

# SMALL GROUP Counseling

## DIVORCE

## CURRICULUM

USE WITH  
GOOGLE  
SLIDES



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SMALL GROUP  
Counseling   
DIVORCE



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# ASCA MINDSETS & BEHAVIORS AND SEL COMPETENCIES ADDRESSED

SMALL GROUP  
Counseling  
DIVORCE



## ASCA Mindset Standards

- \*Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- \*Sense of belonging in the school environment. (M 3)

## ASCA Behavior Standards

### Self-Management Skills

- \*Demonstrate ability to assume responsibility. (B-SMS 1)
- \*Demonstrate effective coping skills when faced with a problem. (B-SMS 7)
- \*Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities. (B-SMS 10)

### Social Skills

- \*Use effective oral and written communication skills and listening skills (B-SS 1)
- \*Create positive and supportive relationships with other students. (B-SS 2)
- \*Create relationships with adults that support success. (B-SS 3)
- \*Use effective collaboration and cooperation skills. (B-SS 6)
- \*Demonstrate social maturity and behaviors appropriate to the situation and environment. (B-SS 9)

## CASEL (Social-emotional Learning) Standards

### Self-awareness

- \*Identifying emotions
- \*Accurate self-perception
- \*Recognizing strengths

### Responsible decision-making

- \*Analyzing situations
- \*Solving problems
- \*Evaluating
- \*Reflecting
- \*Ethical responsibility

### Relationship skills

- \*Communication
- \*Social Engagement
- \*Relationship-building
- \*Teamwork

### Social-awareness

- \*Appreciating Diversity
- \*Respect for others

### Self-management

- \*Stress management
- \*Self-discipline

# GROUP COUNSELING REFERRAL



SMALL GROUP  
Counseling   
DIVORCE

Small group counseling sessions will begin soon. Groups meet \_\_\_\_\_ for \_\_\_\_\_ minutes, for approximately \_\_\_\_\_ sessions during school hours. **Please speak with the parent/guardian prior to making a recommendation to participate in a group.** Explain that students benefit from social emotional learning, make friends in the group, and enjoy attending. Once I receive this paper, consent forms will be sent home. Please return them to \_\_\_\_\_.

**Group Type:** Divorce– Helping students cope with the stressors that come with Divorce.

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

STUDENT NAME	Times if student is pulled for ESE/Speech	Comments about student area of need

# GROUP COUNSELING REFERRAL



SMALL GROUP  
Counseling   
DIVORCE

Small group counseling sessions will begin soon. Groups meet \_\_\_\_\_ for \_\_\_\_\_ minutes, for approximately \_\_\_\_\_ sessions during school hours. **Please speak with the parent/guardian prior to making a recommendation to participate in a group.** Explain that students benefit from social emotional learning, make friends in the group, and enjoy attending. Once I receive this paper, consent forms will be sent home. Please return them to \_\_\_\_\_.

**Group Type:** Divorce– Helping students cope with the stressors that come with Divorce.

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

STUDENT NAME	Times if student is pulled for ESE/Speech	Comments about student area of need

# PARENT CONSENT

SMALL GROUP  
Counseling  
DIVORCE

Dear Parent/Guardian:

At \_\_\_\_\_, we offer small counseling groups to interested students. Small group counseling is a unique educational experience in which students work together to explore their ideas, attitudes, feelings and behaviors, especially as related to personal development and progress in school. Small group counseling teaches life skills and strategies to students that enhance their ability to succeed academically and socially as well as cope with stressful situations. Listed below are the types of groups offered and the one that was suggested to be beneficial for your child:

\*Divorce (Helping students cope with the stressors that come with Divorce)

Students participating in small group counseling have been parent referred, teacher/ staff referred, or self-referred. Groups will meet for \_\_\_\_\_, \_\_\_\_\_, during school hours for approximately \_\_\_\_ weeks, starting \_\_\_\_\_.

Please return this form as soon as possible as there are a limited number of spaces available.

Sincerely,

## Parent Consent for Small Group Counseling Participation

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

# CONSENTIMIENTO DE LOS PADRES

SMALL GROUP  
Counseling  
DIVORCE

Estimado Padre / Tutor:

En \_\_\_\_\_, ofrecemos pequeños grupos de asesoramiento a los estudiantes interesados. Consejería de grupo pequeño es una experiencia educativa única en la que los estudiantes trabajan juntos para explorar sus ideas, actitudes, sentimientos y comportamientos, especialmente en lo relacionado con el desarrollo personal y el progreso académico. Consejería en grupos pequeños enseña habilidades para la vida y estrategias para los estudiantes que mejoran su capacidad de tener éxito académico y social, así como hacer frente a situaciones de estrés. A continuación se enumeran los tipos de grupos que se ofrecen y el que sería beneficioso para su hijo:

\_\_\_\_\_ Divorcio (Ayudando al alumno enfrentarse con los estresores que ocurren con el divorcio.)

Los estudiantes que participan en los grupos pequeños han sido referidos por sus padres, maestro, o auto referido. El grupo pequeño se reunirán durante \_\_\_\_\_, durante el horario escolar durante aproximadamente \_\_\_\_\_ semanas a partir de \_\_\_\_\_.

Por favor envíe este formulario tan pronto sea posible, ya que hay un número limitado de plazas disponibles. Si tiene alguna pregunta, por favor de comunicarse directamente con \_\_\_\_\_ al \_\_\_\_\_.

Atentamente,

Consentimiento de los Padres para Grupo Pequeño Participación Consejería

Nombre del Estudiante: \_\_\_\_\_ Grado: \_\_\_\_\_

Maestro: \_\_\_\_\_ Fecha: \_\_\_\_\_

Nombre del Padre / Tutor: \_\_\_\_\_

Firma del Padre / tutor: \_\_\_\_\_



# DESK REMINDERS

SMALL GROUP  
Counseling  
DIVORCE



Fill out, cut out, and tape to student's desk.

Our group  
meets on \_\_\_\_\_  
at \_\_\_\_\_  
\_\_\_\_\_

Our group  
meets on \_\_\_\_\_  
at \_\_\_\_\_  
\_\_\_\_\_

Our group  
meets on \_\_\_\_\_  
at \_\_\_\_\_  
\_\_\_\_\_

Our group  
meets on \_\_\_\_\_  
at \_\_\_\_\_  
\_\_\_\_\_



Our group  
meets on \_\_\_\_\_  
at \_\_\_\_\_  
\_\_\_\_\_

Our group  
meets on \_\_\_\_\_  
at \_\_\_\_\_  
\_\_\_\_\_

# ATTENDANCE

SMALL GROUP  
Counseling   
DIVORCE



DATE 								
NAME 								

# PRE SURVEY

This is how I am doing BEFORE group



Always



Sometimes



Hardly



Never

I understand that my parent's divorce is not my fault.				
I know what stage of dealing with divorce I am currently in.				
I can identify things about the divorce that I can control and things I can not control.				
I know how to identify and express my feelings.				
I know what I can do when I feel upset about my parent's divorce.				
I know ways to make traveling from home to home easier.				
I know ways to improve relationships with step family members.				

# POST SURVEY

This is how I am doing AFTER group



Always



Sometimes



Hardly



Never

I understand that my parent's divorce is not my fault.				
I know what stage of dealing with divorce I am currently in.				
I can identify things about the divorce that I can control and things I can not control.				
I know how to identify and express my feelings.				
I know what I can do when I feel upset about my parent's divorce.				
I know ways to make traveling from home to home easier.				
I know ways to improve relationships with step family members.				



PASS TO :  
SEE THE  
**COUNSELOR**

Valid every \_\_\_\_\_ at \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Signed: \_\_\_\_\_

© Heart & Mind Teaching

PASS TO :  
SEE THE  
**SOCIAL  
WORKER**

Valid every \_\_\_\_\_ at \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Signed: \_\_\_\_\_

© Heart & Mind Teaching

PASS TO :  
SEE THE  
**PSYCHOLOGIST**

Valid every \_\_\_\_\_ at \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Signed: \_\_\_\_\_

© Heart & Mind Teaching

HALL  
PASS FOR  
**GROUP  
COUNSELING**

Valid every \_\_\_\_\_ at \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Signed: \_\_\_\_\_

© Heart & Mind Teaching

What you say  
IN HERE  
Stays

IN HERE

Unless:

SOMEONE IS HURTING YOU.

YOU WANT TO HURT SOMEONE.

YOU WANT TO HURT YOURSELF

# SESSION I

## Icebreaker & Rules

SMALL GROUP  
Counseling   
DIVORCE



### Session Objective:

- \*Students will participate in an icebreaker activity and answer personal questions.
- \*Students will work collaboratively to identify and create group rules.

### Materials:

- \*Pencil
- \*Crayons
- \*Heart puzzle handout
- \*Group Rules handout
- \*Pre-Survey handout

### Guiding Questions:

- \*What is something you learned about someone else in the group?
- \*What are some of our similarities and differences?

### Session Details (about 30 minutes)

\*Counselor will welcome students to the group. "Welcome to the group everyone, we are all here because we have something in common with each other, we all are going through or have been through a divorce. We are going to work together to learn ways to cope with some of the stressors that come with divorce."

\*Icebreaker Activity: "Let's do an activity to get to know each other better, I will participate too so you can get to know me." Pass out Heart Puzzle activity page. "Write your name at the top because this represents your heart and we are going to fill it with all the people, animals and things that we love." Have students start with the people in their life that they love, write their names in a puzzle piece, one name per piece. Then move to pets, things, activities that also fill their heart with love. Help students to make sure everyone has something in each puzzle piece, point out similarities between students responses. They can color it after all puzzle pieces are completed. Explain that this is something they can keep and when they are feeling sad, they should take it out and remind themselves of how much love they have in their heart.

\*Creating Group Rules: "Now that we have got to know each other, let's create some group rules together. Raise your hand if you can think of a rule that would help our group go smoothly." Guide the discussion to include being respectful of others, taking turns to speak, and confidentiality. Have students complete the pre-survey. Tell them to be honest and that it's just for you to know what they want to work on.

### ASCA Standards Alignment:

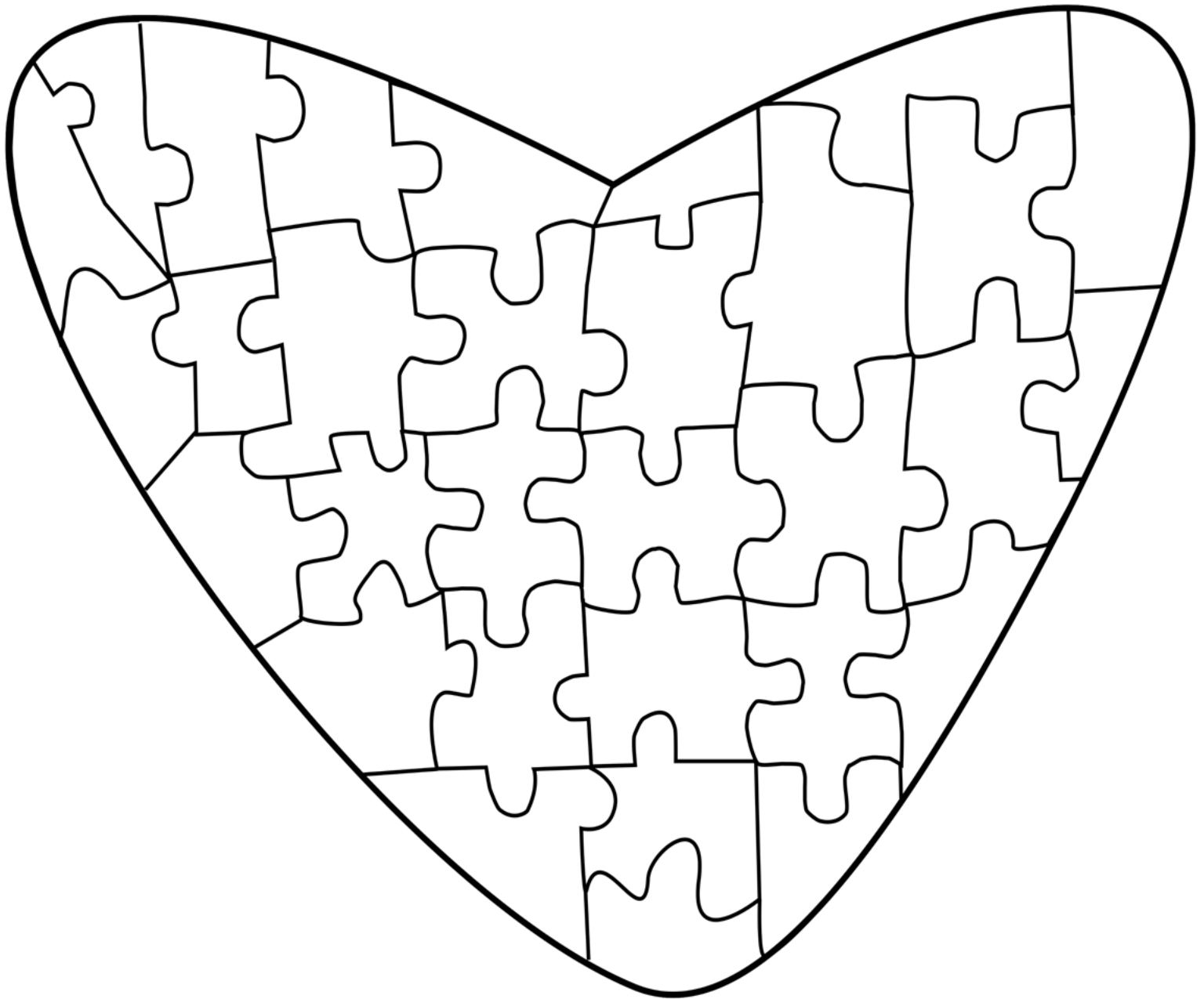
- \*Mindset: Sense of belonging in the school environment. (M 3)
- \*Behavior: Social Skills: Create positive and supportive relationships with other students. (B-SS 2)
- \*Behavior: Social Skills: Use effective collaboration and cooperation skills. (B-SS 6)

### SEL Competencies:

- \*Self-awareness: recognizing strengths.
- \*Relationship skills: relationship building, communication, social engagement, teamwork.
- \*Social-awareness: Respect for others, appreciating diversity.

*My Heart is full with love*

.....'s Heart



In each puzzle piece, put the name of a person, pet, a memory, an item, or thing that fills your heart with love.



# GROUP RULES

SMALL GROUP  
Counseling   
DIVORCE



Our group has agreed upon the following rules:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

# SESSION 2

## My Family Story

SMALL GROUP  
Counseling   
DIVORCE



### Session Objective:

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

### Materials:

- \*Pencil
- \*My Family Story handouts

### 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?

### 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.

### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the group. "Welcome back to the group everyone, let's quickly review our group rules...", "Last time we met, we got to know each other, today we are going to talk about our families and learn more about what each person's divorce experience was like."
- \*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.
- \*Thank everyone for their participation and get them excited for next session in which we will explore the stages of dealing with divorce.

# Mom & Dad Version

Page 18-27



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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:

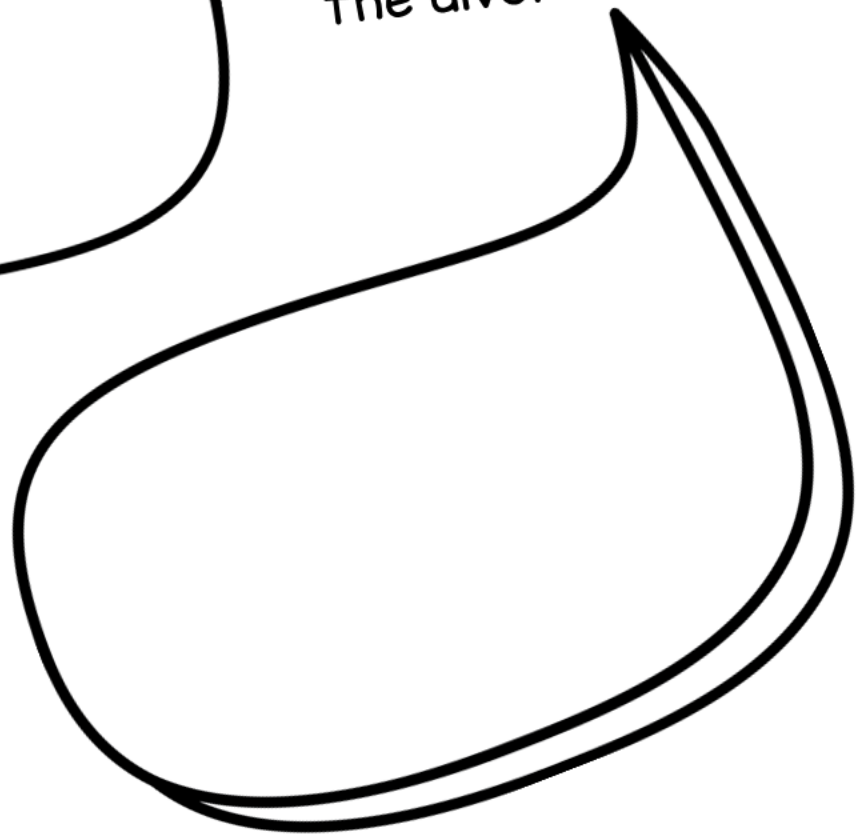
# My FAMILY STORY

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.
<input type="checkbox"/>	Play outside.
<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.



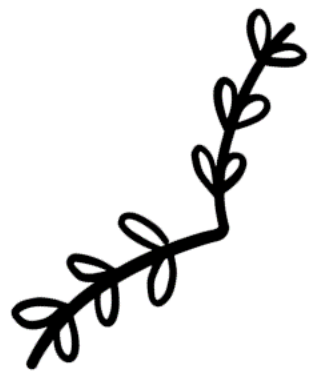
Just because your parents divorced, does not mean that you will end up divorced. Kids who have been through divorce may end up having more insight as to what makes a relationship successful because they saw what did not work.



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 28-38



---

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

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:

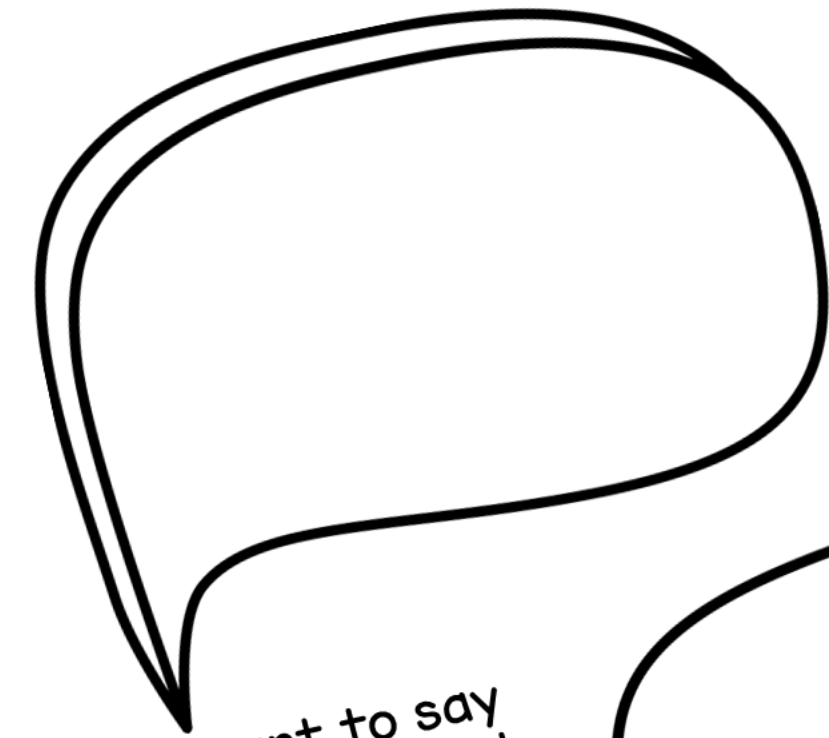
One positive thing  
about the new  
people in my life  
after the divorce is:

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



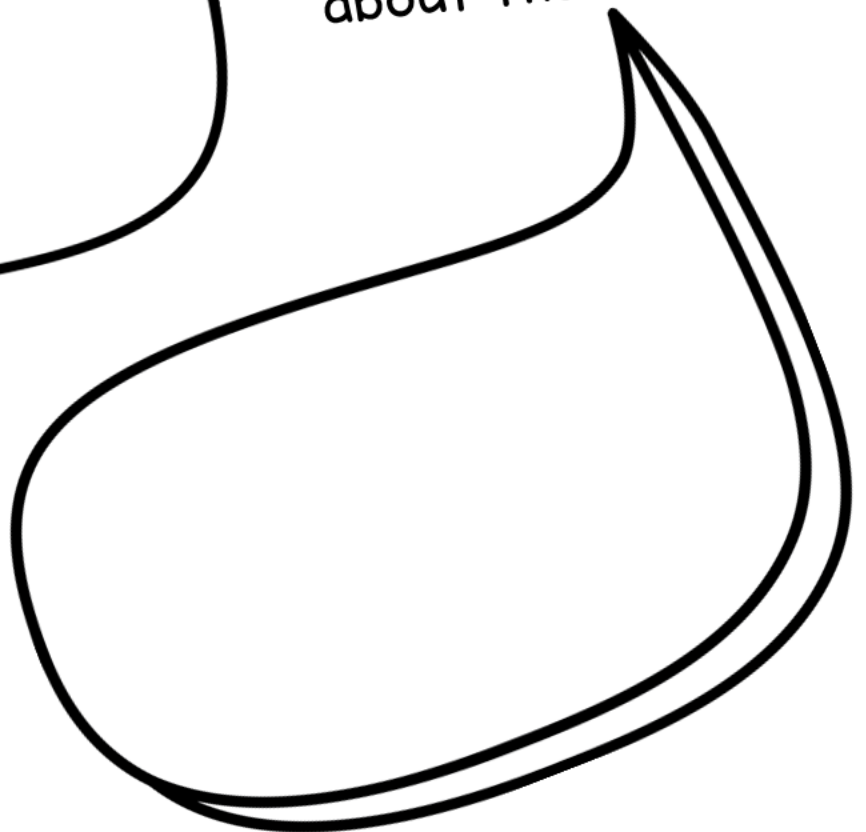
# My FAMILY STORY

These are questions that I have about the divorce:



What I want to say  
to my other parent  
about the divorce.

What I want to say  
to one of my parents  
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.
<input type="checkbox"/>	Play outside.
<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.

# SESSION 3

## The Divorce Storm



SMALL GROUP  
Counseling   
DIVORCE

### Session Objective:

- \*Students will identify what different emotions feel and look like.
- \*Students will recognize ways to cope with different emotions.

### Materials:

- \*Pencil
- \*The Divorce Storm handouts.

### Guiding Questions:

- \*What are some emotions that divorce might make us feel?
- \*Why is it important to understand what emotions we are feeling?
- \*What are some similarities/differences we have regarding divorce?

### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the group. "Welcome back to the group everyone, who can tell me the group rules...", "Last time we met, we got to know each other's families and the story of everyone's divorce. Today, we are going to talk about the different feelings that people go through when experiencing a divorce."
- \*The Divorce Storm Activity: "A divorce can sometimes feel like a bad storm, unpredictable and scary. Just like a storm has many different expressions (rain, lightning, wind) so do we as humans going through divorce (sad, angry, confused). Let's discuss some of those different emotions that we may feel. The first is sad, what does sad feel like? What does it look like? It may be different from person to person." Use the completed pages as a guide for student responses. Complete the rest of the emotions together on the chart. Next, work together to complete each emotion page. Compare what some students have in common, help them come up with the ways to recover from this emotion. "Once we are able to recognize an emotion or feeling, or become self-aware, we can do things to help us overcome that emotion and prevent us from feeling like that for too long."
- \*Thank everyone for their participation and explain the next session they will learn about the different stages of dealing with 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 effective coping skills when faced with a problem. (B-SMS 7)

### SEL Competencies:

- \*Self-awareness: identifying emotions, accurate self-perception.
- \*Self-management: stress management, self-discipline.
- \*Responsible decision-making: evaluating.





# DIVORCE STORM

Feels like...

Looks like...



Tears in eyes  
Hanging head low  
Quiet/shaky voice  
Trembling lips  
Dragging feet  
Tiredness



Face gets hot/red  
Pounding heart  
Breathing faster  
Clenched fist/jaw  
Thinking shuts down



Tapping hands/feet  
Sweating/feeling hot  
Mind racing  
Tense  
Butterflies in stomach



Eyebrows  
scrunched together  
Stuttering speech  
Tense  
Questioning look





# DIVORCE STORM

Feels like...

Looks like...



## Embarrassed

Holding back tears  
Stomach in knots  
Hiding face  
Blushing/red face  
Head hanging low  
No eye contact



## Scared

Fast/heavy breathing  
Heart pounding  
Whimpering  
Hands shaking  
Knees like rubber



## Shocked

Mouth wide open  
Eyes popping out  
Sense of disbelief  
Fast beating heart  
Hands covering mouth



## Content

Smiling face  
Regular heartbeat  
Calm  
Comfortable  
Relaxed  
Regular breathing





# DIVORCE STORM

Feels like...

Looks like...



Sad



Angry



Worried



Confused





# DIVORCE STORM

Feels like...

Looks like...



Embarrassed



Scared



Shocked



Content



How I look  
when I am sad:



Things that make me sad  
about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am sad:



Things I can do to not feel sad about the divorce:



# Angry



How I look  
when I am angry:



Things that make me angry  
about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am angry:



Things I can do to not feel angry about the divorce:





How I look  
when I am worried:

# Worried



Things that make me  
worried about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am worried:

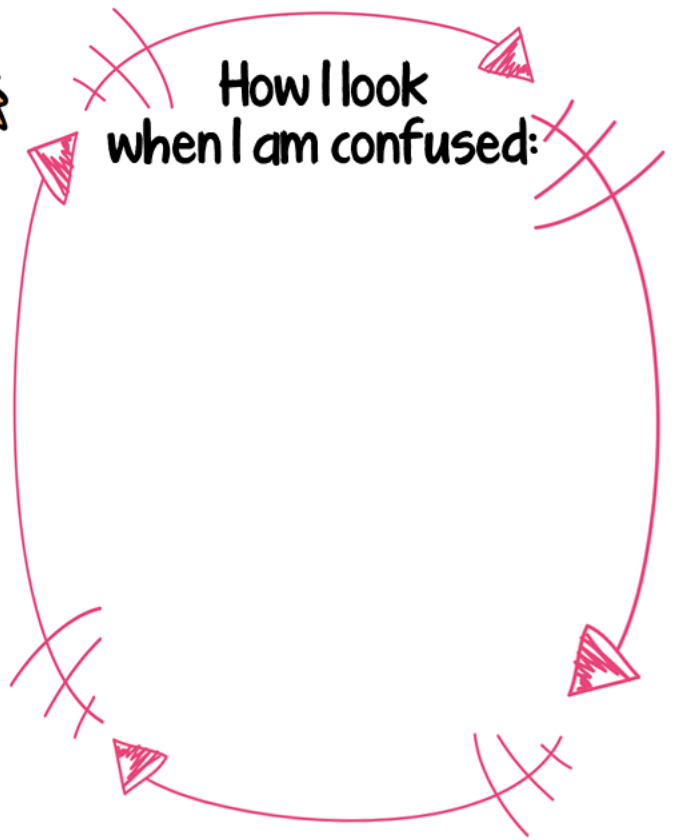


Things I can do to not feel worried about the divorce:



# Confused

How I look  
when I am confused:

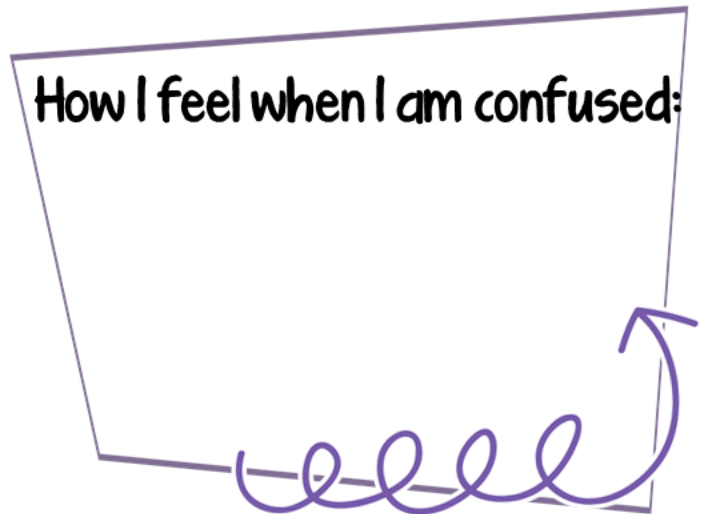


Things that make me  
confused about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am confused:



Things I can do to not feel confused about the divorce:







# Embarrassed

How I look  
when I am  
embarrassed:



Things that make me  
embarrassed about the  
divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am  
embarrassed:



Things I can do to not feel embarrassed about the divorce:





# Scared

How I look  
when I am scared:



Things that make me  
scared about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am scared:



Things I can do to not feel scared about the divorce:



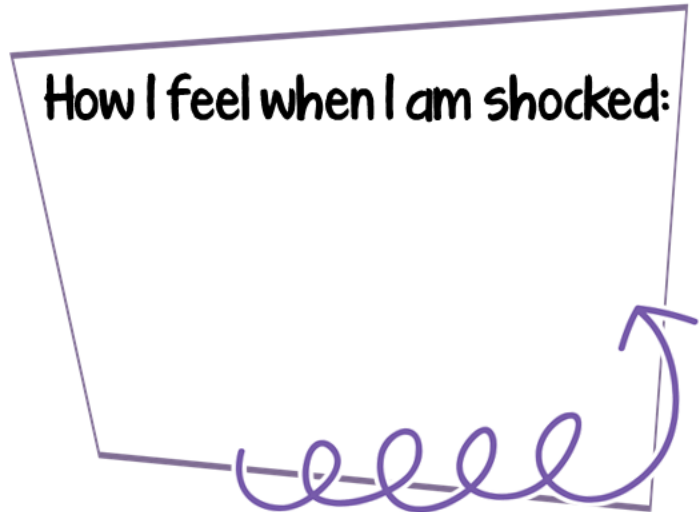


# Shocked

How I look  
when I am shocked:



How I feel when I am shocked:



Things that make me  
shocked about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

Things I can do to not feel shocked about the divorce:



# Content

How I look  
when I am content:



Things that make me  
content about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am content:



Things I can do to feel content about the divorce:





# SESSION 4

## Stages of Divorce

SMALL GROUP  
Counseling   
DIVORCE



### Session Objective:

- \*Students will learn about the different stages of dealing with divorce.
- \*Students will identify the stage of dealing with divorce that they are in.

### Materials:

- \*Pencil
- \*Stages of Divorce handouts.

### Guiding Questions:

- \*Why is it important to understand which stage of Divorce we are going through?
- \*How can it be beneficial to know which stage we are working towards?

### 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 assume responsibility (B-SMS 1)

### SEL Competencies:

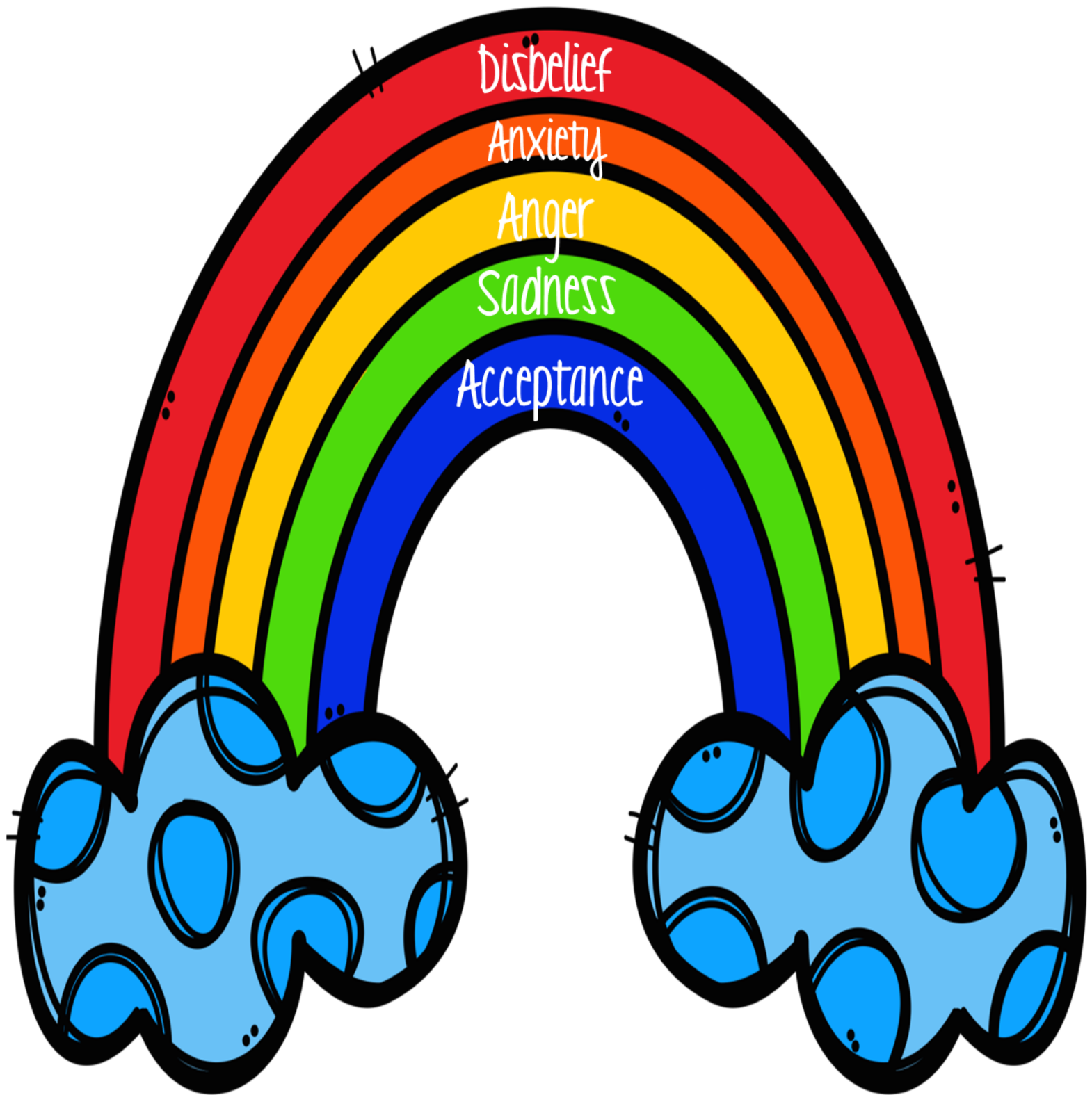
- \*Self-awareness: identifying emotions, accurate self-perception.
- \*Social-awareness: Respect for others, appreciating diversity.
- \*Responsible decision-making: analyzing situations, evaluating, reflecting.

### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the group. "Welcome back to the group everyone, let's quickly review our group rules...", "Last time we met, we talked about the feelings and emotions that sometimes come along with divorce. Today, we are going to talk about the different stages that people go through when experiencing a divorce."
- \*Over the Rainbow Activity: Show students the rainbow with the stages listed on them. "Last session, we talked about how divorce can sometimes feel like a storm in our lives. Oftentimes after a storm, a rainbow shows in the sky, but you have to wait for the storm to pass to be able to see the beautiful rainbow. Just like dealing with divorce, you have to go through some difficult feelings and stages to eventually feel okay with the divorce. The first stage many people go through is Disbelief." Go through the disbelief page together, have students put a checkmark on the statements they have felt. Once you have gone through each of the 5 stages, complete the summary page about what stage they think they are in. Explain that people do not always go through these stages in a specific order, or time frame. Some people take more time in one stage, or even go back and forth between stages. Discuss what stage they would like to be in in 6 months.
- \*Thank everyone for their participation and explain the next session will cover traveling between homes.



# STAGES OF DIVORCE



# STAGES OF DIVORCE



## DISBELIEF

Disbelief is a combination of shock and denial. Most people react to a loss with a feeling of numbness and thinking "this can not be happening". In this stage, you may deny the reality of the divorce to avoid the pain it causes and avoid being overwhelmed. This stage can last for weeks.

**PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:**

☐

**THIS CAN NOT BE HAPPENING!**

☐

**MY PARENTS ARE NOT BREAKING UP.**

☐

**I AM SURE THIS IS TEMPORARY.**

☐

**THEY ARE JUST HAVING AN ARGUMENT,  
THEY WILL WORK IT OUT EVENTUALLY.**

☐

**THEY WILL GET BACK TOGETHER.**



# STAGES OF DIVORCE



## ANXIETY

Anxiety involves questioning and confusion about what will happen to you and your family due to the divorce. During this stage, you may try to bargain to get your parents back together. For example, "If I get better grades, maybe my parents will get back together".

**PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:**

☐

THE DIVORCE IS MY FAULT.

☐

MAYBE IF I WAS BETTER BEHAVED MY PARENTS WOULD NOT BREAK UP.

☐

WHERE WILL I LIVE?

☐

WHICH HOUSE WILL MY PET LIVE AT?

☐

WHAT IF MY PARENTS FALL OUT OF LOVE WITH ME?

# STAGES OF DIVORCE



## ANGER

Anger is caused by frustration, disappointment, and built-up emotions. This can lead to lashing out and blaming one or both parents for the loss. You may also compare your family to other families and feel resentment. In this stage, you may be thinking "why me?"

**PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:**

☐

THIS IS NOT FAIR!

☐

I KNOW IT'S MY MOM'S/DAD'S FAULT.

☐

THEY ARE RUINING OUR LIVES!

☐

WHY ARE THEY DOING THIS TO ME?

☐

WHY CAN'T WE HAVE A NORMAL FAMILY LIKE EVERYONE ELSE!



# STAGES OF DIVORCE



## SADNESS

Sadness can last for a long period of time. It usually starts when you begin to realize the divorce is happening and the extent of how your life is permanently changed. You may feel hurt, a sense of loss, and a focus on memories of the past or how it used to be. You might try to keep to yourself during this stage.

**PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:**

- ☐ THERE'S NOTHING I CAN DO TO BRING THEM BACK TOGETHER.
- ☐ I CAN NOT CONTROL WHAT'S HAPPENING.
- ☐ I AM SO LOST AND SAD.
- ☐ MY FAMILY WILL NEVER BE THE SAME AGAIN.
- ☐ I JUST WANT TO STAY IN MY ROOM AND BE LEFT ALONE.



# STAGES OF DIVORCE



## ACCEPTANCE

Acceptance is the last stage of dealing with Divorce, when you learn to accept and deal with the reality of the divorce and your new family situation. Acceptance does not necessarily mean happiness, instead it is a feeling of being content with your situation, moving forward, and planning for the future.

**PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:**

☐

I GUESS THIS IS MY NEW NORMAL.

☐

I THINK ITS GOING TO BE OKAY.

☐

THIS WAS PART OF MY LIFE, BUT IN THE BIG PICTURE, I AM DOING ALRIGHT.

☐

MY PARENTS LOVE ME, THAT WILL NEVER CHANGE, BUT NOW I WILL SEE THEM AT DIFFERENT HOMES.

☐

THERE ARE SOME POSITIVE THINGS THAT HAPPENED AFTER THE DIVORCE.

# STAGES OF DIVORCE



I had the most checkmarks in this stage:

I agree/disagree that I am in this stage because:

I want to be in this stage in 6 months:

Things I can do to move to the stage that I want to be in:



# SESSION 5

## Traveling between Homes

SMALL GROUP  
Counseling   
DIVORCE



### Session Objective:

- \*Students will identify pros and cons to living in two different homes.
- \*Students will recognize items they need to bring from home to home.

### Materials:

- \*Pencil
- \*Traveling between homes handouts.

### Guiding Questions:

- \*What are some good things about traveling between homes?
- \*What are some difficult things about traveling between homes?
- \*How can you be responsible for your items to make sure you have them at each house?
- \*Why is it important to try to make living in multiple homes easier?

### 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 assume responsibility (B-SMS 1)
- \*Behavior: Self-management skills: Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities. (B-SMS 10)

### SEL Competencies:

- \*Self-awareness: recognizing strengths.
- \*Self-management: self-discipline, organizational skills, stress management.

### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the group and review group rules. "Last time we met, we found out which stage of divorce we are in. Today, we are going to talk about traveling between homes."
- \*Traveling between homes activity: "Part of going through a divorce is going back and forth from house to house. There are pros and cons to living in two different places. A pro is that you are forced to keep better track of your stuff, but a con is that sometimes you forget something you need." Work together to complete activity pages for Mom and Dad's house. Next, complete the I like/don't like page. Discuss ways to deal with the "don't like" section ideas. Then, complete the "bring to both homes" luggage tags. Tell students to think of these as reminders for what to bring from home to home, since students often struggle to remember these. They can cut them out and keep them in their overnight bag or backpack and pull them out to double check for these items before they leave each home. The last page is a schedule, this could be sent home as homework for students to complete and keep with them so they can always know where they are going each day.
- \*Thank everyone for their participation and explain the next session will discuss stepfamilies.



**Traveling  
between**

**HOMES**



**Mom's House**

**Dad's House**



# Traveling to Dad's House

**What I like at Dad's house:**

**My favorite things at Dad's house:**

**What I wish I could change about Dad's house:**



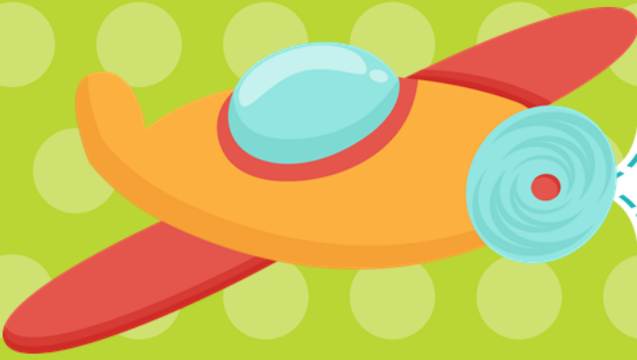


# Traveling to Dad's House

**The people that live at Dad's house are:**

**Draw the people living  
at your dad's house:**

**Draw what your Dad's  
house looks like:**

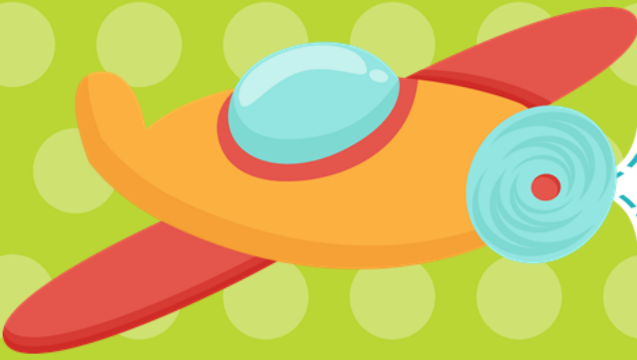


# Traveling to Mom's House

**What I like at Mom's house:**

**My favorite things at Mom's house:**

**What I wish I could change about Mom's house:**



# Traveling to Mom's House

**The people that live at Mom's house are:**

**Draw the people living  
at your Mom's house:**

**Draw what your Mom's  
house looks like:**



**What I  
DON'T  
like  
about  
living in  
2 homes**



**What I  
DO  
like  
about  
living in  
2 homes**

# Must have items to bring to both homes

An empty rounded rectangle box with a purple border.An empty rounded rectangle box with a purple border.An empty rounded rectangle box with a green border.An empty rounded rectangle box with a green border.An empty rounded rectangle box with an orange border.An empty rounded rectangle box with an orange border.An empty rounded rectangle box with a red border.An empty rounded rectangle box with a red border.



# My Travel Schedule



## Week 1

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

## Week 2

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

## Week 3

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

## Week 4

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

# SESSION 6

## Cinderella's Guide to Step Families

SMALL GROUP  
Counseling   
DIVORCE



### Session Objective:

- \*Students will compare and contrast the story of Cinderella to real stepfamilies.
- \*Students will identify ways to improve relationships with stepfamily members.

### Materials:

- \*Pencil
- \*Cinderella's guide to stepfamilies handouts.
- \*Cinderella story page.

### Guiding Questions:

- \*What are some benefits to having a step family?
- \*What are some ways that we can improve our relationship with step family members?
- \*Why is it important to try to get along with step-family members?

### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the group and review group rules. "Last time we met, we learned about pros and cons of living in two different homes. Today, we are going to talk about stepfamilies."
- \*Cinderella's guide to Stepfamilies activity: "Sometimes when parents' divorce, new people come into our lives. We may get a stepparent or stepsibling. Some kids like having more family members but others can be hesitant to it. One of the most famous stories that involves stepfamilies is the story of Cinderella." Read to students the story of Cinderella page. "Do you think this is a true story? Do you know any stepparents or stepsiblings this bad?" "In real life, (not fairy tales) stepparents are nowhere near this bad, we may not like them because they are not our mother/father, and you do not have to view them in that way, but if we give them a chance they could become someone who is an important person in our lives. We can learn to live together and they can even add to our lives. Work through the activity pages to find ways to get to know stepparents and stepsiblings and identify ways to deal with common tough situations stepfamilies run into."
- \*Thank everyone for their participation and explain the next session will discuss things we can control/not control about 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: Create relationships with adults that support success (B-SS 3)

### SEL Competencies:

- \*Self-awareness: accurate self-perception.
- \*Relationship skills: relationship building, communication, social engagement.
- \*Social-awareness: respect for others.
- \*Responsible decision-making: solving problems



# Guide to STEPFAMILIES





# CINDERELLA



Cinderella's experience with a Stepfamily

Once upon a time, there lived an unhappy young girl. She was unhappy because her father had married another woman, a widow with two daughters, and her stepmother didn't like her one little bit. All the nice things, kind thoughts and loving touches were for her own daughters. And not just the kind thoughts and love, but also dresses, shoes, delicious food, comfy beds, as well as every home comfort. But, for the poor unhappy girl, there was nothing at all. No dresses, only her stepsisters' hand-me-downs. No lovely food dishes, nothing but scraps. No nice rests and comfort. For she had to work hard all day, and only when evening came was, she allowed to sit for a while by the fire, near the cinders. That is how she got her nickname, for everybody called her Cinderella. One day, beautiful new dresses arrived at the house. A ball was to be held and the stepsisters were getting ready to go to it. Cinderella, didn't even dare ask, "What about me?" for she knew very well what the answer to what would be. "You? My dear girl, you're staying at home to wash the dishes, scrub the floors and turn down the beds for your stepsisters. They will come home tired and very sleepy." Cinderella sighed. "Oh dear, I'm so unhappy!"





# QUICK TIPS

## for dealing with STEPFAMILIES

- \*You don't HAVE to like your stepfamily, but you do have to be respectful and civil.
- \*Try to have an open mind. The stepparent may have some qualities you like, if you give them a chance.
- \*No one can replace your mom or dad, but you can allow new people into your life.
- \*You are not betraying the other parent, if you are nice to your stepparent.
- \*Put yourself in your stepparents' shoes, think about how the situation must feel to them.
- \*It's okay to be honest about how much time you want to spend with the new stepfamily members. If you want one on one time with your parent, ask them for it.
- \*Building relationships takes time, give yourself and your stepfamily time to bond and don't expect it to happen right away.
- \*Talk to your stepsiblings, make the first move by being nice to them. You might have similar feelings.

# CINDERELLA



Does the story of "Cinderella" sound like a true story?



Do you know any stepmoms or stepdads this bad?



What are some tough situations that stepfamilies may run into?



What are some ways to deal with these stressors?



# STEPPARENTS

What are some things you like about your stepparent?



What are some ways in which you wish your relationship with your stepparent was different?



I can create a better relationship with my stepparent by....



Some things that I could suggest to do with my stepparent are....







# STEPSIBLINGS



How do you feel about your stepsister/stepbrother?



What my stepsibling and I have in common...



One thing I like or could get to like about my stepsibling is....



I can improve my relationship with my stepsibling by....



# ONE STEP AT A TIME

## Getting along with my STEPFAMILY

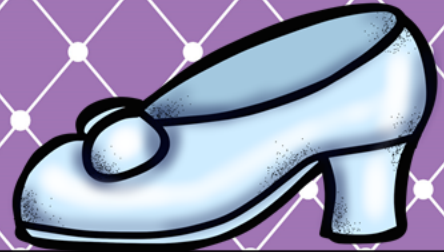
One issue I have with my Stepparent is:



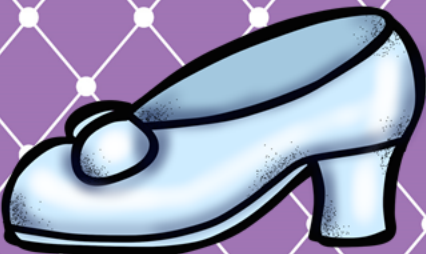
This is what I am going to do to address it:



One issue I have with my Stepsibling is:



This is what I am going to do to address it:



# SESSION 7

## Sailing through Divorce



SMALL GROUP  
Counseling   
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)

- \*Counselor will welcome students back to the group and review group rules. "Last time we met, we learned about stepfamilies. Today, we are going to talk about things that we can and cannot control about divorce."
- \*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.
- \*Thank everyone for their participation and explain the next session we will work together to find ways to help us cope with things that make us upset about the divorce.

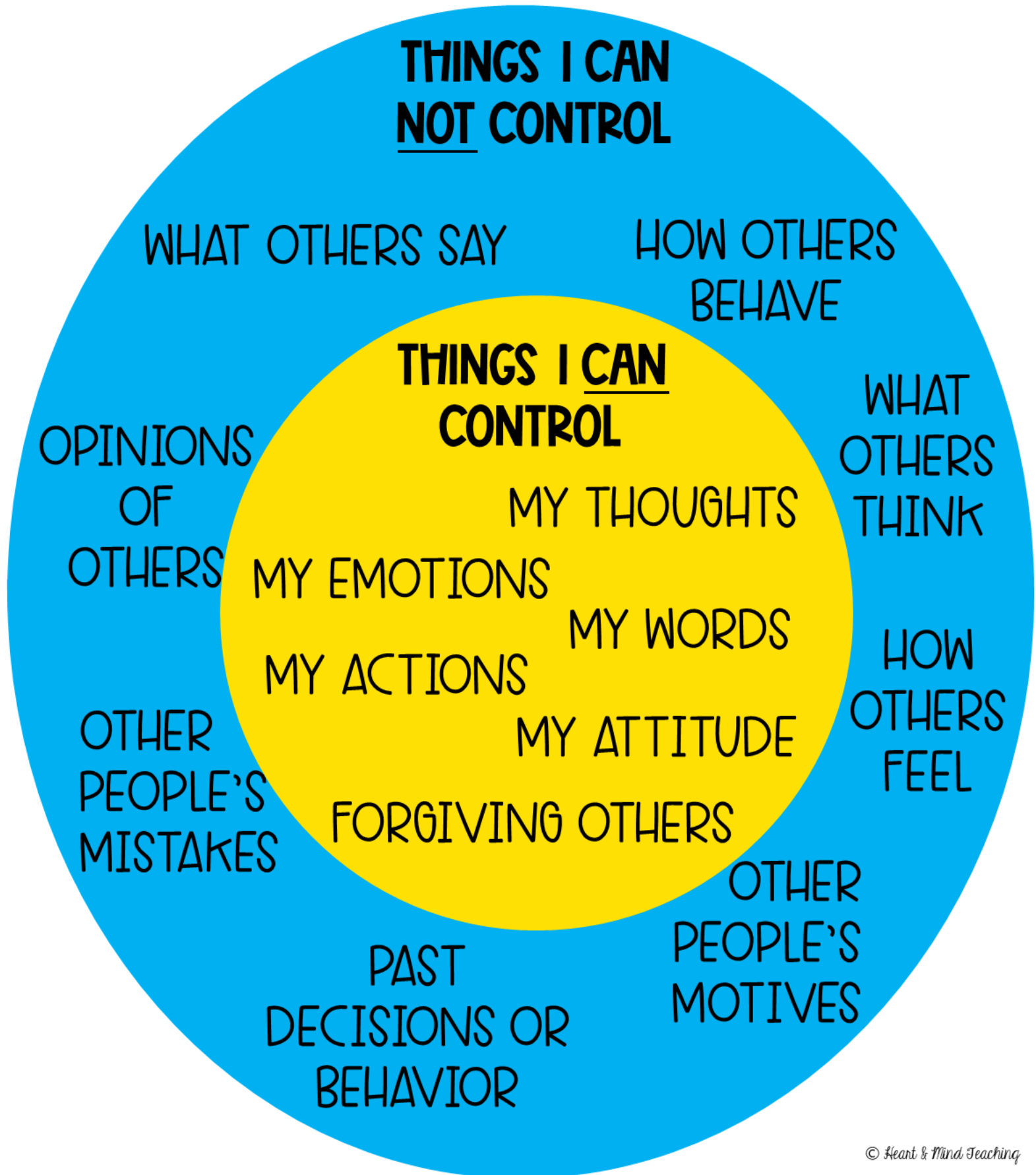
### ASCA Standards Alignment:

- \*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:

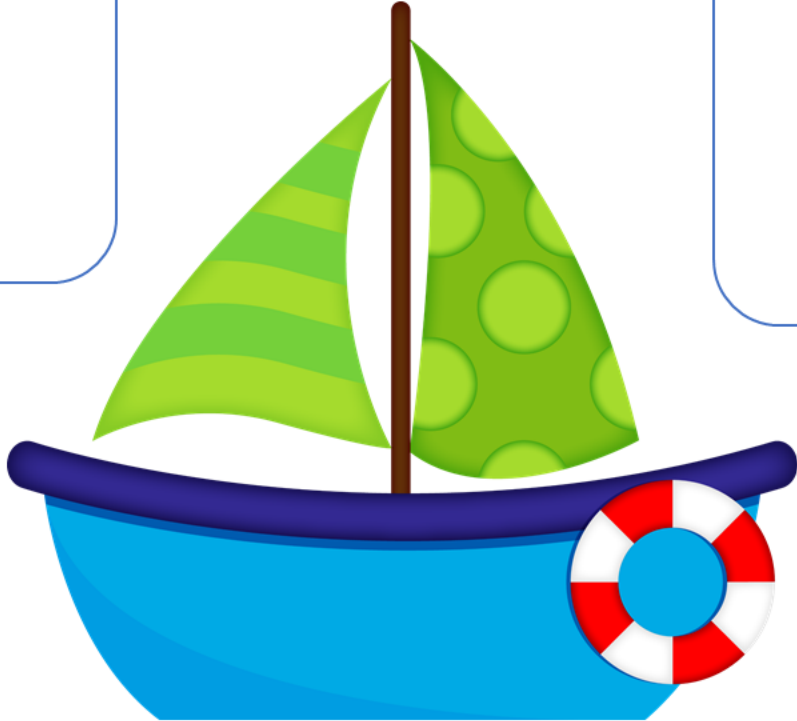
- \*Self-awareness: accurate self-perception.
- \*Self-management: stress management, self-discipline.
- \*Responsible decision-making: analyzing situations.

# CIRCLE OF CONTROL



# SAILING through DIVORCE

\_\_\_\_\_ 's Boat of Control  
Things I can control


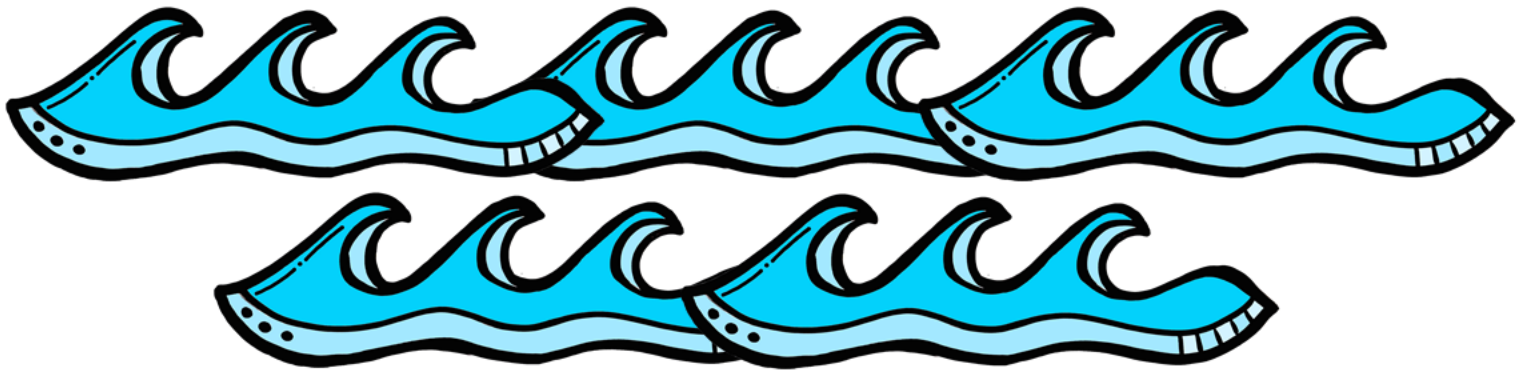


Six empty rounded rectangular boxes for writing, arranged around the sailboat: one above the mast, one to the left, one to the right, and three in a row below the boat.

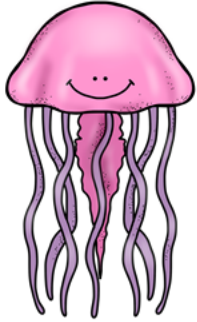


# SAILING through DIVORCE

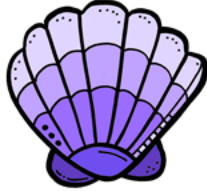
Leave it out at Sea  
Things I can NOT control



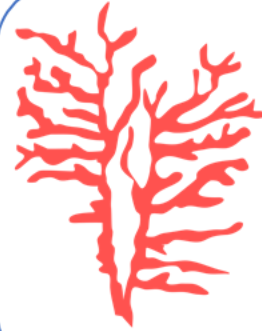
# SAILING through DIVORCE



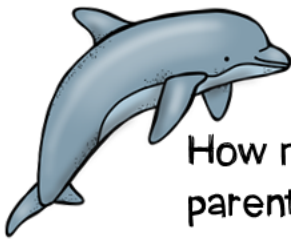
What my friends say about the divorce.



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)



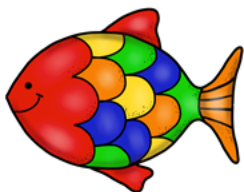
My response to sad or angry feelings: expressing myself (journal, talk to friend)



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



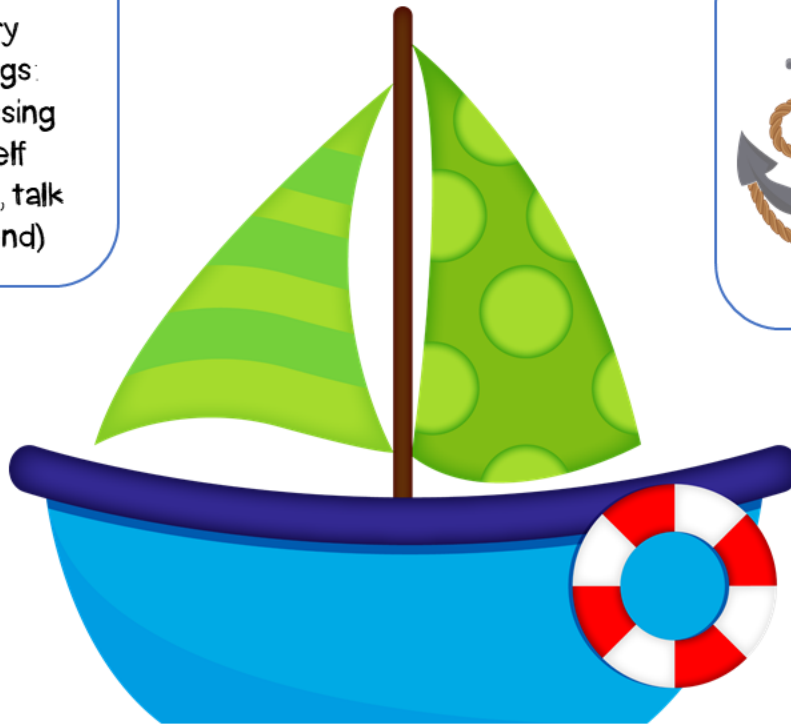
My attitude  
about the  
divorce  
(looking on  
the bright  
side)



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



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.

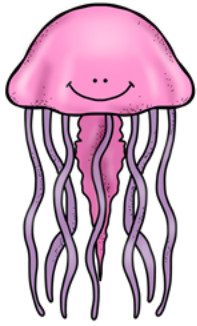


Reminding  
myself the  
divorce is  
not my  
fault.

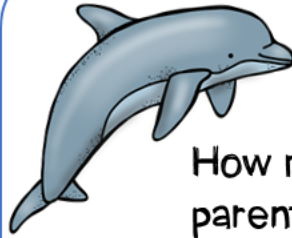


# SAILING through DIVORCE

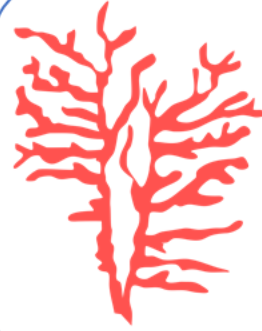
Leave it out at Sea  
Things I can not control



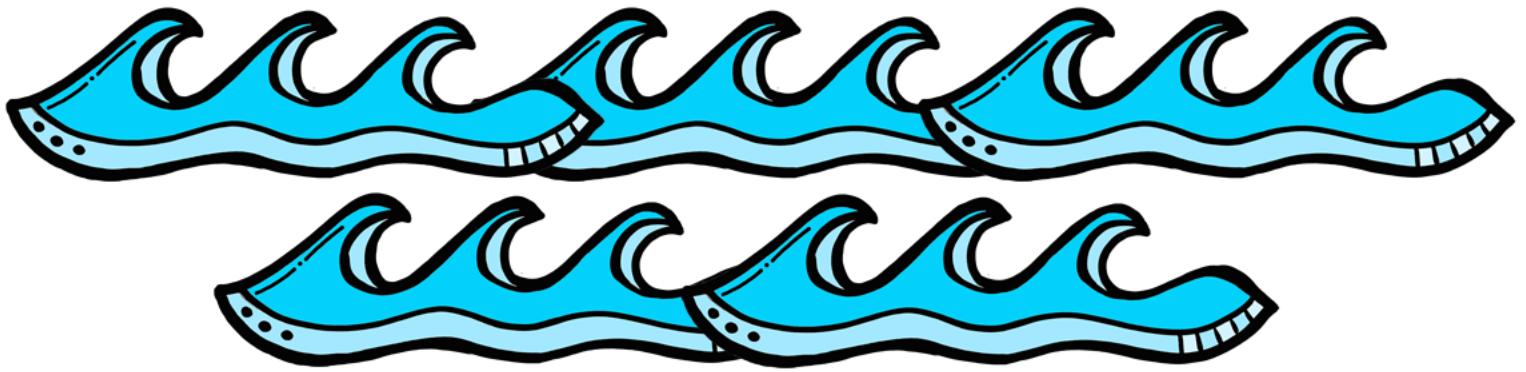
What my  
friends  
say  
about  
the  
divorce.



How my  
parents speak  
to each other.



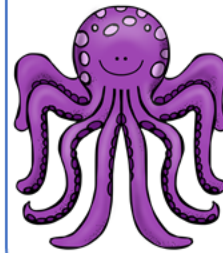
My  
parents  
getting  
back  
together



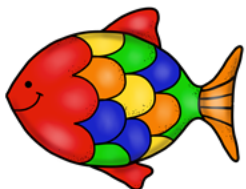
How much  
time I  
spend with  
each  
parent.



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.

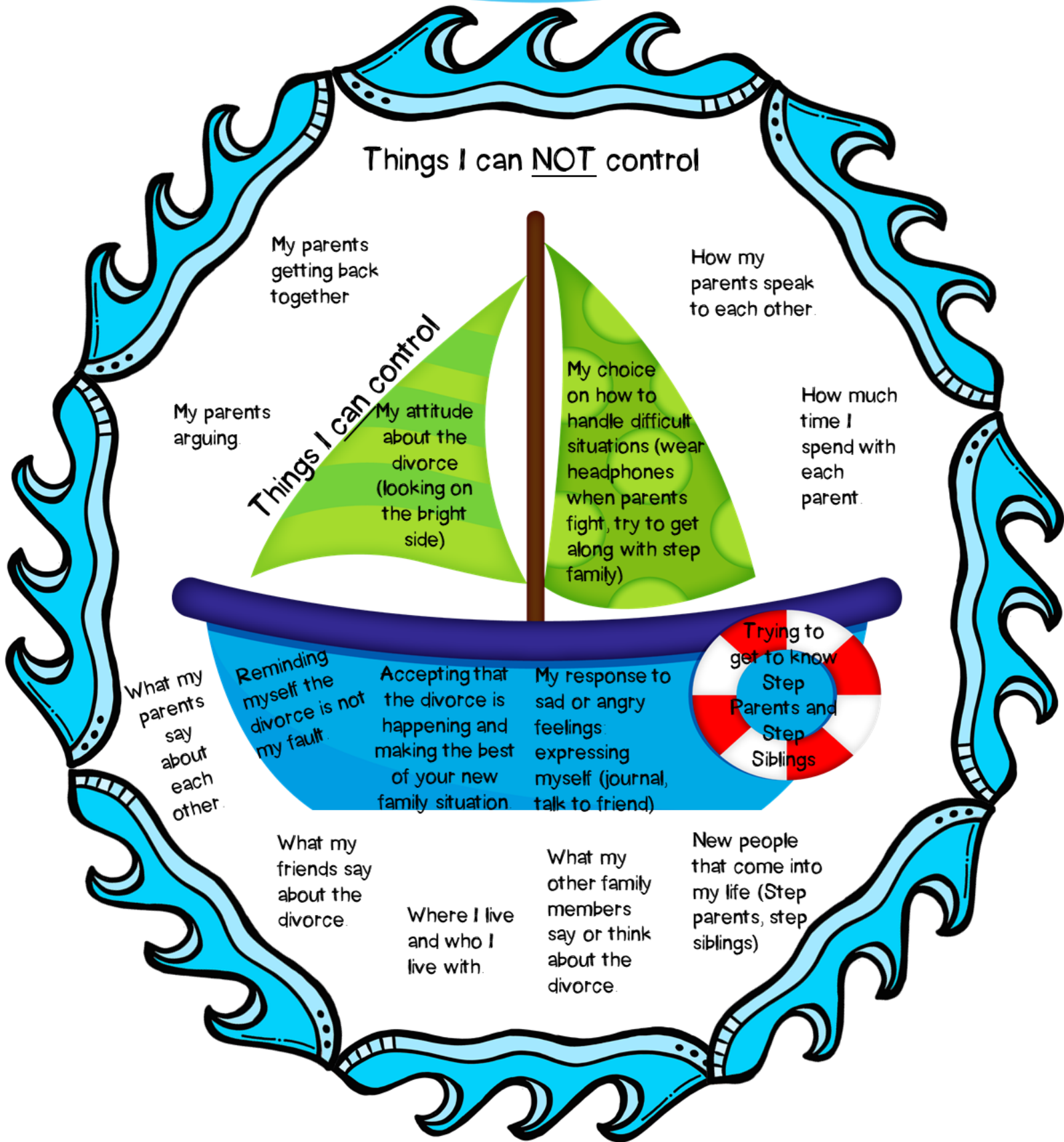


My  
parents  
arguing.



What my  
parents  
say  
about  
each  
other.

# SAILING through DIVORCE



# 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:



# SESSION 8

## Coping with Divorce Heart Breaks



SMALL GROUP  
Counseling   
DIVORCE

### Session Objective:

- \*Students will identify ways to cope with divorce.
- \*Students will recognize coping skills that they would use to handle stressors.

### Materials:

- \*Scissors
- \*Glue
- \*Pencil
- \*Heal my Broken Heart handouts.

### Guiding Questions:

- \*How can using coping skills help us deal with some difficult situations that occur with divorce?
- \*Why is it important to know which coping skills we would/could use?

### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the group and review group rules. "Last time we met, we learned about things we can and cannot control about divorce. Today, we are going to talk about ways to cope with divorce."
- \*Heal my broken heart activity: Each student gets a broken heart page, and coping band aids. The band aids will need to be cut out. "There are many things about divorce that can break our hearts and hurt us, but there are ways to deal with the hurt and ways to feel better and mend your heart." Discuss some of the ways to cope with divorce listed on the band aids. "Cut out and paste the coping band aids that you think you would actually use or have used before to feel better onto your broken heart." Once students have covered their broken heart with band aids, have a discussion about which ones each student chose and why. Then complete the Divorce heart breaks and band aids handouts that go through common divorce heart breaks and have students put what they would use in those situations. Explain that there are no wrong answers.
- \*Thank everyone for their participation and explain that the next session is the last session of the group, we will play a game to show what we learned from our time together in group."

### 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 effective coping skills when faced with a problem. (B-SMS 7)

### SEL Competencies:

- \*Self-awareness: recognizing strengths.
- \*Self-management: stress management, self-discipline.
- \*Responsible decision-making: solving problems.

# Coping Skills



Go for  
a walk

Do something  
creative.



Get some exercise.



Play with a pet.



Do something  
relaxing.

Read a book.



Clean or  
organize.



Talk to  
someone

Do Yoga or  
meditate.



Listen to  
music.

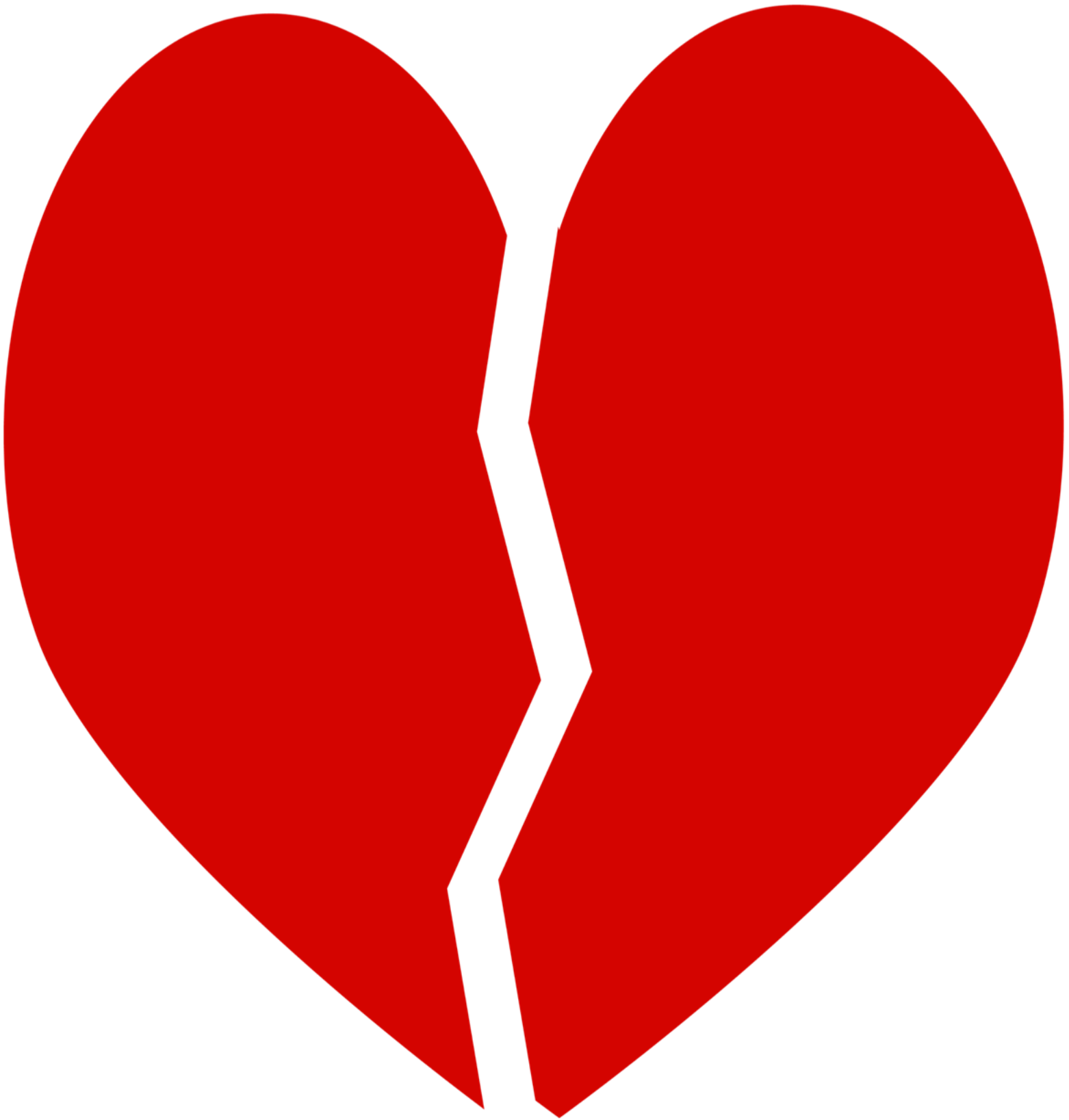
Focus on  
a hobby.



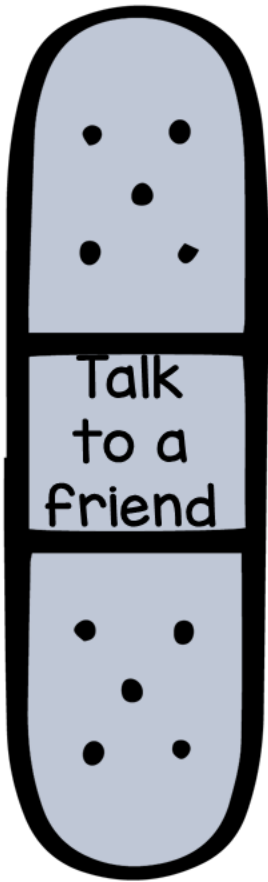
Focus on what you  
can control.



\_\_\_\_\_ 's Heart

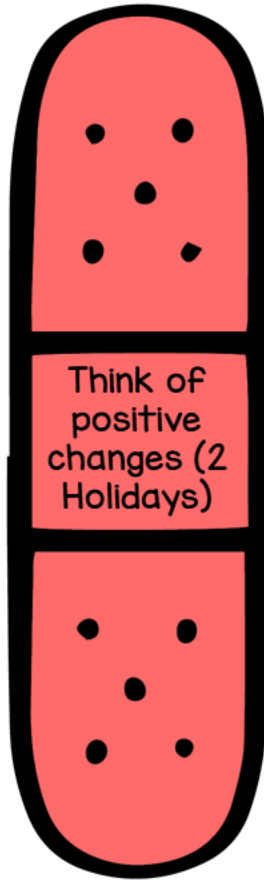


# Coping Band-aids

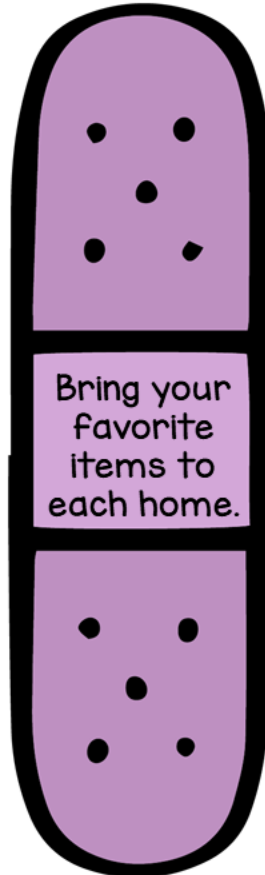
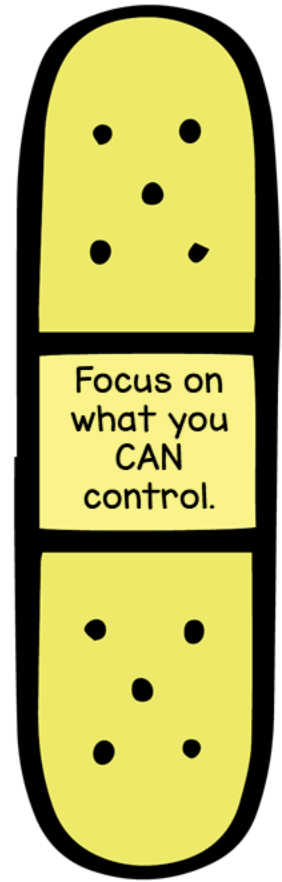
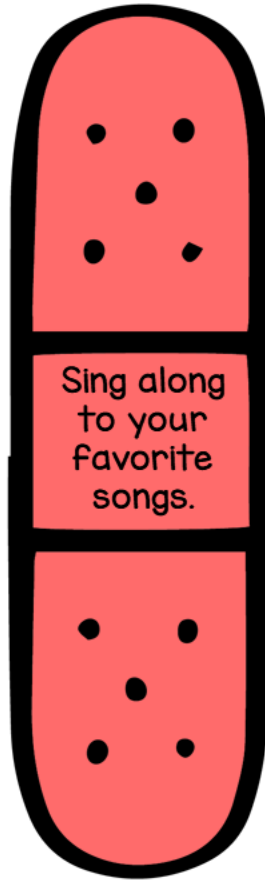




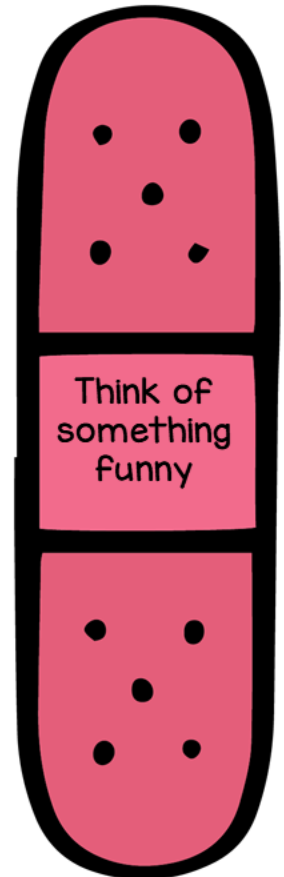
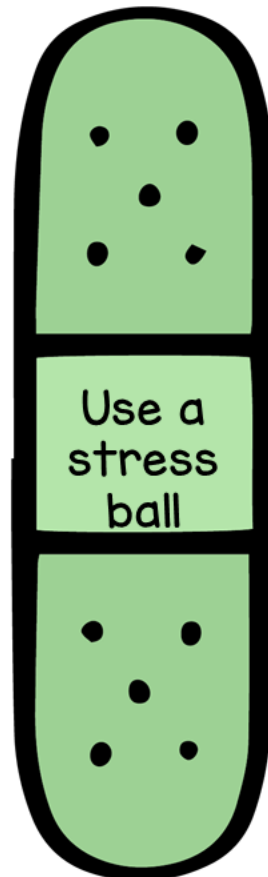
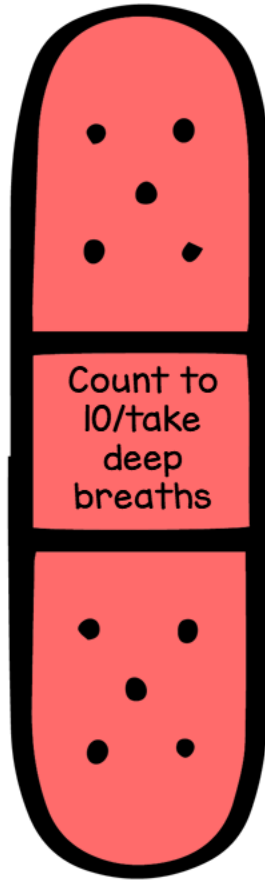
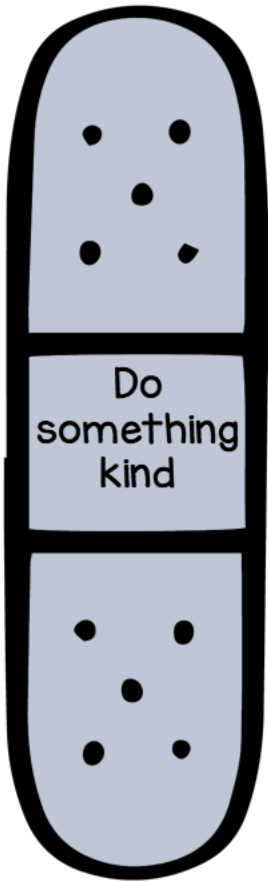
# Coping Band-aids



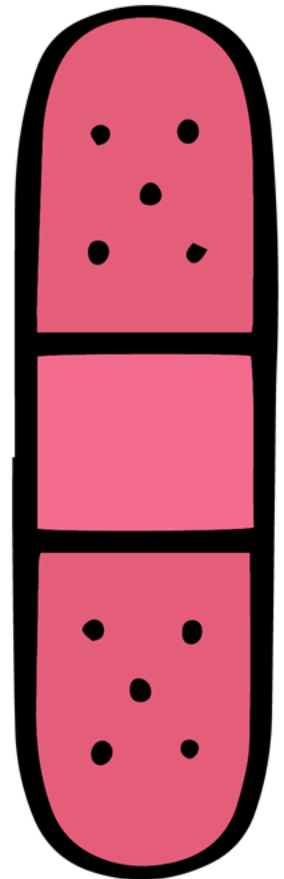
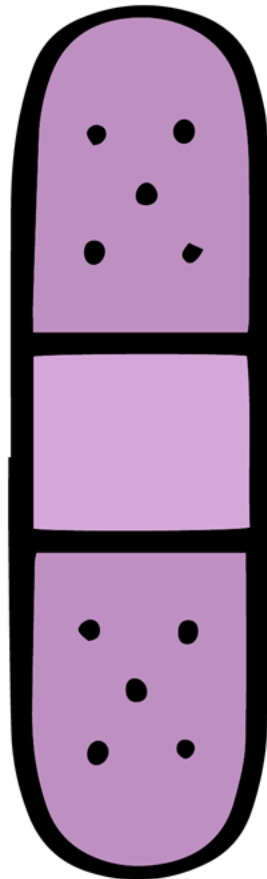
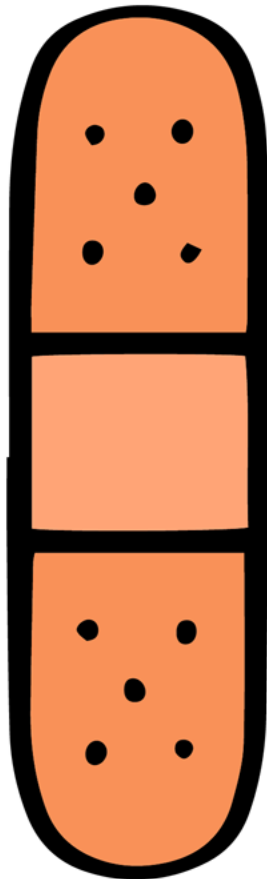
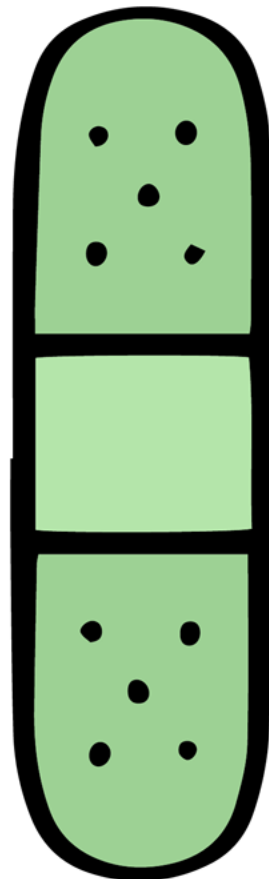
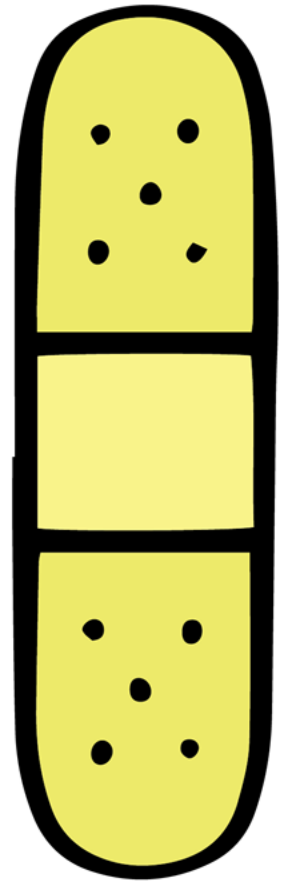
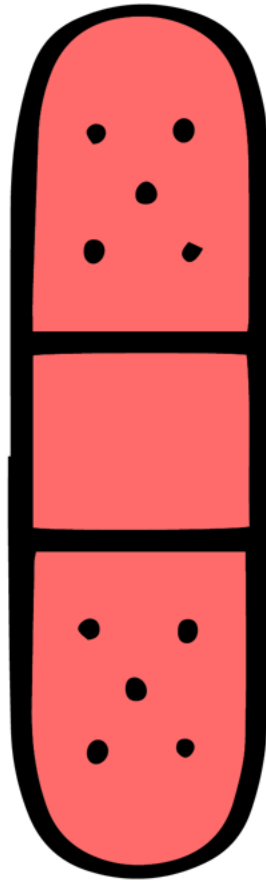
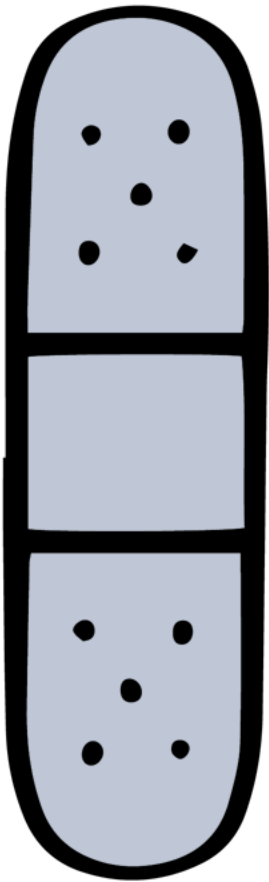
# Coping Band-aids



# Coping Band-aids




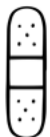

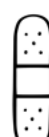


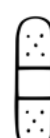
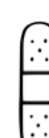


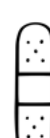

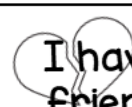





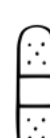

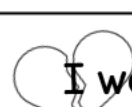







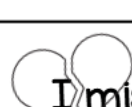



# Coping Band-aids





# Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 One parent talks bad about the other parent.	 Talk to parent about your feelings.	 Hug your parent.	 Count to ten, take deep breaths.
 I am asked which parent I want to live with.	 Write in journal.	 Talk to a counselor.	 Use stress ball.
 I am asked to carry messages back and forth.	 Draw your feelings.	 Talk to parent about your feelings.	 Hug a pet or stuffed animal.
 I have to leave my friends behind and move to a new place.	 Think of positive changes	 Accept your new family situation.	 Join a club or sport.
 My parents yell at each other.	 Listen to music.	 Talk to parent about your feelings.	 Participate in a support group.
 I worry that it was my fault.	 Talk to a counselor.	 Talk to your sibling.	 Talk to a trusted family member.
 I am trying to keep track of my stuff from house to house.	 Bring favorite items to each home.	 Focus on what you can control.	 Talk to your parent.
 I miss the parent that I am not with.	 Hug pet/ stuffed animal.	 Do something you love.	 Write in your journal.


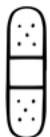

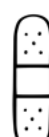


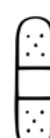
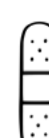


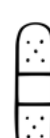







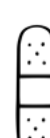









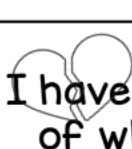



# Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 I see other families together, not divorced.	 Make a gratitude list.	 Think of positive changes (2 holidays)	 Accept your new family situation.
 I am told my stepparent will live with us.	 Write in journal.	 Get to know the new people in your life (stepparent)	 Meditate /do Yoga
 A friend asks me if my parents are together.	 Think of something funny.	 Visualize your favorite place.	 Listen to music.
 I have to spend holidays apart from one parent.	 Create a new family tradition.	 Allow myself to be happy and move on.	 Read a book/ watch a movie.
 One parent says something bad about a stepparent.	 Listen to music.	 Talk to parent about your feelings.	 Use a stress ball.
 I wish my parents would get back together.	 Focus on what you can control.	 Find a friend who is also going through divorce.	 Run/go for a walk.
 My step siblings get more attention than me.	 Bring favorite items to each home.	 Hug pet or stuffed animal.	 Sing to your favorite songs.
 Family members talk bad about my parent.	 Draw feelings.	 Listen to music.	 Count to 10/ take deep breaths.

# Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 I want to live with one parent instead of the other.	 Make a gratitude list.	 Do something you love.	 Accept your new family situation.
 My parent wants me to meet their girlfriend/boyfriend.	 Write in journal.	 Get to know the new people in your life	 Use stress ball.
 I wish we were a "normal" family.	 Allow myself to be happy and move on.	 Get to know a friend who is also going through a divorce.	 Talk to your sibling.
 One parent blames the other for the divorce.	 Listen to music.	 Do something kind.	 Hug pet or stuffed animal.
 I blame one parent for the divorce.	 Talk to a counselor.	 Draw your feelings.	 Join a support group.
 I can't have both my parents at my birthday party.	 Focus on what you can control.	 Find a friend who is also going through divorce.	 Run/go for a walk.
 I have to share a room with a step sibling.	 Bring favorite items to each home.	 Get to know the new people in your life (stepsiblings)	 Visualize your favorite place.
 I have to keep track of which parent's house I am at.	 Write in journal.	 Use stress ball.	 Count to 10/ take deep breaths.



# SESSION 9

## Family Changes Game & Goodbye

SMALL GROUP  
Counseling   
DIVORCE

### Session Objective:

- \*Students will take turns answering questions about what they would do in given situations.
- \*Students will summarize content learned throughout the curriculum.

### Materials:

- \*Questions, cut out
- \*Family Changes game board
- \*Game pieces and dice
- \*Answer sheet
- \*Post Survey handout

### Guiding Questions:

- \*What are some things you have learned from being in this group?
- \*Why is it important to learn to solve problems that may come up with 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:

- \*Relationship skills: communication, social engagement.
- \*Social-awareness: Respect for others.
- \*Responsible decision-making: analyzing situations, solving problems, ethical responsibility.

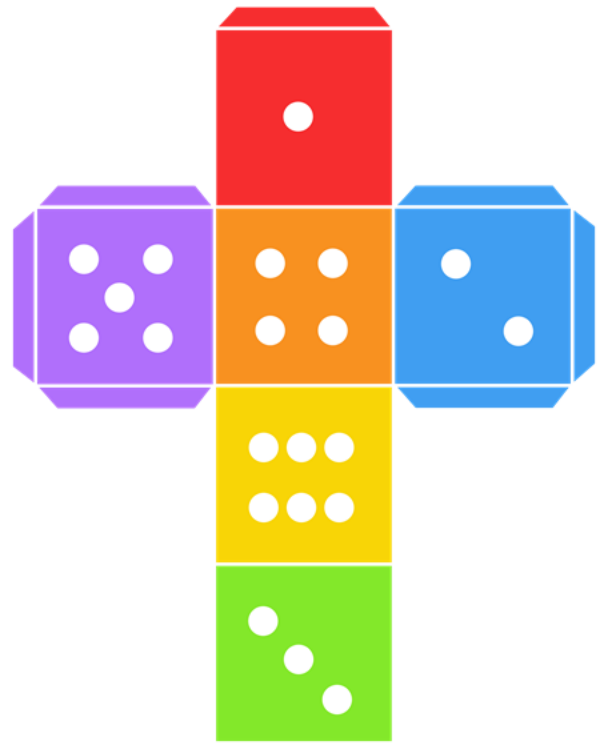
### Session Details (about 30 minutes)

- \*Counselor will welcome students back to the last session of the group. "Welcome back to the group everyone, as I mentioned in our previous session, today is the last session our group will be meeting for. We have learned so much together and I will miss meeting with all of you. For our last session, I wanted to re-cap all of what we have discussed and in a fun way, so we are going to play a game."
- \*Family changes game: Place the gameboard on the table, I recommend using your own dice and player pieces from a board game you already own but you can also use the ones provided by printing and cutting them out. Use cardstock paper so the pieces and dice have more weight to them, if you can. Explain that the same rules of the group apply to the game. Roll the dice to see who goes first, highest number goes first and the game proceeds clockwise from the dice roll winner. Students will move pieces along the board (you can start anywhere on the board it does not matter) by rolling the dice. Wherever they land, they pick up a card and read the card out loud. If they get the answer correct, they get a point. Sometimes there is more than one correct answer. At the end of the game, I usually give them one candy for each point so the more they answer, the more candy they get. You can also use other incentives or even not have one and just see who can get the most points. I prefer to not put the kids against each other to allow for a more positive environment.
- \*Have students complete the Post-Survey before they leave group.



# Family Changes Game

Place cards  
face down  
here



Name	Game Points

# Questions

**PROBLEM:** One parent moved far away and you are only going to get to see them during summer.

**FIND THE BEST SOLUTION:**

- A) Try to get the other parent to move closer to you.
- B) Call/write letters to keep in touch
- C) Make the other parent feel bad.

①

**PROBLEM:** One parent is struggling with money after the divorce.

**FIND THE BEST SOLUTION:**

- A) Plan together fun things to do that do not cost money.
- B) Help the parent by doing chores around the house.
- C) Yell at the other parent for not helping more with money.

②

**PROBLEM:** One parent asks you to give the other parent a message.

**FIND THE BEST SOLUTION:**

- A) Never give the other parent the message.
- B) Explain to them that you do not feel comfortable being a messenger.
- C) Ask if there is any other way to give that parent the message.

③

**PROBLEM:** You blame yourself for the divorce.

**FIND THE BEST SOLUTION:**

- A) Behave better so they get back together.
- B) Try to get them to spend time together
- C) Remind yourself that Divorce is an adult decision, the kids are not to blame.

④

**PROBLEM:** You have not spoken to one parent in awhile.

**FIND THE BEST SOLUTION:**

- A) Ask the parent you are with if you could call or write them.
- B) Write in a journal all of things you will tell them when you are able to talk to them.
- C) Blame the other parent.

⑤

**PROBLEM:** Your step parent keeps bossing you around.

**FIND THE BEST SOLUTION:**

- A) Speak to your parent about your feelings.
- B) Ignore the step parent.
- C) Listen to them even if you don't want to, they are the adult.

⑥

# Questions

**Problem:** You are getting a stepparent

**FIND THE BEST SOLUTION:**

- A) Try to get to know the stepparent
- B) Refuse to speak to the stepparent
- C) Tell the stepparent they are ruining your family.

⑦

**Problem:** You want to see both parents during the winter holidays.

**FIND THE BEST SOLUTION:**

- A) Spend half the day at one parents house, half the day at the other.
- B) Refuse to go to any holiday parties if they do not go together.
- C) Be sad and keep to yourself through the holidays.

⑧

**Problem:** You want to spend your birthday with both parents instead of two separate parties.

**FIND THE BEST SOLUTION:**

- A) Try to convince your parents into both attending one party.
- B) Write an explanation to your teacher about what happened.
- C) Hit him.

⑨

**Problem:** One of your parents says something mean about the other parent.

**FIND THE BEST SOLUTION:**

- A) Tell the other parent the mean comment that was said.
- B) Ask the parent to please not say mean things around you.
- C) Change the subject.

①⑩

**PROBLEM:** You really want your parents back together.

**FIND THE BEST SOLUTION:**

- A) Behave better.
- B) Try to get them to spend time together.
- C) Accept that even though you wish that would happen, it is not going to happen.

①①

**PROBLEM:** You feel like you spend less time with your parents since the divorce.

**FIND THE BEST SOLUTION:**

- A) Tell your parents how you feel.
- B) Try to plan time to spend with them.
- C) Be mean to your parents.

①②



# Questions

**PROBLEM:** The judge decided that you only get to see your dad every other weekend.

**FIND THE BEST SOLUTION:**

- A) Blame the other parent.
- B) Stop speaking to either parent.
- C) Keep a journal of all the stuff you want to tell your dad when you get to see him. ①③

**PROBLEM:** Your mom is upset because it's her weekend and you were invited to a slumber party.

**FIND THE BEST SOLUTION:**

- A) Make your mom feel bad for making you miss the party.
- B) Ask if it's possible to switch weekends.
- C) Attend the party for a little bit and then spend time with your mom. ①④

**PROBLEM:** You keep forgetting stuff from one house to another.

**FIND THE BEST SOLUTION:**

- A) Ask your parents to buy you two of everything.
- B) Make a checklist as a reminder.
- C) Ask your parent for help remembering what to pack. ①⑤

**PROBLEM:** At one house, you don't have your own room so you have to share a room.

**FIND THE BEST SOLUTION:**

- A) Use headphones when you need time to yourself.
- B) Refuse to stay with that parent until you get your own room.
- C) Try to adjust the room to be more private (room divider) ①⑥

**PROBLEM:** Your step sister is not nice to you and does not want you around.

**FIND THE BEST SOLUTION:**

- A) Ignore her.
- B) Try to talk to her about it, see if something is bothering her. She may be struggling with the divorce too.
- C) Talk to your parent about your feelings. ①⑦

**PROBLEM:** Your step brother keeps getting into your stuff.

**FIND THE BEST SOLUTION:**

- A) Speak to your parent about your feelings.
- B) Yell at your step brother to stop.
- C) Put your stuff where your step brother can not get to it. ①⑧

# Questions

**PROBLEM:** Your parents have different rules at each house, your getting confused!

**FIND THE BEST SOLUTION:**

- A) Ask your parents to write their rules down and put on fridge as a reminder.
- B) Don't follow any of the rules.
- C) Use that as an excuse to not follow the rules.

① ⑨

**PROBLEM:** Your mom says mean things about your step mom.

**FIND THE BEST SOLUTION:**

- A) Change the subject.
- B) Tell your mom you love her and she will never be replaced, but you are trying to get along with this new person in your life.
- C) Tell your dad what your mom said.

② ⑩

**PROBLEM:** You don't like going to your dad's house because all your stuff is at your mom's house.

**FIND THE BEST SOLUTION:**

- A) Ask your mom if you can leave some stuff at your dad's.
- B) Pack some of your favorite items to bring to both houses.
- C) Tell your dad you don't want to stay with him.

② ①

**PROBLEM:** Your dad always asks you questions about your mom, it makes you uncomfortable.

**FIND THE BEST SOLUTION:**

- A) Yell at your dad to stop asking you questions.
- B) Say you don't know.
- C) Explain to your dad that it makes you uncomfortable.

② ②

**PROBLEM:** Your step dad asks you to call him Dad but you do not want to.

**FIND THE BEST SOLUTION:**

- A) Speak to your mom about it.
- B) Tell him no, he's not your real dad.
- C) Ask him if you could come up with a cool nickname together, because you are worried it will hurt your dad's feelings.

② ③

**PROBLEM:** You like your new step dad but your dad does not like him.

**FIND THE BEST SOLUTION:**

- A) Pretend not to like him around your dad.
- B) Explain to your dad that he will always be your dad, but that your step dad is a positive person in your life.
- C) Decide not to like him either.

② ④



# Questions

**PROBLEM:** You have to go to court and answer questions about where you want to live.

**FIND THE BEST SOLUTION:**

- A) Be honest and try not to hurt your parents feelings.
- B) Ask your parents questions about what court will be like, and what they will ask.
- C) Refuse to go.

②⑤

**PROBLEM:** Your step mom treats her kids better than you.

**FIND THE BEST SOLUTION:**

- A) Treat your step siblings bad.
- B) Try to get to know your step mom better.
- C) Talk to your dad about how you feel

②⑥

**PROBLEM:** Your parent is making you go to counseling to talk about the divorce.

**FIND THE BEST SOLUTION:**

- A) Refuse to go.
- B) Go to counseling but do not say anything.
- C) Try it out, it might be nice to have someone to talk to about your parents.

②⑦

**PROBLEM:** You don't want anyone to know your parents are getting divorced.

**FIND THE BEST SOLUTION:**

- A) Practice what you would say.
- B) Remember that a lot of kids parents are divorced.
- C) Yell at the person that its none of their business.

②⑧

**PROBLEM:** Your jealous of your step siblings spending time with your parent

**FIND THE BEST SOLUTION:**

- A) Speak to your parent about it.
- B) See if you can spend time with your parent, just you and them alone.
- C) Start arguments with your stepsiblings and try to make them look bad.

②⑨

**PROBLEM:** One parent is very sad over the divorce and cries a lot

**FIND THE BEST SOLUTION:**

- A) Complain that they cry and are not fun to be around.
- B) Hug them and tell them you love them and don't want them to be sad.
- C) Try to help out doing chores around the house to cheer them up

③⑩

# Answer Key

- ① **PROBLEM:** One parent moved far away and you are only going to get to see them during summer.  
**FIND THE BEST SOLUTION:**  
B) Call/write letters to keep in touch
- ② **PROBLEM:** One parent is struggling with money after the divorce.  
**FIND THE BEST SOLUTION:**  
A) Plan together fun things to do that do not cost money.  
B) Help the parent by doing chores around the house.
- ③ **PROBLEM:** One parent asks you to give the other parent a message.  
**FIND THE BEST SOLUTION:**  
B) Explain to them that you do not feel comfortable being a messenger.  
C) Ask if there is any other way to give that parent the message.
- ④ **PROBLEM:** You blame yourself for the divorce.  
**FIND THE BEST SOLUTION:**  
C) Remind yourself that Divorce is an adult decision, the kids are not to blame.
- ⑤ **PROBLEM:** You have not spoken to one parent in awhile.  
**FIND THE BEST SOLUTION:**  
A) Ask the parent you are with if you could call or write them.  
B) Write in a journal all of things you will tell them when you are able to talk to them.
- ⑥ **PROBLEM:** Your step parent keeps bossing you around.  
**FIND THE BEST SOLUTION:**  
A) Speak to your parent about your feelings.  
C) Listen to them even if you don't want to, they are the adult.
- ⑦ **Problem:** You are getting a stepparent  
**FIND THE BEST SOLUTION:**  
A) Try to get to know the stepparent



# Answer Key

⑧ **Problem:** You want to see both parents during the winter holidays.

**FIND THE BEST SOLUTION:**

A) Spend half the day at one parents house, half the day at the other.

⑨ **Problem:** You want to spend your birthday with both parents instead of two separate parties.

**FIND THE BEST SOLUTION:**

A) Try to convince your parents into both attending one party.

①⑩ **Problem:** One of your parents says something mean about the other parent.

**FIND THE BEST SOLUTION:**

B) Ask the parent to please not say mean things around you.

C) Change the subject.

①① **Problem:** You really want your parents back together.

**FIND THE BEST SOLUTION:**

C) Accept that even though you wish that would happen, it is not going to happen.

①② **Problem:** You feel like you spend less time with your parents since the divorce.

**FIND THE BEST SOLUTION:**

A) Tell your parents how you feel.

B) Try to plan time to spend with them.

①③ **Problem:** The judge decided that you only get to see your dad every other weekend.

**FIND THE BEST SOLUTION:**

C) Keep a journal of all the stuff you want to tell your dad when you get to see him.

①④ **Problem:** Your mom is upset because its her weekend and you were invited to a slumber party.

**FIND THE BEST SOLUTION:**

B) Ask if its possible to switch weekends.

C) Attend the party for a little bit and then spend time with your mom.

# Answer Key

①⑤ **PROBLEM:** You keep forgetting stuff from one house to another.

**FIND THE BEST SOLUTION:**

B) Make a checklist as a reminder.

C) Ask your parent for help remembering what to pack.

①⑥ **PROBLEM:** At one house, you don't have your own room so you have to share a room.

**FIND THE BEST SOLUTION:**

A) Use headphones when you need time to yourself.

C) Try to adjust the room to be more private (room divider)

①⑦ **PROBLEM:** Your step sister is not nice to you and does not want you around.

**FIND THE BEST SOLUTION:**

B) Try to talk to her about it, see if something is bothering her. She may be struggling with the divorce too.

C) Talk to your parent about your feelings.

①⑧ **PROBLEM:** Your step brother keeps getting into your stuff.

**FIND THE BEST SOLUTION:**

A) Speak to your parent about your feelings.

C) Put your stuff where your step brother can not get to it.

①⑨ **PROBLEM:** Your parents have different rules at each house, your getting confused!

**FIND THE BEST SOLUTION:**

A) Ask your parents to write their rules down and put on fridge as a reminder.

②⑩ **PROBLEM:** Your mom says mean things about your step mom.

**FIND THE BEST SOLUTION:**

A) Change the subject.

B) Tell your mom you love her and she will never be replaced, but you are trying to get along with this new person in your life.

②① **PROBLEM:** You don't like going to your dad's house because all your stuff is at your mom's house.

**FIND THE BEST SOLUTION:**

A) Ask your mom if you can leave some stuff at your dad's.

B) Pack some of your favorite items to bring to both houses.

# Answer Key

②② **PROBLEM:** Your dad always asks you questions about your mom, it makes you uncomfortable.

**FIND THE BEST SOLUTION:**

B) Say you don't know.

C) Explain to your dad that it makes you uncomfortable.

②③ **PROBLEM:** Your step dad asks you to call him Dad but you do not want to.

**FIND THE BEST SOLUTION:**

A) Speak to your mom about it.

C) Ask him if you could come up with a cool nickname together, because you are worried it will hurt your dad's feelings.

②④ **PROBLEM:** You like your new step dad but your dad does not like him.

**FIND THE BEST SOLUTION:**

B) Explain to your dad that he will always be your dad, but that your step dad is a positive person in your life.

②⑤ **PROBLEM:** You have to go to court and answer questions about where you want to live.

**FIND THE BEST SOLUTION:**

A) Be honest and try not to hurt your parents feelings.

B) Ask your parents questions about what court will be like, and what they will ask.

②⑥ **PROBLEM:** Your step mom treats her kids better than you.

**FIND THE BEST SOLUTION:**

B) Try to get to know your step mom better.

C) Talk to your dad about how you feel

②⑦ **PROBLEM:** Your parent is making you go to counseling to talk about the divorce.

**FIND THE BEST SOLUTION:**

C) Try it out, it might be nice to have someone to talk to about your parents.

②⑧ **PROBLEM:** You don't want anyone to know your parents are getting divorced.

**FIND THE BEST SOLUTION:**

A) Practice what you would say.

B) Remember that a lot of kids parents are divorced.

# Answer Key

②⑨ **PROBLEM:** You're jealous of your step siblings spending time with your parent

**FIND THE BEST SOLUTION:**

A) Speak to your parent about it.

B) See if you can spend time with your parent, just you and them alone.

③⑩ **PROBLEM:** One parent is very sad over the divorce and cries a lot

**FIND THE BEST SOLUTION:**

B) Hug them and tell them you love them and don't want them to be sad.

C) Try to help out doing chores around the house to cheer them up



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**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.

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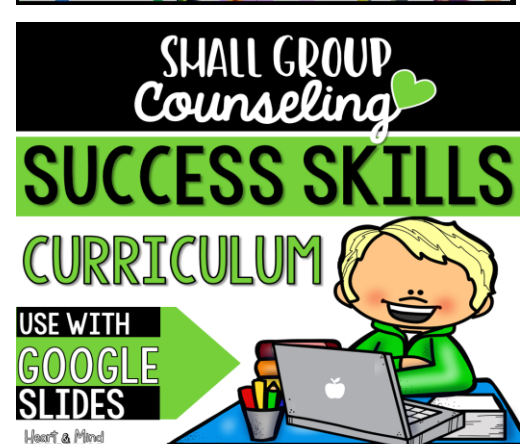
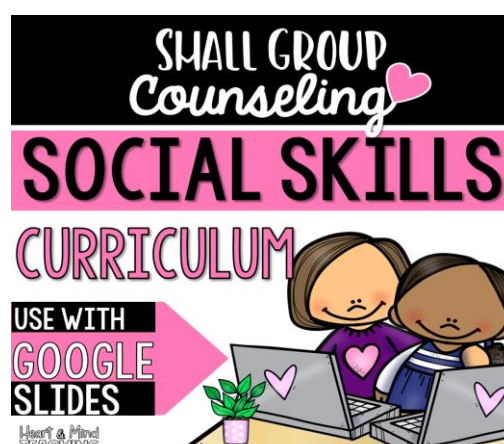
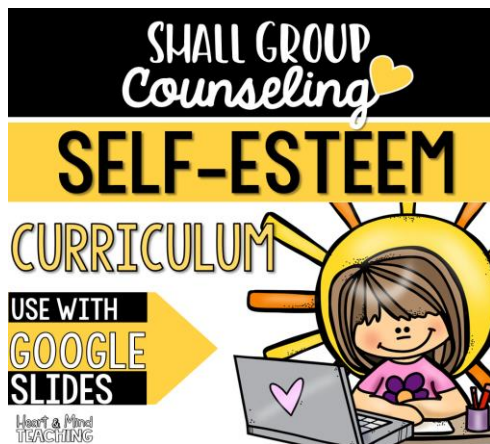
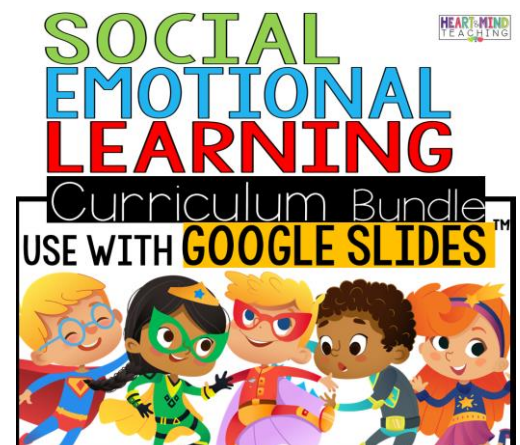
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