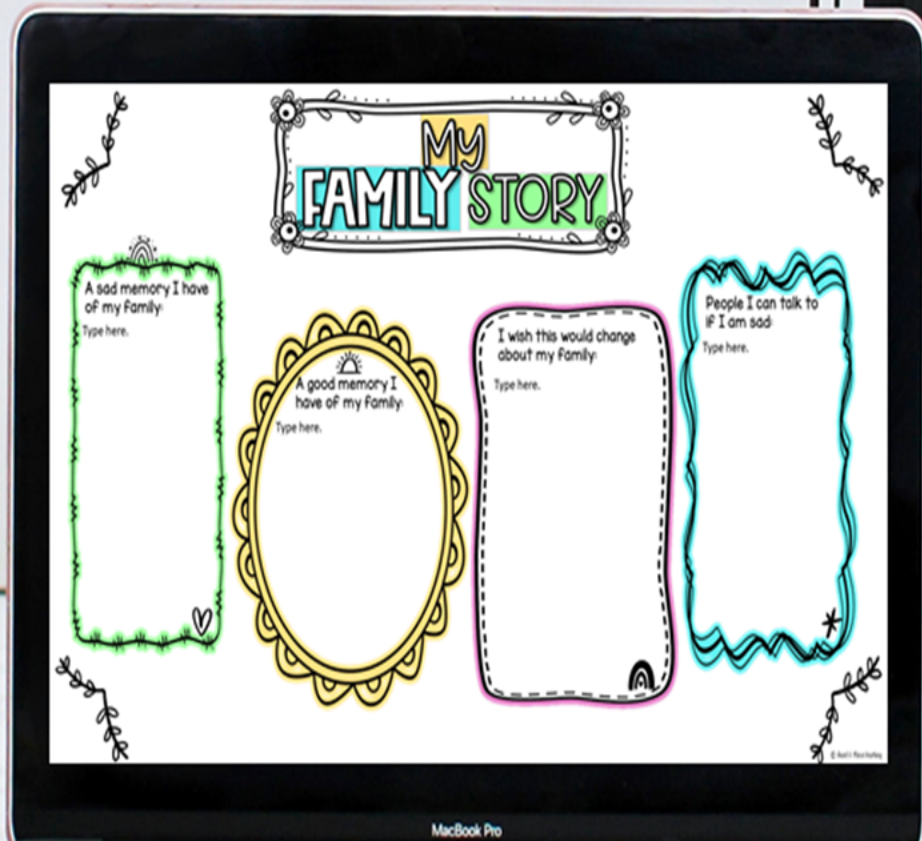


MY FAMILY STORY OF

DIVORCE

Heart & Mind
TEACHING



PDF & GOOGLE SLIDES

My FAMILY STORY OF DIVORCE

Session Objective:

- *Students will compare and contrast different family configurations.
- *Students will participate in a group discussion.

Materials:

- *Pencil
- *My Family Story handouts (2 versions included for different family structures).

Guiding Questions:

- *How are some families similar?
- *How are some families different?
- *What does a normal family look like?
- *Why is it important to talk about our family changes?

Session Details (about 30 minutes)

*My family story activity: "Everyone's family is unique, not one family is exactly like another, our families share the fact that they are divorced. By filling out these pages about our family stories, we will learn more about each other's families and how they are alike or different." "Let's start in the Family Members section, list the names of your family members here." Work through each section together, have each member share what they wrote to the group. Compare and contrast each family, highlighting that every family, even divorced families are very different, there is no "normal" family configuration. Go through the coping skills page and Divorce facts.

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.

(M I)

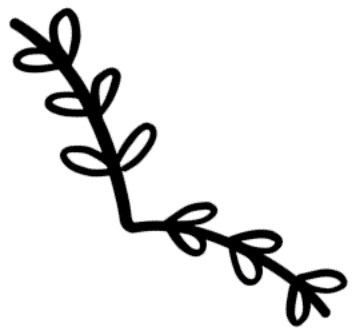
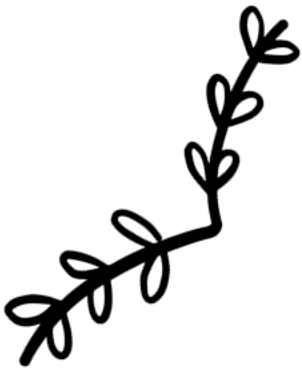
*Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Relationship skills: social engagement.
- *Social-awareness: respect for others, appreciating diversity.
- *Responsible decision-making: reflecting.

Mom &
Dad
Version

Page 4-13



Name





My FAMILY STORY

My Family Members:

My Divorce story:

Draw a picture of your family:



MY FAMILY STORY

What makes me angry about the divorce is:

How it used to be before the Divorce:

Things I like to do with my Mom:

These are things about the Divorce that I worry about:


Things I like to do with my Dad:




My FAMILY STORY



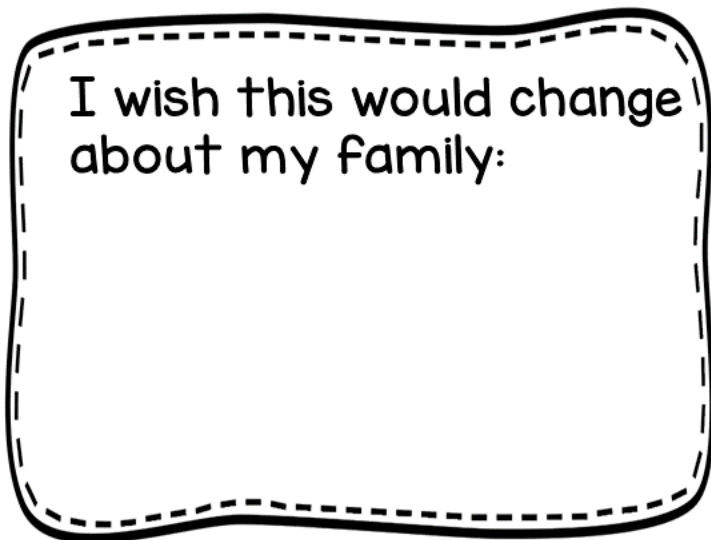
A sad memory I have
of my family:



People I can talk to
if I am sad:



A good memory
I have of my
family:



I wish this would change
about my family:



MY FAMILY STORY

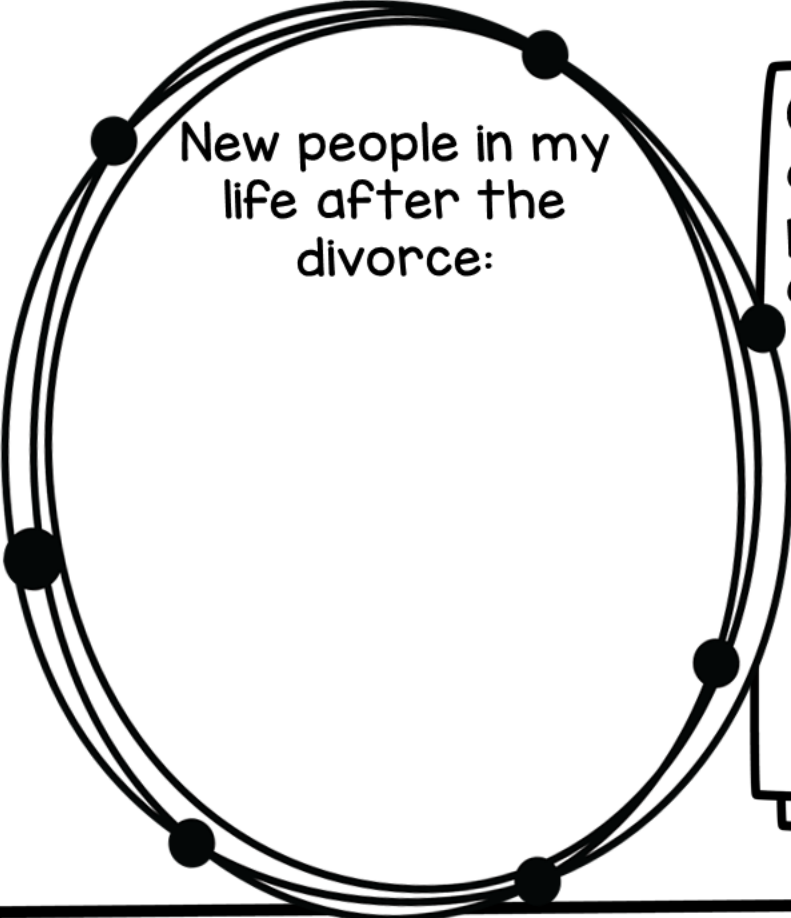
How I found out about the divorce:

People I know that
are also divorced or
experienced divorce:


What I miss the
most is:



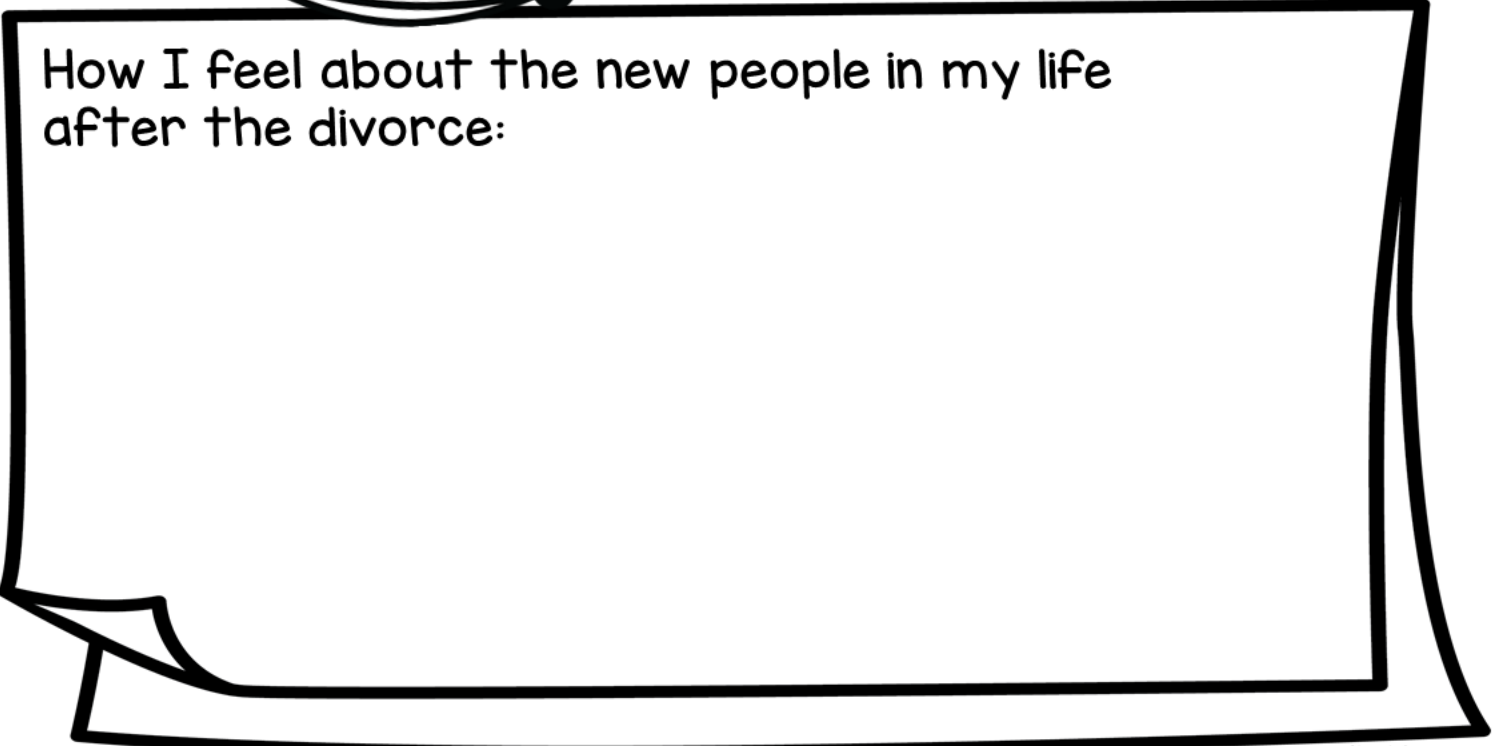
My FAMILY STORY



New people in my
life after the
divorce:



One positive thing
about the new
people in my life
after the divorce is:

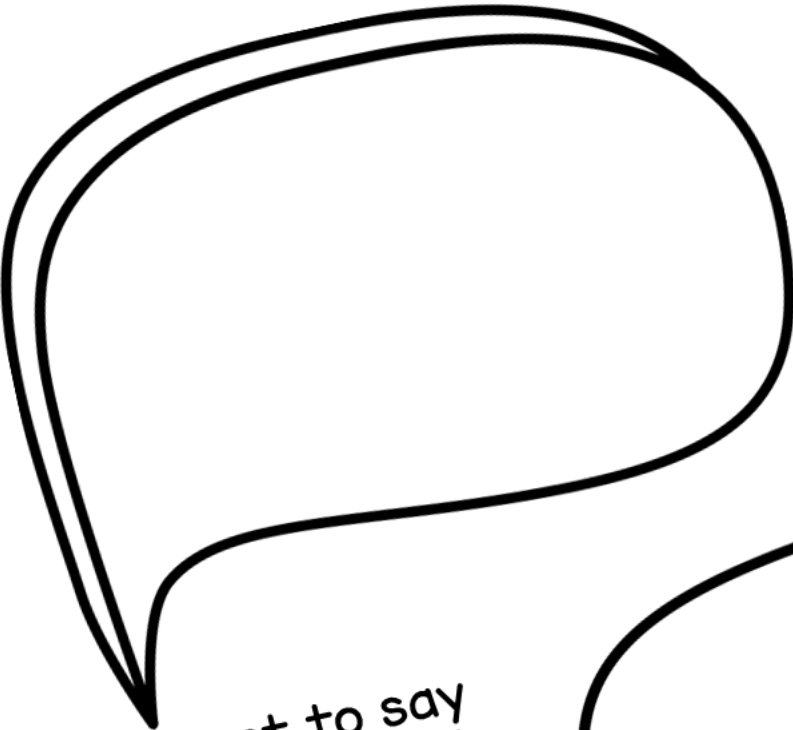


How I feel about the new people in my life
after the divorce:

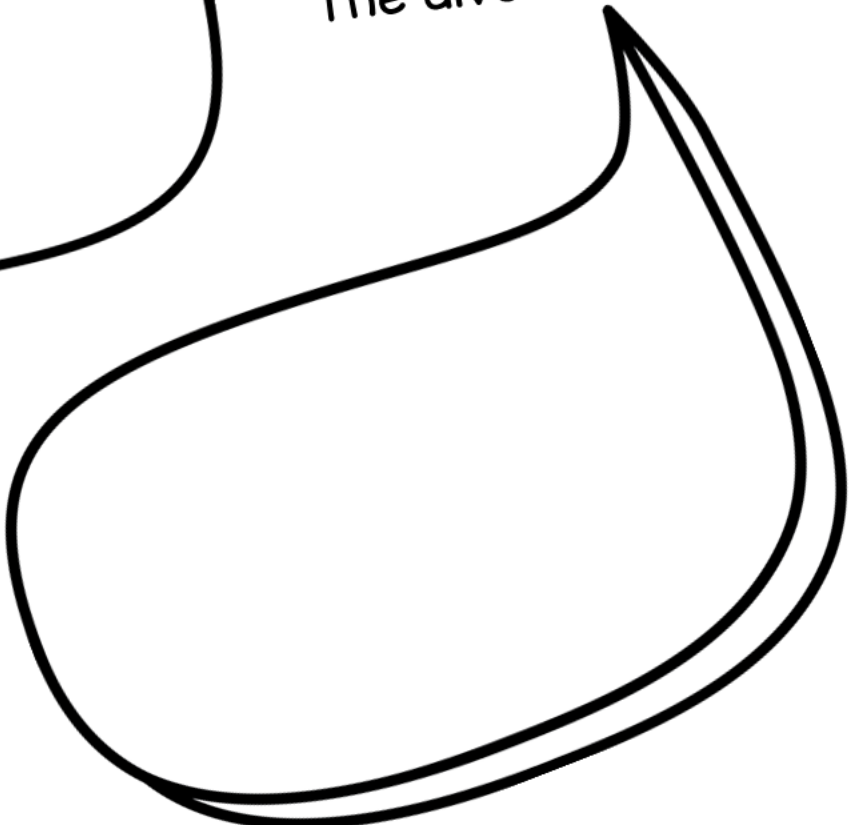


My FAMILY STORY

These are questions that I have about the divorce:



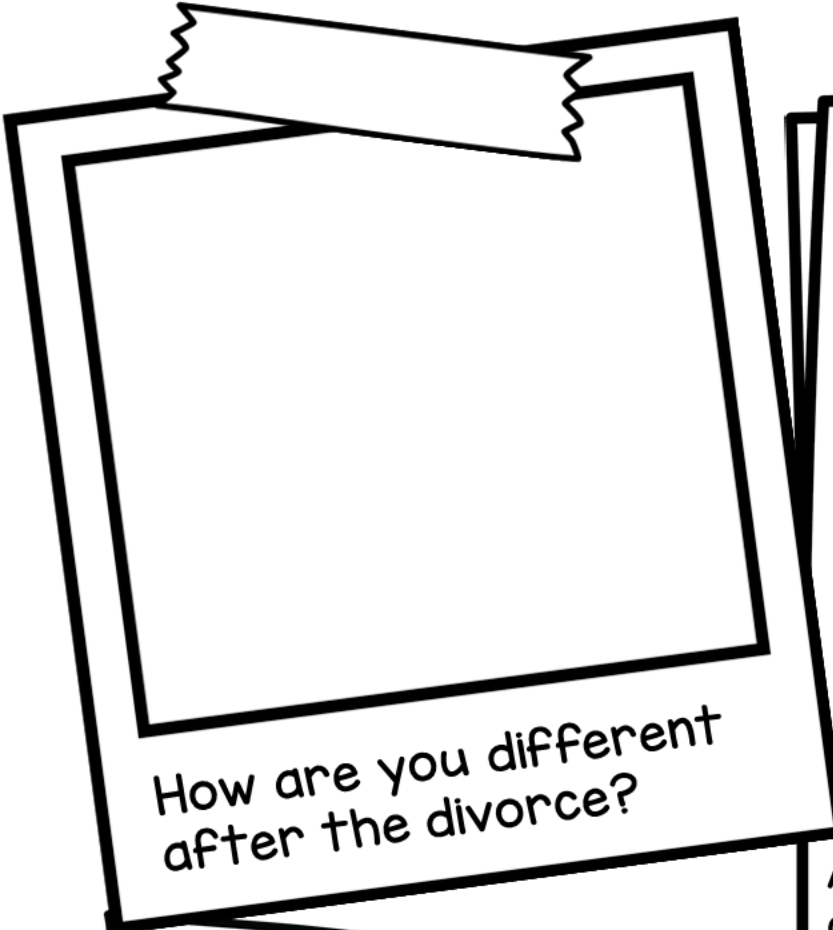
What I want to say
to my dad about the
divorce.



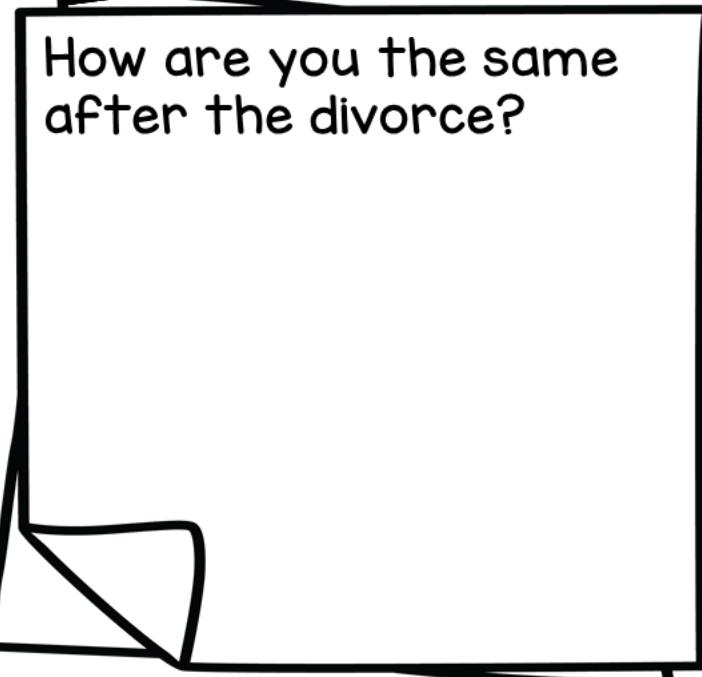
What I want to say
to my mom about
the divorce.



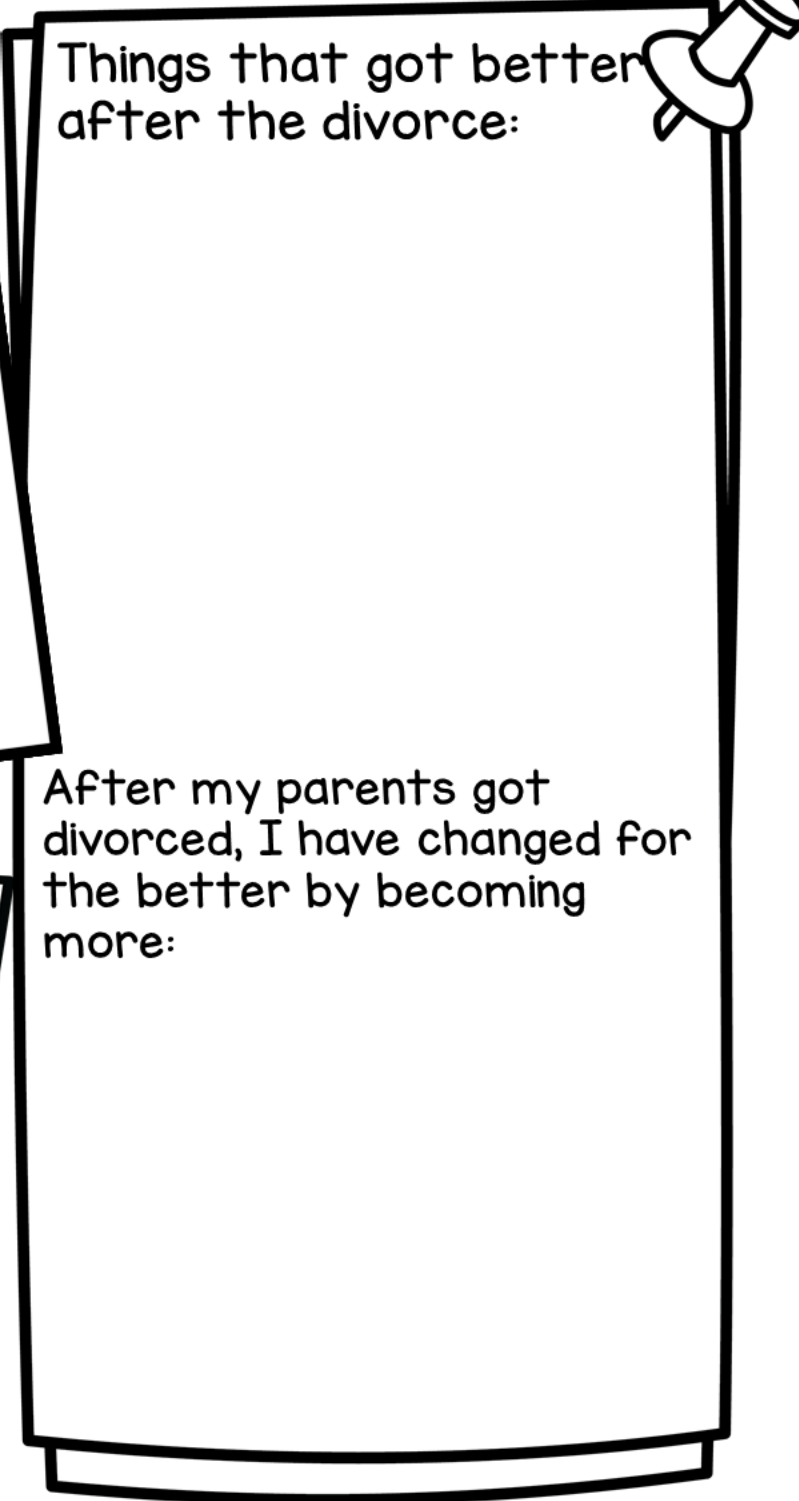
MY FAMILY STORY



How are you different
after the divorce?



How are you the same
after the divorce?



Things that got better
after the divorce:

After my parents got
divorced, I have changed for
the better by becoming
more:



My FAMILY STORY

I will try these coping skills the next time I feel upset about the divorce (put a checkmark on your answers):

<input type="checkbox"/>	Talk to someone.
<input type="checkbox"/>	Read a book.
<input type="checkbox"/>	Squeeze a stress ball.
<input type="checkbox"/>	Listen to music.
<input type="checkbox"/>	Exercise.
<input type="checkbox"/>	Go for a walk.
<input type="checkbox"/>	Do yoga/meditate.
<input type="checkbox"/>	Hug a loved one.
<input type="checkbox"/>	Do something fun.
<input type="checkbox"/>	Do something relaxing.
<input type="checkbox"/>	Watch a movie.
<input type="checkbox"/>	Write in a journal.
<input type="checkbox"/>	Draw your feelings.
<input type="checkbox"/>	Do something creative.
<input type="checkbox"/>	Take deep breaths.

<input type="checkbox"/>	Focus on what you can control.
<input type="checkbox"/>	Look for the positives.
<input type="checkbox"/>	Call a friend.
<input type="checkbox"/>	Play with a pet.
<input type="checkbox"/>	List what you are grateful for.
<input type="checkbox"/>	Color.
<input type="checkbox"/>	Play a game.
<input type="checkbox"/>	Take a break.
<input type="checkbox"/>	Clean/organize.
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<input type="checkbox"/>	Build something.
<input type="checkbox"/>	Complete a puzzle.
<input type="checkbox"/>	Ask for help.
<input type="checkbox"/>	Take a bath/shower.
<input type="checkbox"/>	Think of a funny joke

My FAMILY STORY

Remind yourself of these quick facts:



You are not to blame for your parents' divorce.



There is nothing you can do to get them back together.



Forgiving a parent for their mistakes can help you move forward and accept the divorce.



Try to find the good things that happened because of the divorce.



There is no such thing as a "normal" family. Every family is different and unique.



You are not alone, about 40% of families in the United States are divorced.



Just because your parents divorced, does not mean that you will end up divorced. Kids who have been through divorce may end up having more insight as to what makes a relationship successful because they saw what did not work.



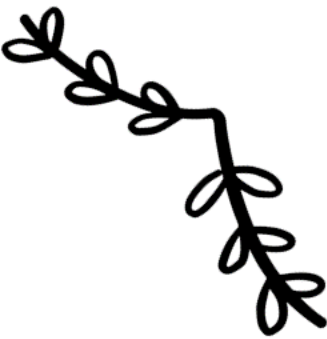
Letting new people into your life like stepparents or stepsiblings is not replacing your other parent, no one can replace them. It's just adding to your family.

Parent & Other
Parent
Version
(for different
family
configurations)

Page 15-24



Name





My FAMILY STORY

My Family Members:

My Divorce story:

Draw a picture of your family:



MY FAMILY STORY

What makes me angry about the divorce is:

How it used to be before the Divorce:

Things I like to do with one of my parents:

These are things about the Divorce that I worry about:


Things I like to do with my other parent:




My FAMILY STORY



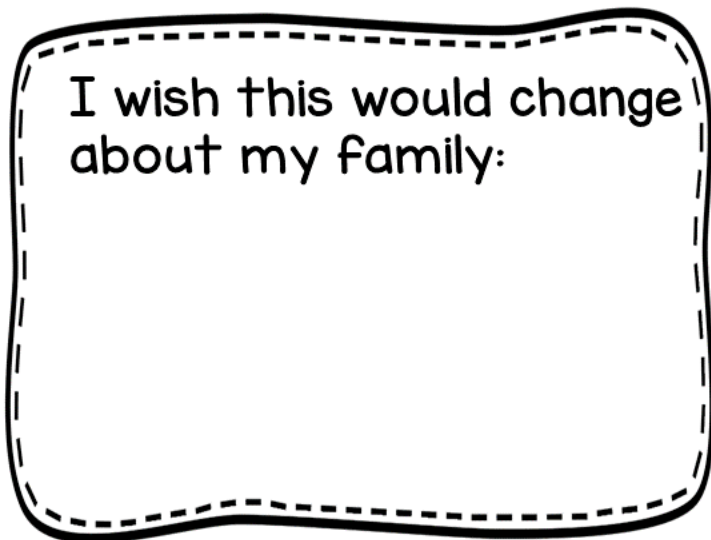
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I wish this would change
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MY FAMILY STORY

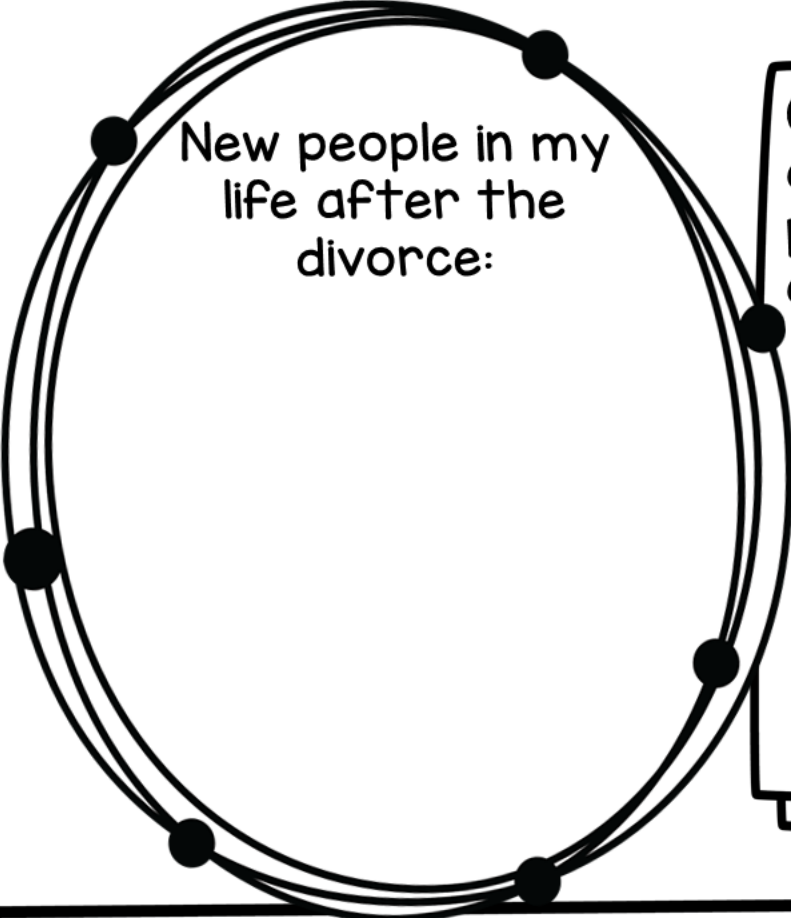
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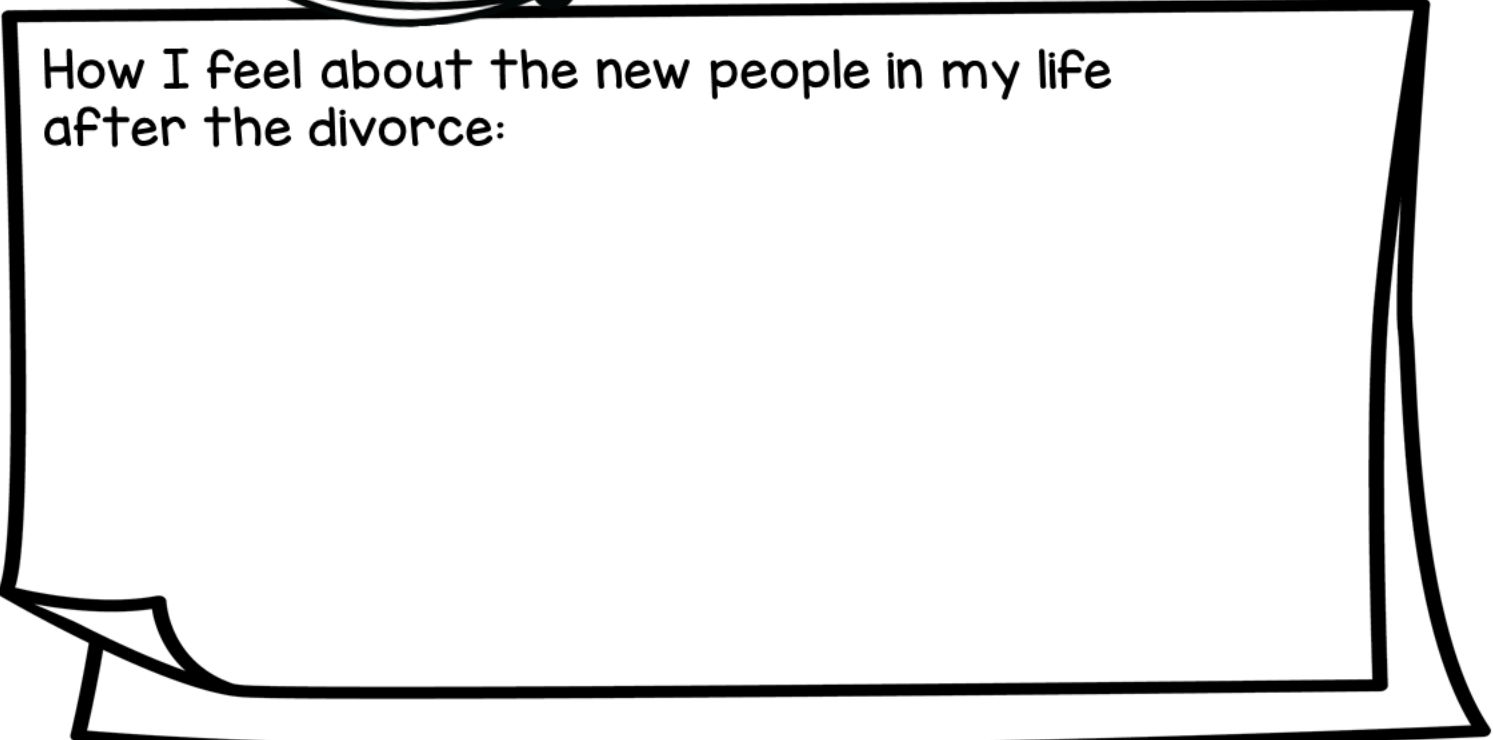
My FAMILY STORY



New people in my
life after the
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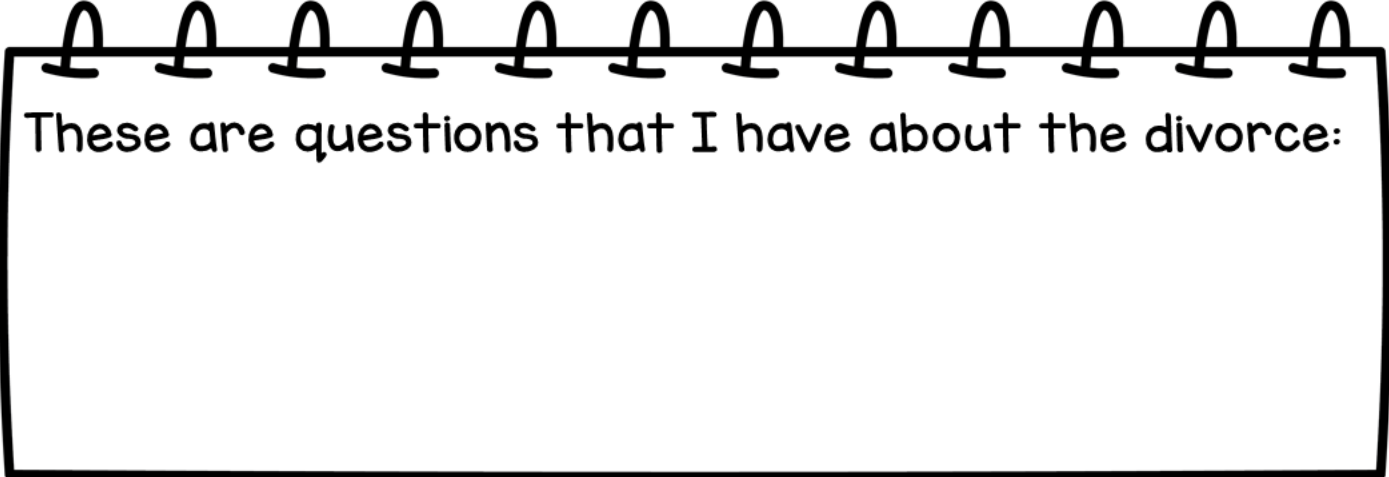
One positive thing
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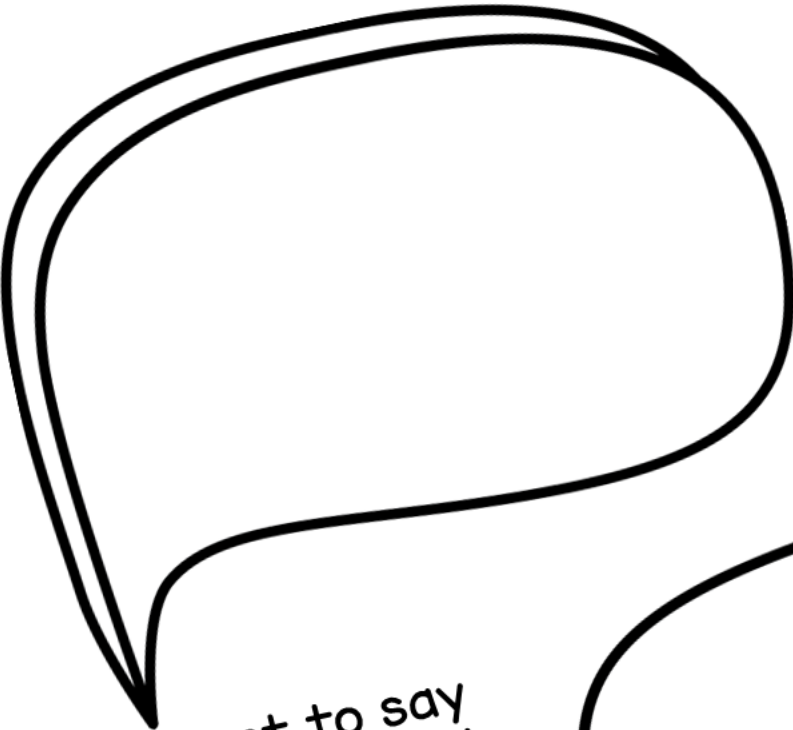
How I feel about the new people in my life
after the divorce:



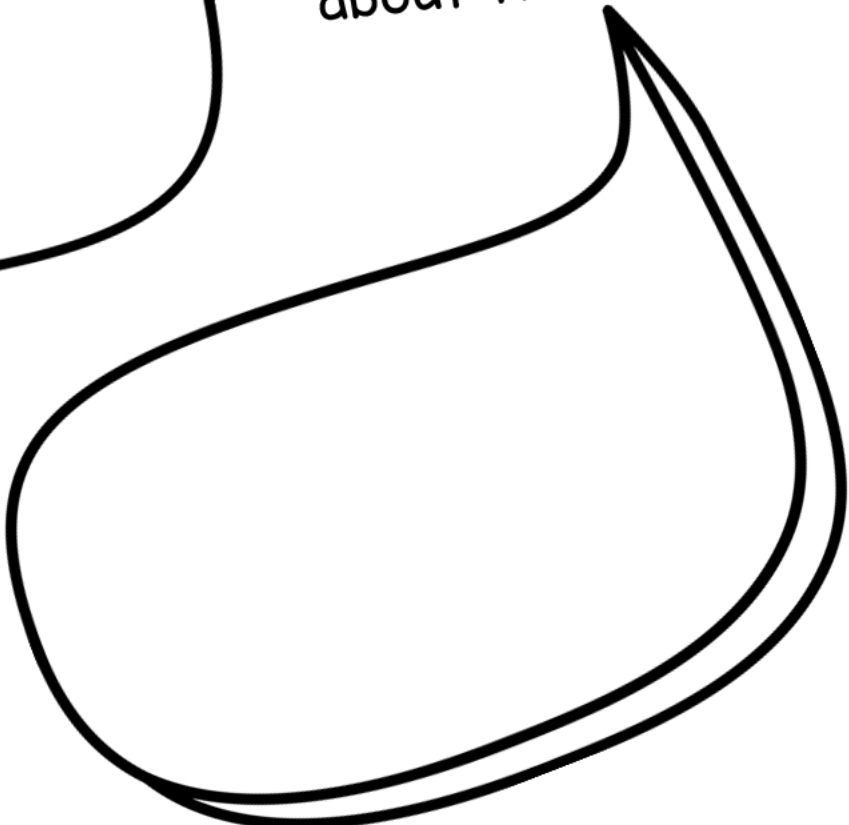
My FAMILY STORY



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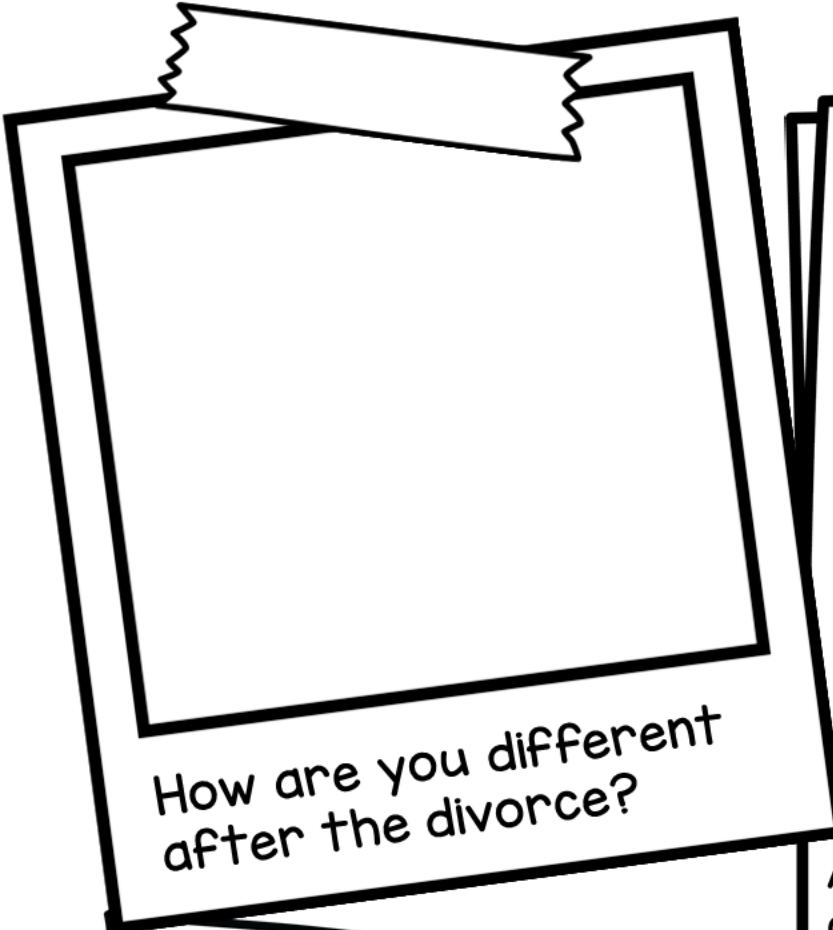
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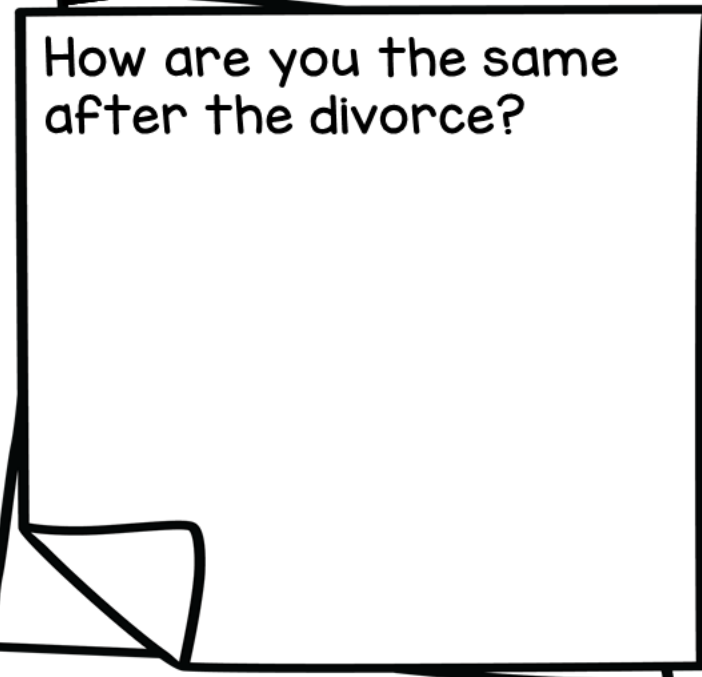
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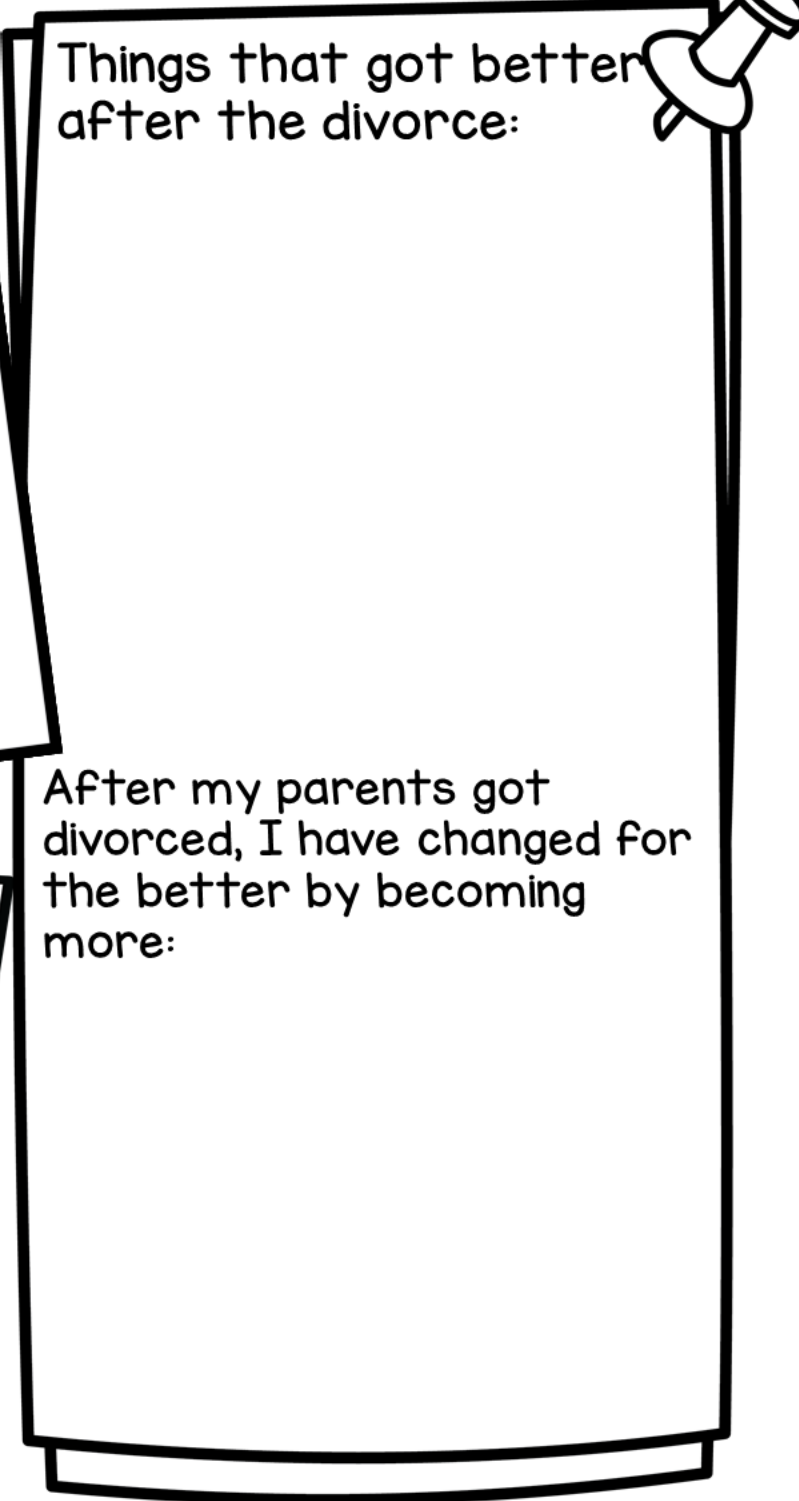
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GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps

to upload your resource.

1

Click on  [My Family Story of Divorce \(Mom & Dad Version\)](#)
the link  [My Family Story of Divorce \(Parent & Other Parent Version\)](#)

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!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

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

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



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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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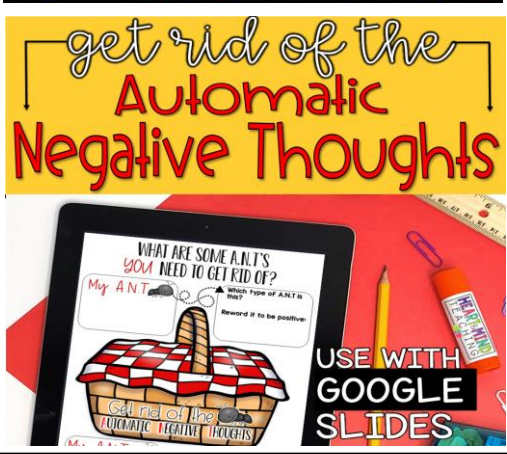
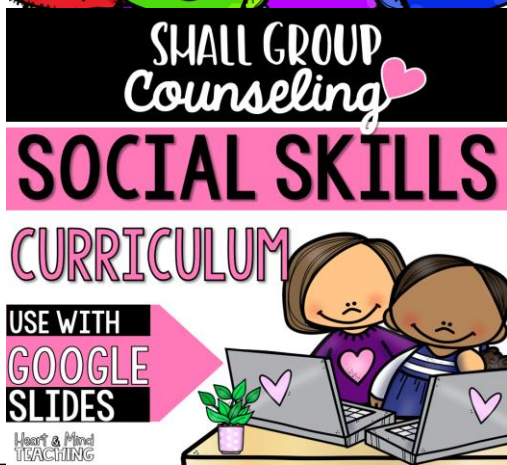
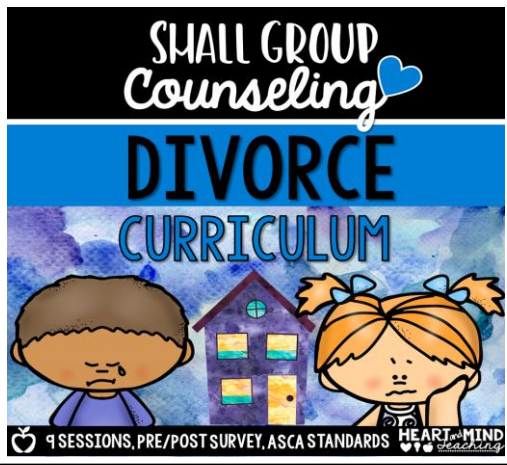
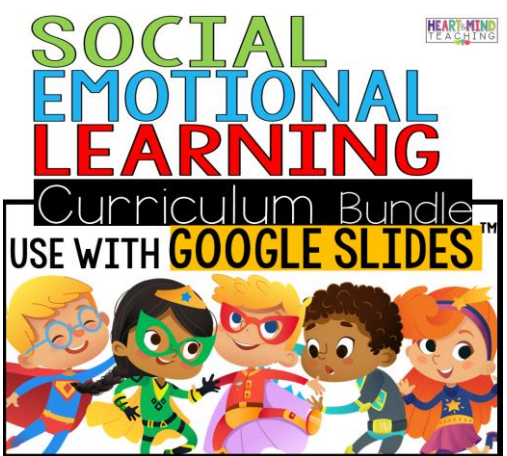
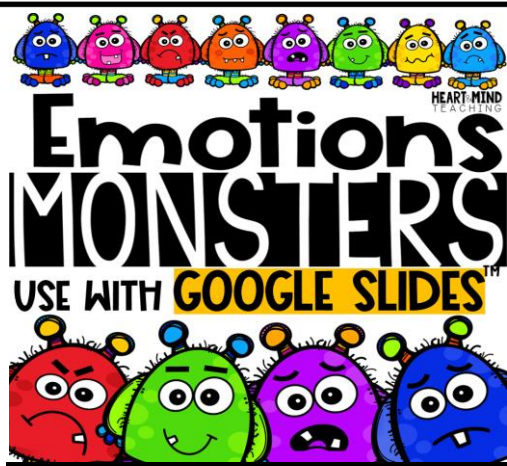
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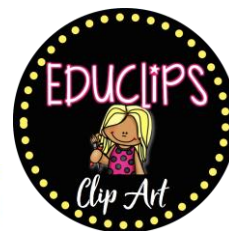
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