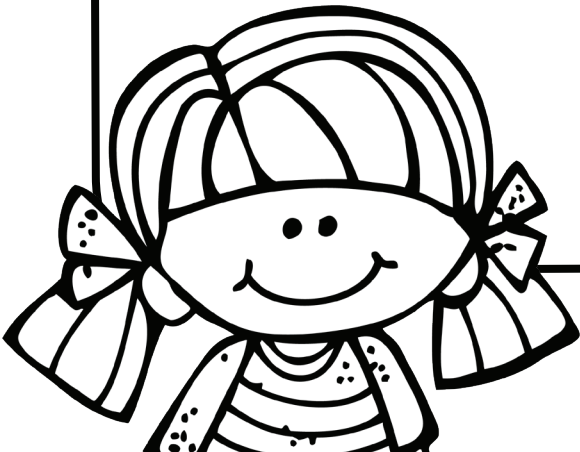
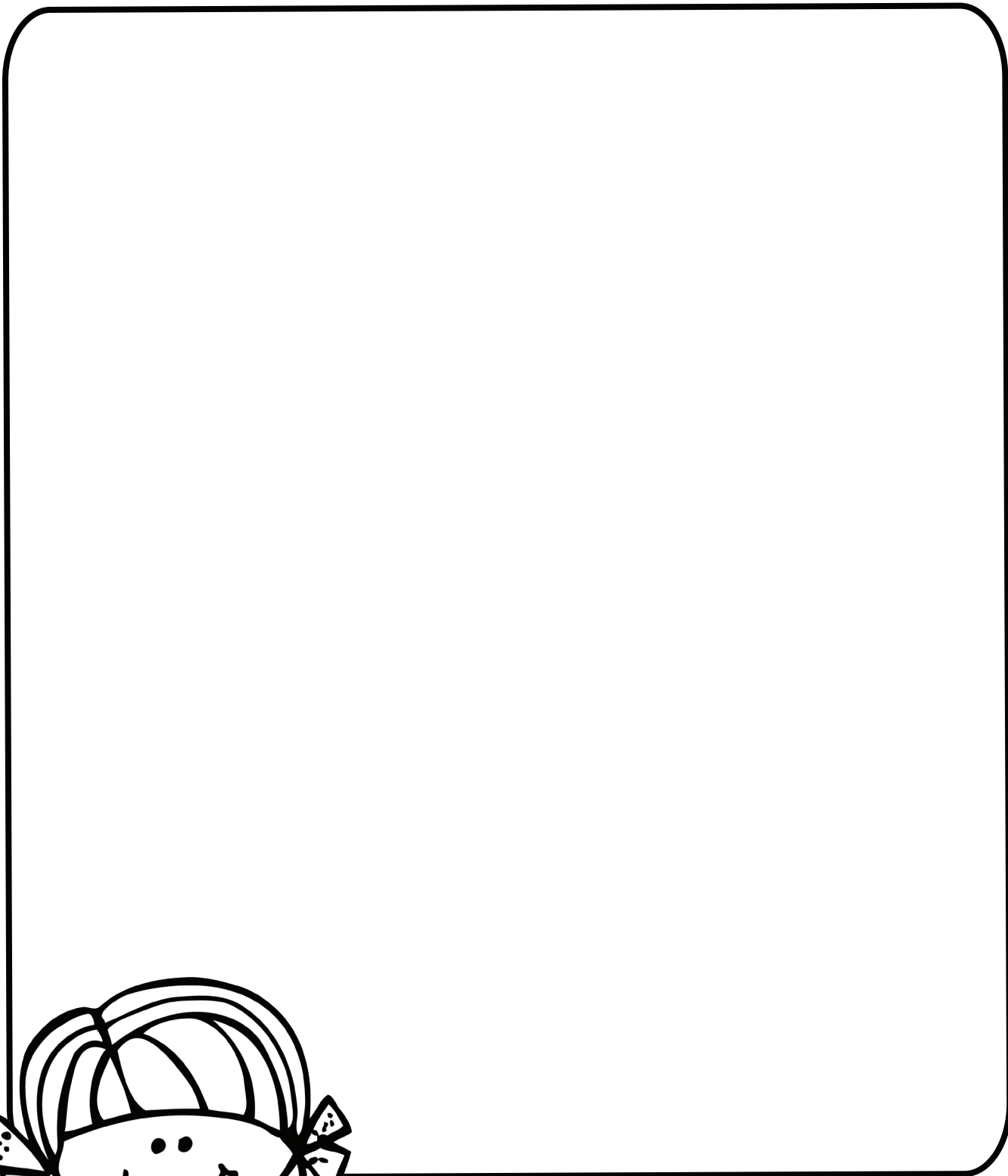


Mom or Dad's House?

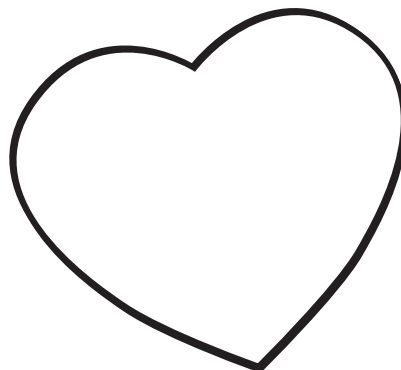
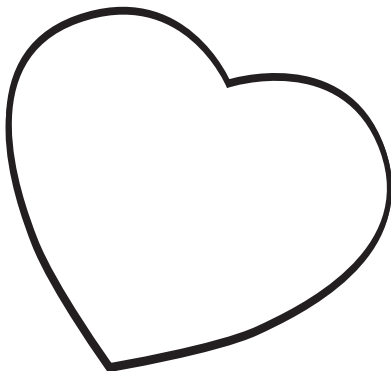
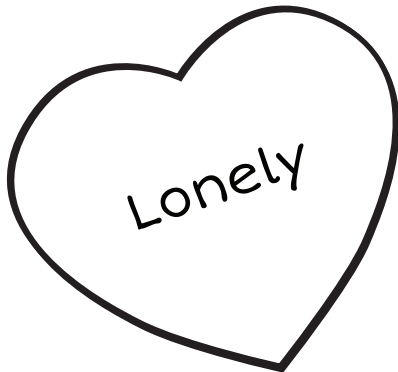
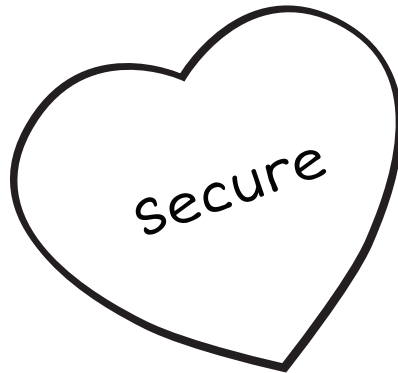
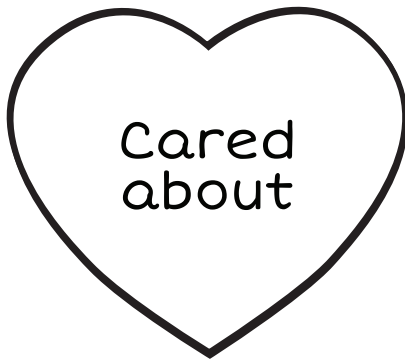
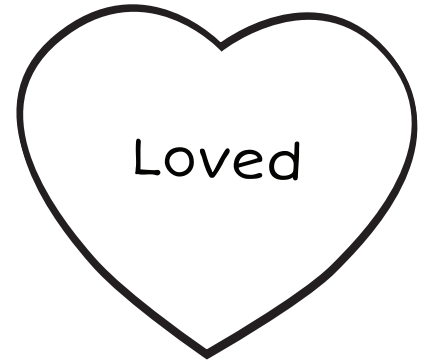
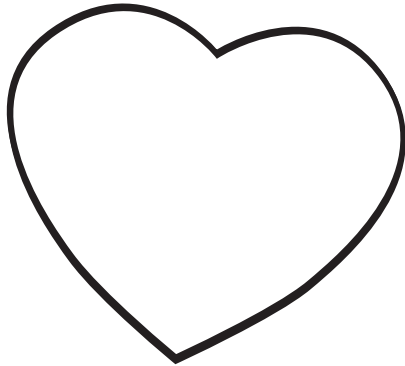


"Divorce" is one of the scariest words a kid can hear. When your parents tell you they're getting divorced, there are many feelings you might have – some all at once. Divorce is sad and scary for most kids. Although many kids you know might have parents who are divorced, you probably never imagined it could happen to your family. You may have a lot of questions, thoughts, feelings, and things you wish you could say (or even scream!) to your parents and others. This guide will help you ask some of those questions and express some of those feelings.

Draw a picture of your home and family before the divorce in the box below.



How did it feel to draw that picture? Color the shapes below containing the feelings words that apply to you. If some of your feelings aren't shown, write them in the shapes at the bottom of the page.



Create a timeline of your life using the chart below. Next to each age marker, describe a memory you have from that age. You can use the same age more than once if you want.

Age _____

Age _____

Age _____

Age _____

Age _____

Age _____

Age _____

Age _____

Age _____

Age _____

Choose four of the memories you wrote about on the previous page and draw them in the boxes below.



| | |
|--|--|
| | |
| | |



Now draw a picture of your home (or homes) and family after the divorce in the box below.

What are some things that are different about your family after the divorce?
What changed from before the divorce?

Draw a house below. On, beside, or under the house, write a list of things you'd like to stay the same during the divorce. If you feel comfortable, share your picture with your parents.

