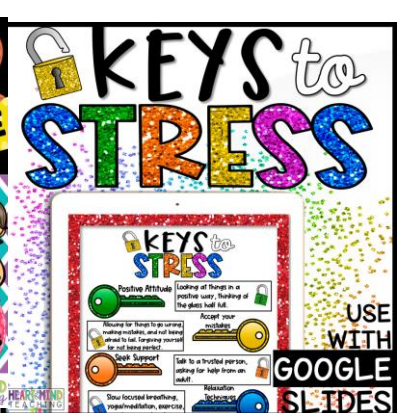
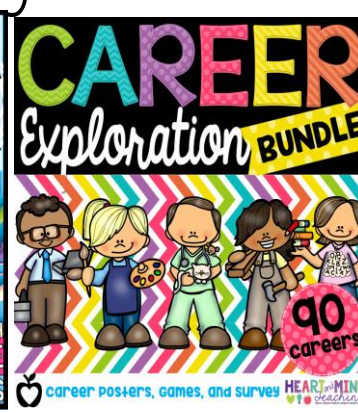
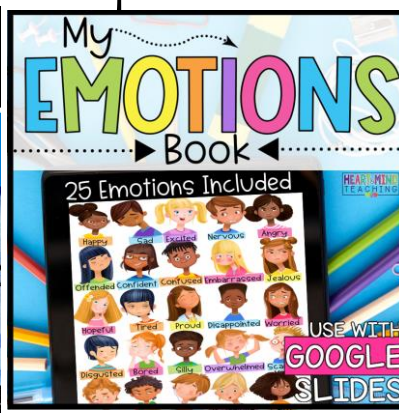
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# RECOMMENDED RESOURCES

Click the pictures to get a closer look.



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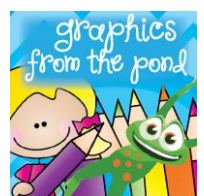
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Please feel free to contact me if you have any questions or feedback

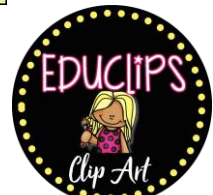
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)



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