

SAILING through DIVORCE

SAILING through DIVORCE

Drag & Drop the things you **CAN** control into the Boat of Control boxes

How much time I spend with each parent	Reminding myself the divorce is not my fault
My choice on how to handle difficult situations (hear responses when parents fight, try to get along with the kids)	What my parents say about each other
My response to sad or angry feelings (expressing myself, journal, talk to friend)	Accepting that the divorce is happening and making the best of your new family situation
What my friends say about the divorce	Trying to get to know Stepparents and Step Siblings
What my family members say or think about the divorce	My parents arguing
My parents getting back together	My attitude about the divorce (looking on the bright side)
Where I live and who I live with	How my parents speak to each other
My parents getting back together	

Boat of Control
Things I can control

Things I can **NOT** control

Things I can control

My parents getting back together

How my parents speak to each other

Accepting the divorce.

My attitude.

Trying to get to know Step parents.

Journaling my sad feelings.

My response

What my parents say about each other.

Where I live and who I live with.

New people in my life (Stepmom)

Use with
GOOGLE SLIDES

SAILING through DIVORCE

Session Objective:

- *Students will sort things that are in their control and out of their control.
- *Students will participate in a discussion about focusing on what is in our control.

Materials:

- *Scissors
- *Glue
- *Pencil
- *Sailing through Divorce handouts.

Guiding Questions:

- *What are things we can control about the divorce?
- *What are things we cannot control about the divorce?
- *Why is it important to not focus on things we cannot control?

Session Details (about 30 minutes)

*Sailing through divorce activity: "Often times when going through divorce, we feel like everything is out of our control. We cannot control if our parents stay together or not, we do not get to decide how much time we spend with each parent. However, there are a few things about divorce that we can control. We are going to do an activity to sort what we carry with us in our sailboat's, what we can control, and what things we leave at sea, because we cannot control them." Students will cut out the sort items and paste them to their boat of control page or the leave it out at sea page. See the completed pages for answer key. There is also an option for older students where they can write in their answers on the last page of the activity. Discuss with student's the importance of not trying to control the items they left to the sea, this can cause frustration, blame, and sadness. Focusing on what you can control, can help you find acceptance with the divorce.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-management skills: Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities. (B-SMS 10)
- *Behavior: Social skills: Demonstrate social maturity and behaviors appropriate to the situation and environment. (B-SS 9)

SEL Competencies:

- *Self-awareness: accurate self-perception.
- *Self-management: stress management, self-discipline.
- *Responsible decision-making: analyzing situations.

CIRCLE OF CONTROL

THINGS I CAN NOT CONTROL

WHAT OTHERS SAY

HOW OTHERS BEHAVE

OPINIONS OF OTHERS

WHAT OTHERS THINK

MY EMOTIONS

MY THOUGHTS

MY ACTIONS

MY WORDS

HOW OTHERS FEEL

OTHER PEOPLE'S MISTAKES

MY ATTITUDE

FORGIVING OTHERS

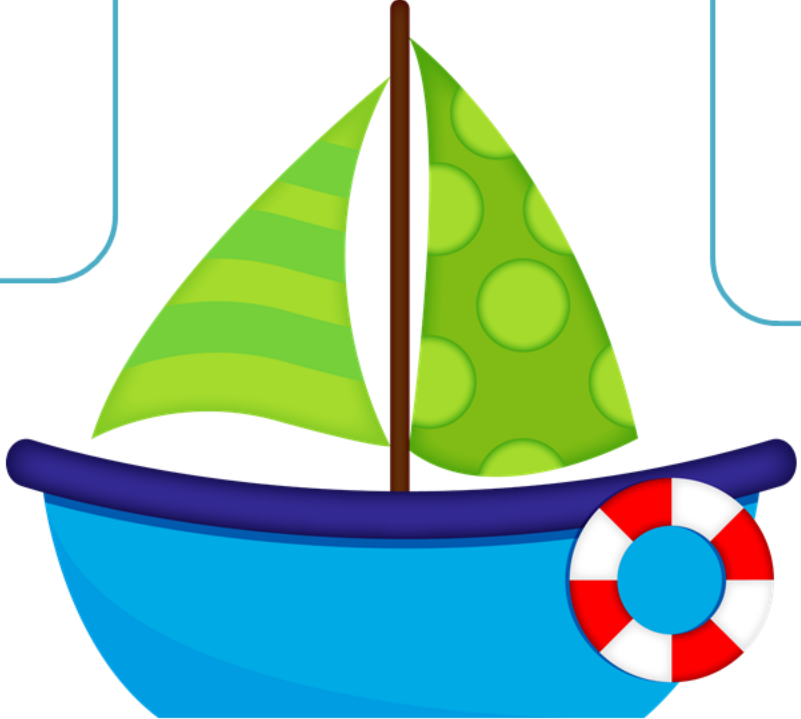
OTHER PEOPLE'S MOTIVES

PAST DECISIONS OR BEHAVIOR

THINGS I CAN CONTROL

SAILING through DIVORCE

_____ 's Boat of Control
Things I can control

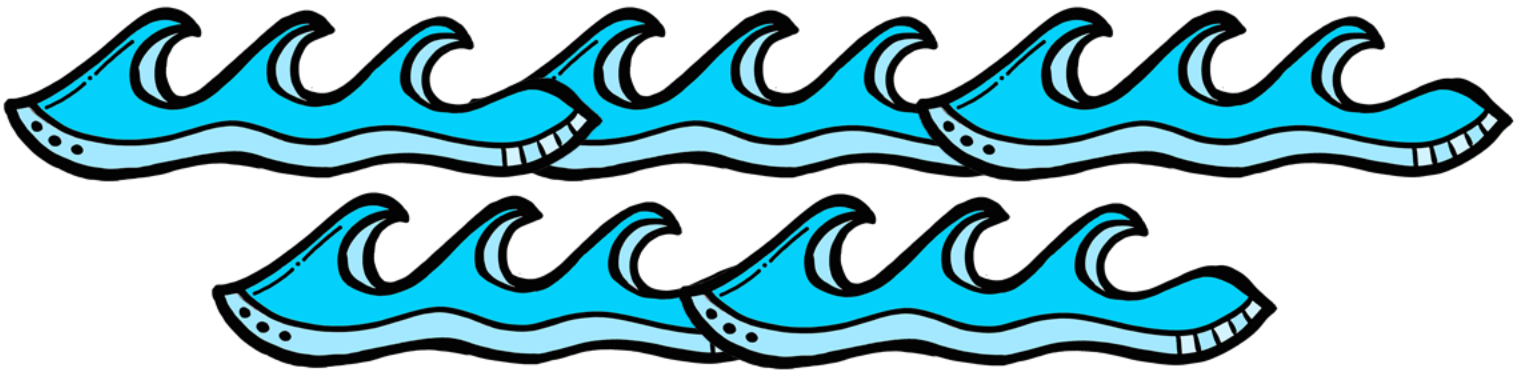


Blank rounded rectangular boxes for writing:

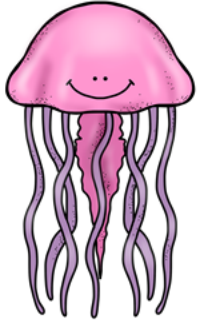
- Top center box
- Left side box
- Right side box
- Bottom left box
- Bottom middle box
- Bottom right box

SAILING through DIVORCE

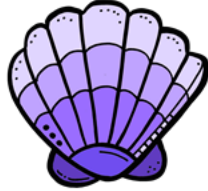
Leave it out at Sea
Things I can NOT control



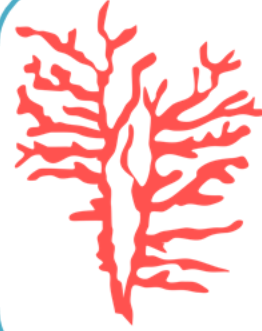
SAILING through DIVORCE



What my friends say about the divorce.



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



My parents getting back together



How my parents speak to each other.



How much time I spend with each parent.



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



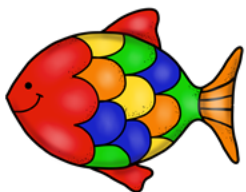
My response to sad or angry feelings: expressing myself (journal, talk to friend)



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



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



Where I live and who I live with.



My parents arguing.



What my parents say about each other.

SAILING through DIVORCE



Trying to
get to
know
Step
Parents
and Step
Siblings



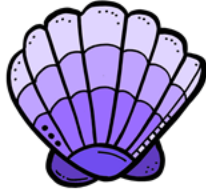
Accepting that
the divorce is
happening and
making the best
of your new
family situation.



Reminding
myself the
divorce is
not my
fault.

SAILING through DIVORCE

Boat of Control



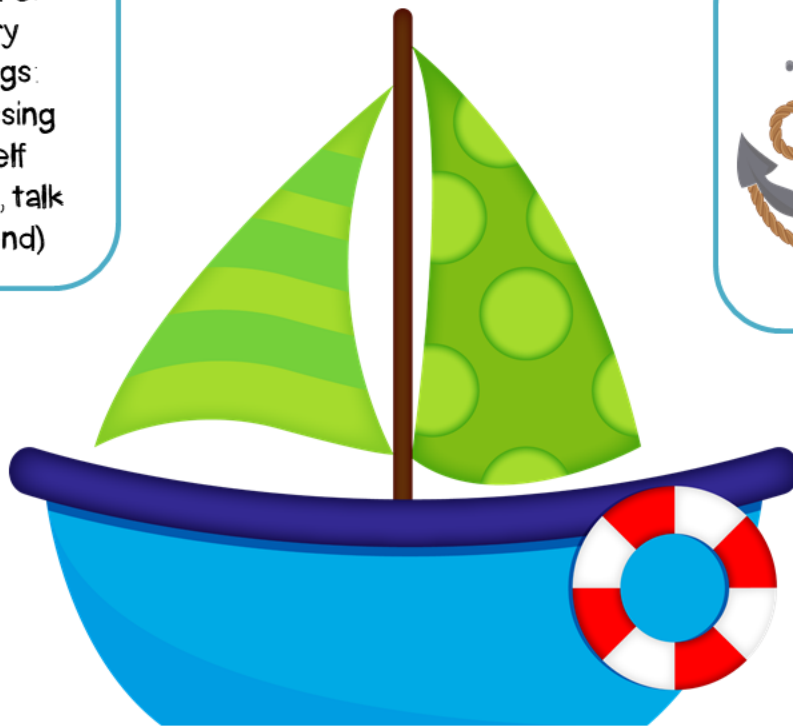
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Trying to get to know Step Parents and Step Siblings



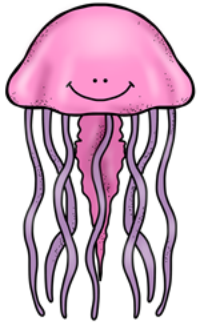
Accepting that the divorce is happening and making the best of your new family situation.



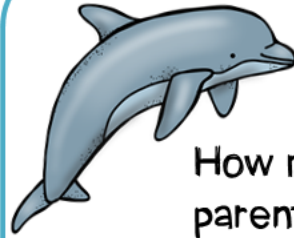
Reminding myself the divorce is not my fault.

SAILING through DIVORCE

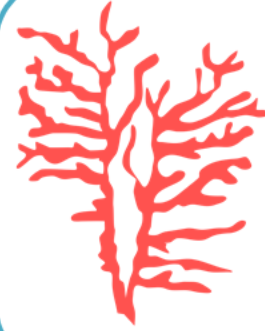
Leave it out at Sea Things I can not control



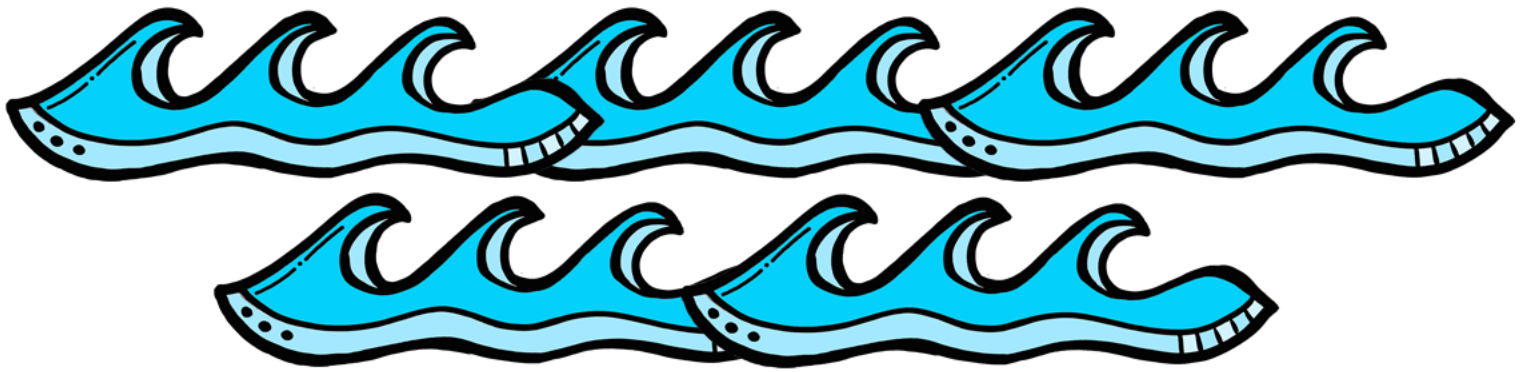
What my friends say about the divorce.



How my parents speak to each other.



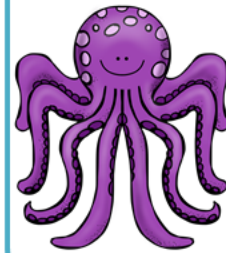
My parents getting back together



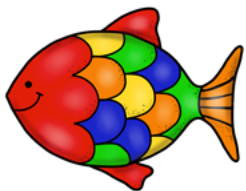
How much time I spend with each parent.



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



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



Where I live and who I live with.



My parents arguing.



What my parents say about each other.

SAILING through DIVORCE

Things I can NOT control

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SAILING through DIVORCE

Things I can NOT control

Things I can control



SAILING through DIVORCE

One thing I plan on focusing on (that I can control) is:



How this will help me:



One thing I plan on letting go of (that I can't control) is:



How this will help me:



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NOT CONTROL**

WHAT OTHERS SAY

HOW OTHERS
BEHAVE

OPINIONS
OF
OTHERS

**THINGS I CAN
CONTROL**

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HOW
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FORGIVING OTHERS

OTHER

PEOPLE'S
MOTIVES

PAST
DECISIONS OR
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SAILING through DIVORCE

_____ 's Boat of Control

Things I can control

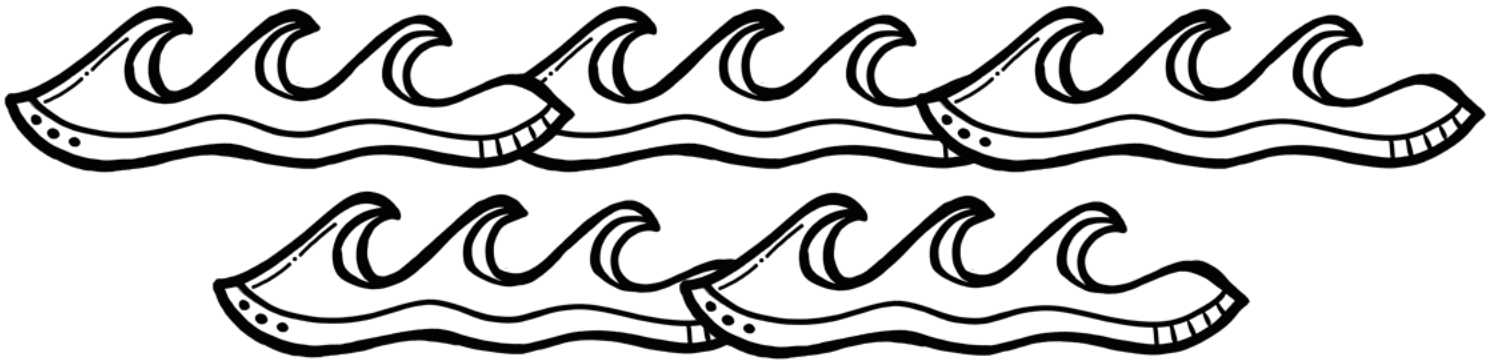
The worksheet contains six empty rounded rectangular boxes for writing, arranged as follows:

- One box at the top center, above the mast of the sailboat.
- One box on the left side, to the left of the sailboat.
- One box on the right side, to the right of the sailboat.
- Three boxes at the bottom, below the hull of the sailboat, arranged in a row.

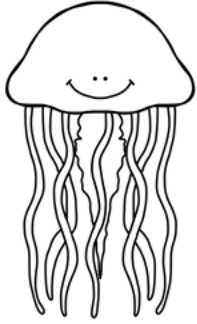
SAILING through DIVORCE

Leave it out at Sea
Things I can not control

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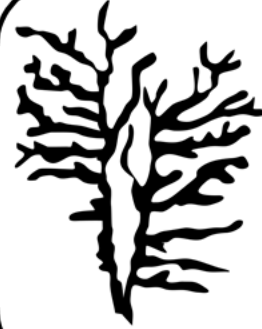
SAILING through DIVORCE



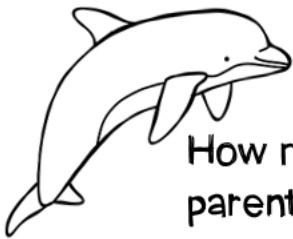
What my friends say about the divorce.



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



My parents getting back together



How my parents speak to each other.



How much time I spend with each parent.



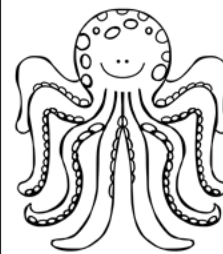
My choice on how to handle difficult situations (wear headphones when parents fight, try to get along with step family)



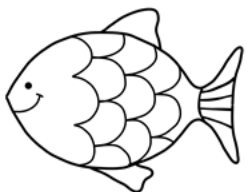
My response to sad or angry feelings: expressing myself (journal, talk to friend)



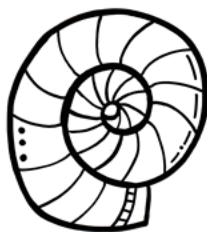
What my other family members say or think about the divorce.



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



Where I live and who I live with.



My parents arguing.



What my parents say about each other.

SAILING through DIVORCE



Trying to
get to
know
Step
Parents
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Accepting that
the divorce is
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Reminding
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SAILING through DIVORCE

Boat of Control



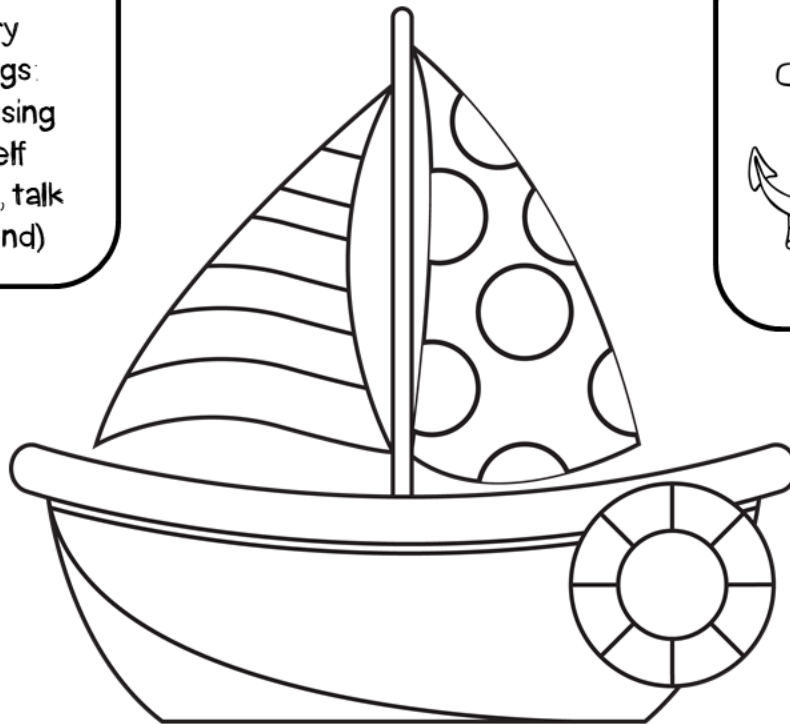
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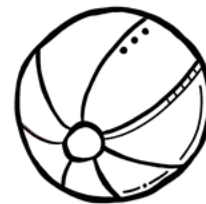
My choice on how to handle difficult situations (wear headphones when parents fight, try to get along with step family)



Trying to get to know Step Parents and Step Siblings



Accepting that the divorce is happening and making the best of your new family situation.



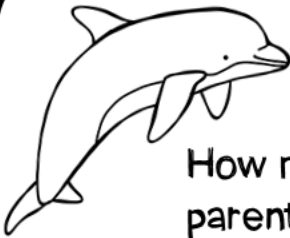
Reminding myself the divorce is not my fault.

SAILING through DIVORCE


Leave it out at Sea Things I can not control




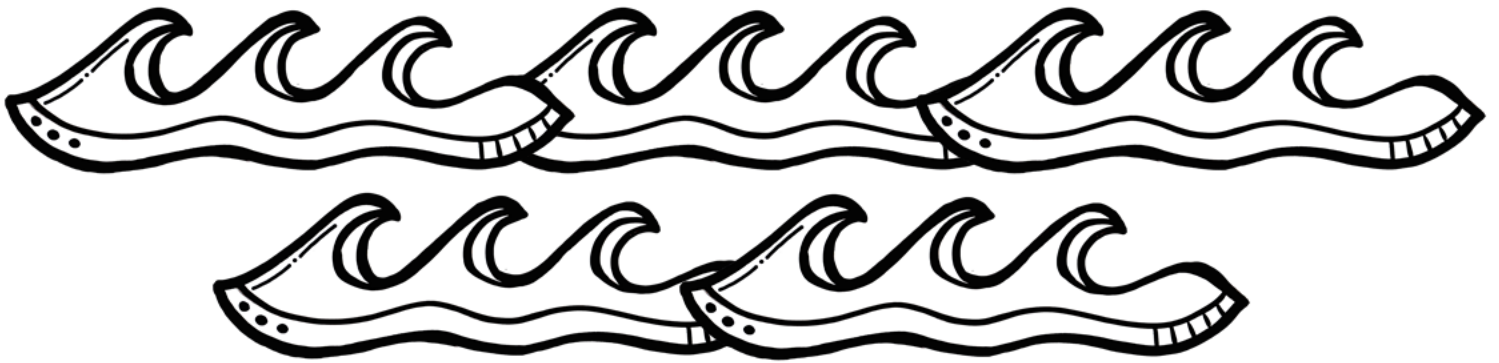
What my friends say about the divorce.




How my parents speak to each other.



My parents getting back together



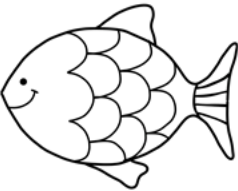
How much time I spend with each parent.



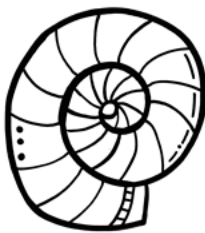
What my other family members say or think about the divorce.



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



Where I live and who I live with.



My parents arguing.



What my parents say about each other.

SAILING through DIVORCE

Things I can NOT control

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Things I can control

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

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What my parents say about each other

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

Trying to get to know Step Parents and Step Siblings

What my friends say about the divorce.

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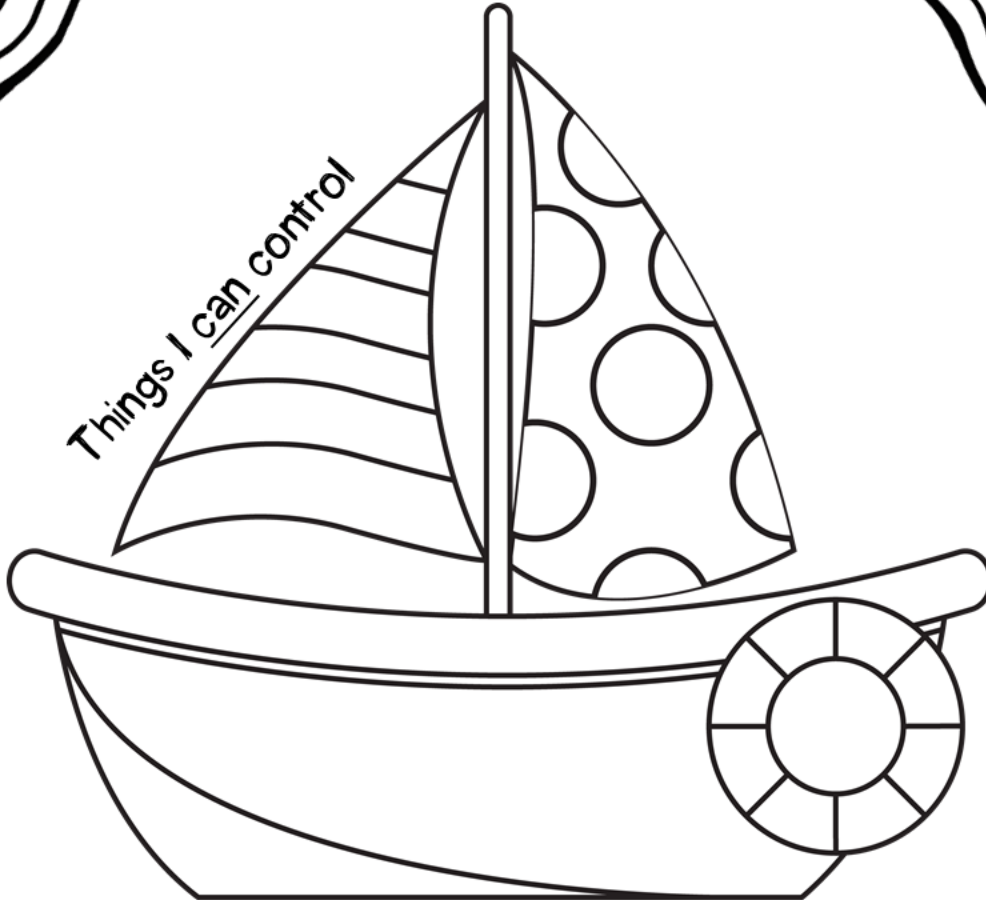
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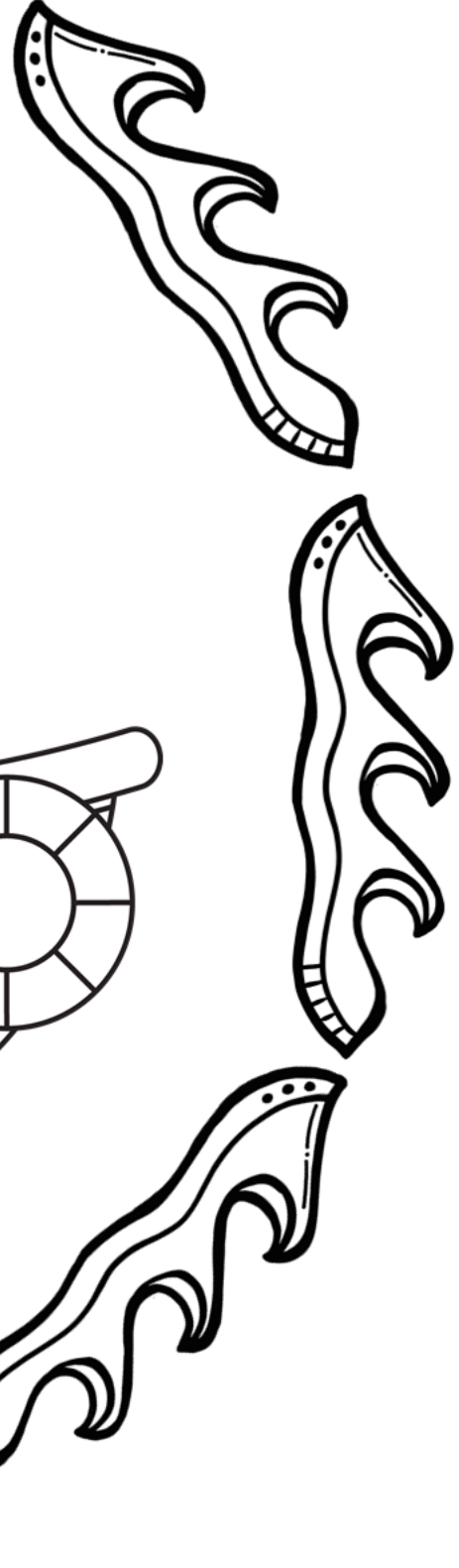
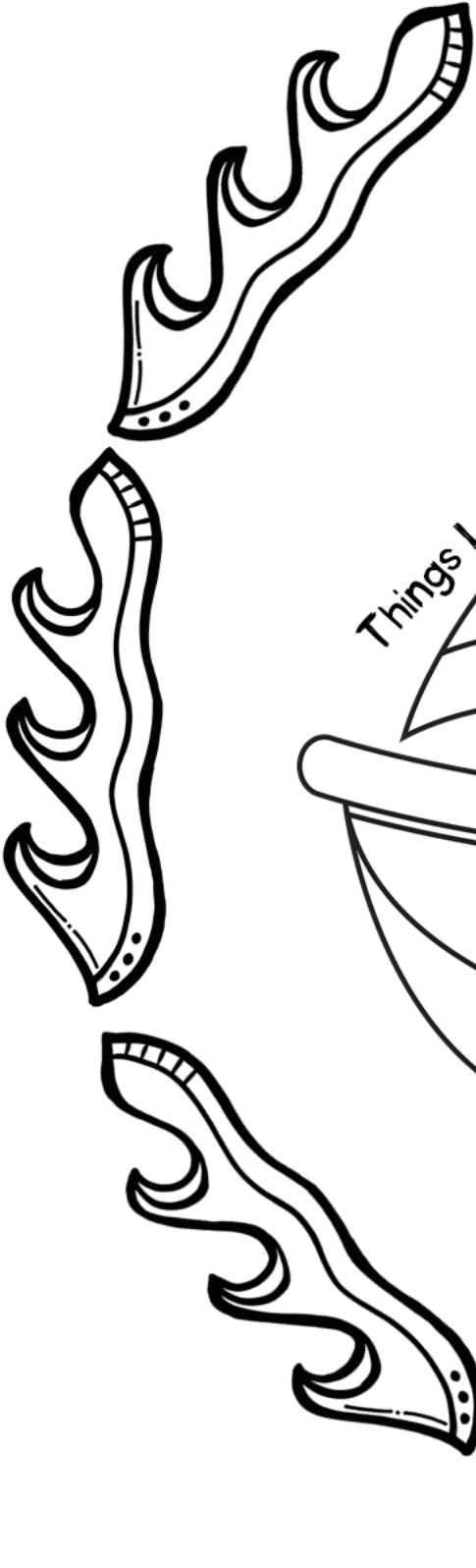
SAILING through DIVORCE



Things I can NOT control

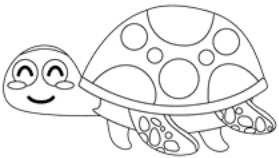


Things I can control

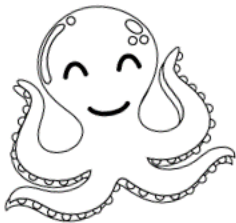


SAILING through DIVORCE

One thing I plan on focusing on (that I can control) is:



How this will help me:



One thing I plan on letting go of (that I can't control) is:



How this will help me:



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 here  [Sailing through Divorce](#)

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 \(youtube video\)](#)



Thank you for supporting my little shop!

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.

Access my Freebie Library



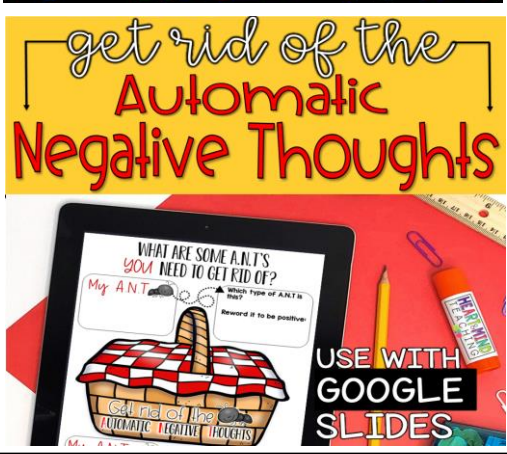
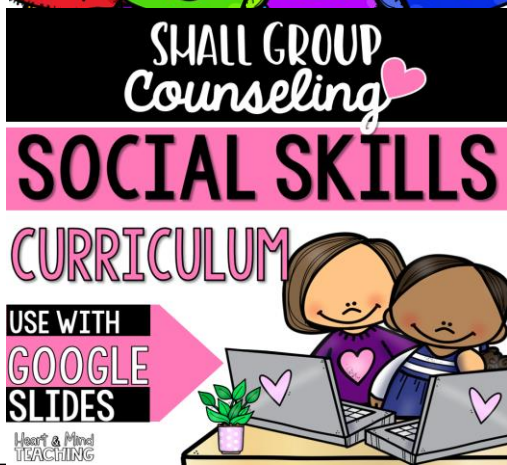
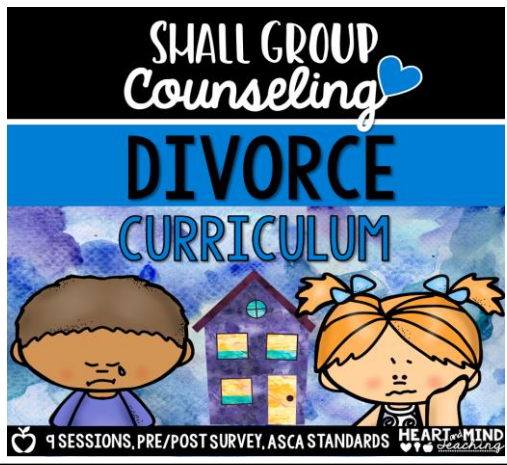
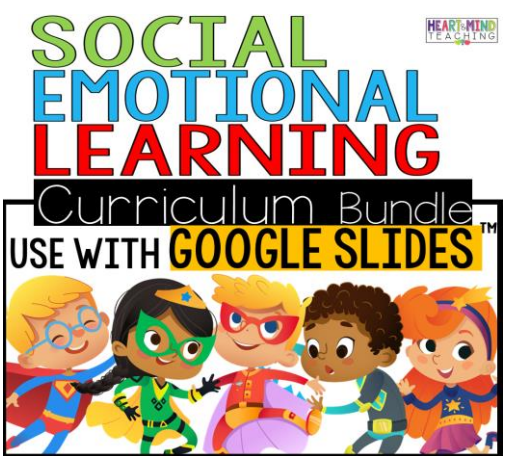
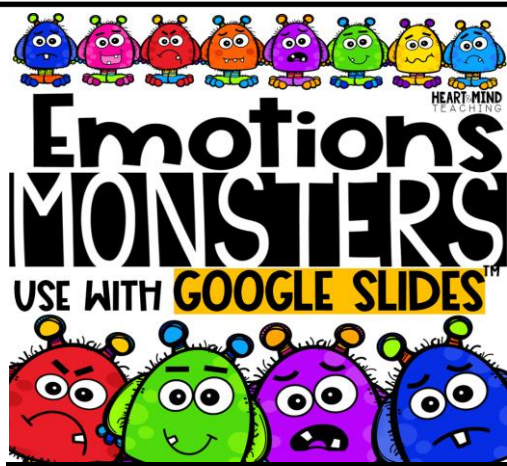
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C H E C K T H I S O U T

This resource and 8 others are included in this Curriculum



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Questions or Concerns?
Please reach out to me at:

heartandmindteaching@gmail.com



CREDITS



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[Courtney Keimer](#)