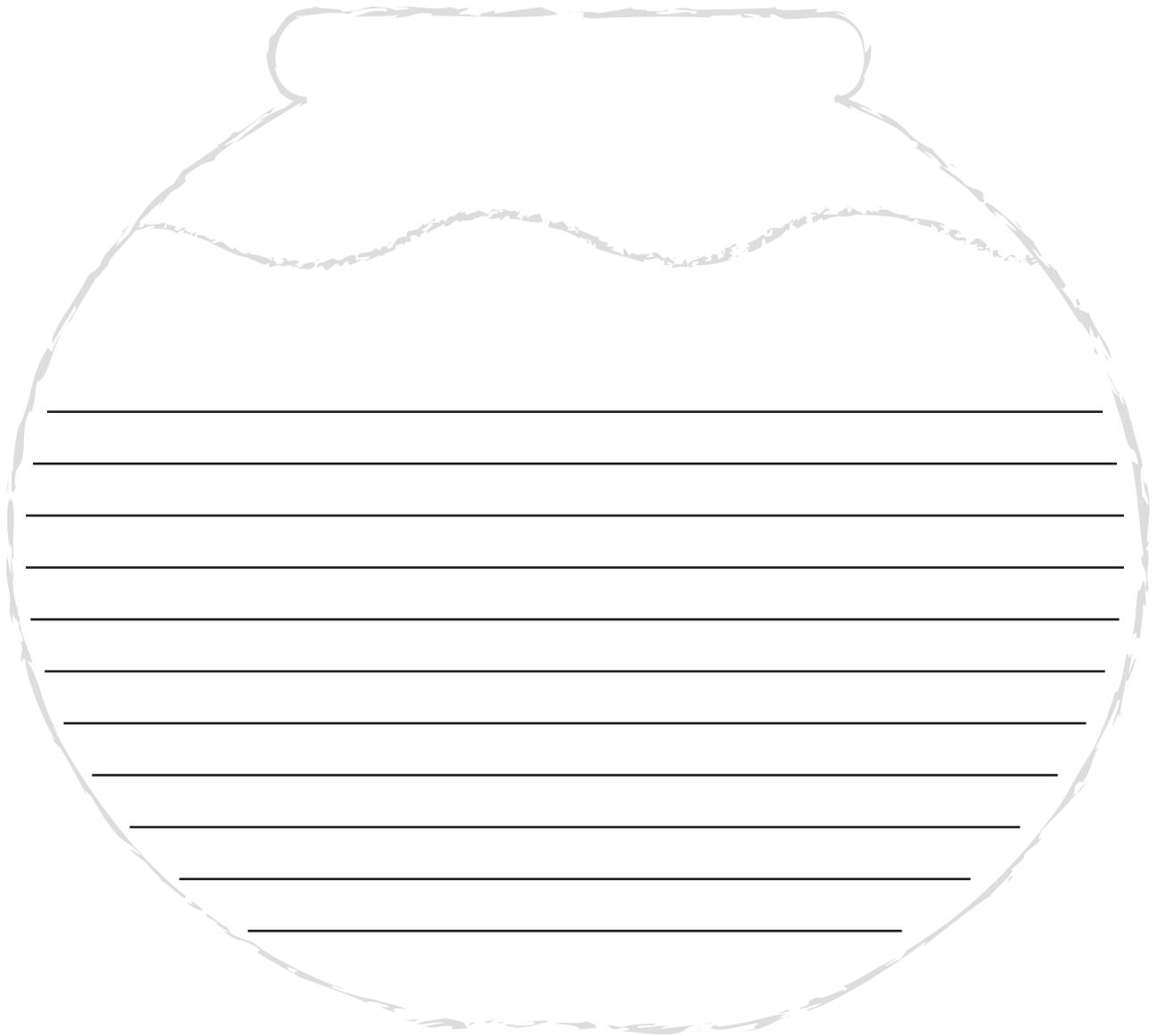


Going Fishing for Wishes

You may feel angry or upset about family changes. What are some changes you have felt angry about? Write or tell about any wishes you have.

If Wishes Were Fishes...Three Wishes I Would Make



A large, hand-drawn outline of a fishbowl. Inside the bowl, there are ten horizontal lines for writing.

It's OK to make wishes, as long as you understand which wishes you can make come true and which ones depend on adult decisions.

My House, Your House

Families may live together or in separate places. Tell a story about the picture below. Then draw the houses and people in your family.



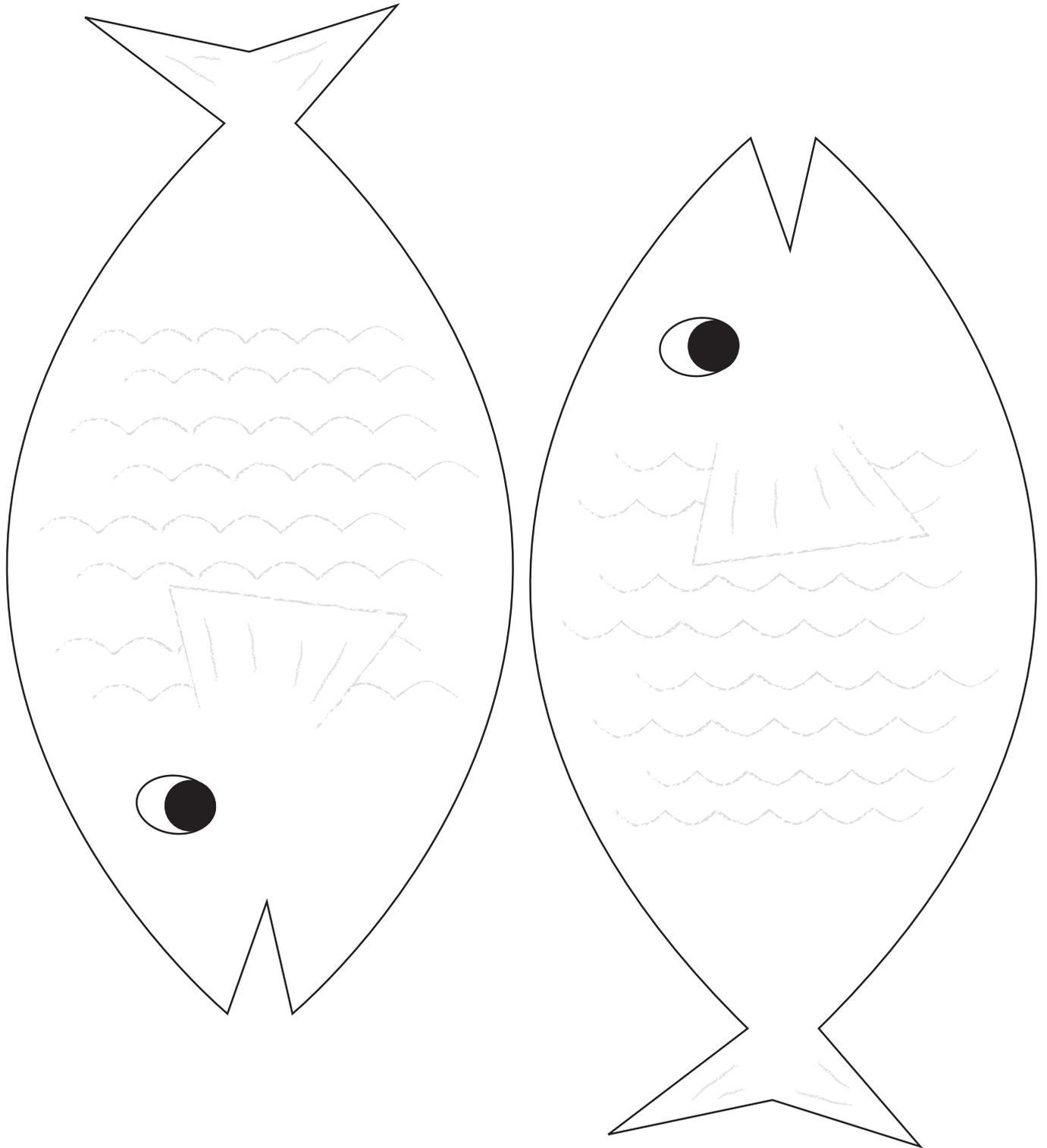
Fishing to Know You

Reproduce the following fish pattern on various colors of construction paper. Cut out the fish and write one of the questions/statements on each one. Have the fish laminated, if desired. Attach a paper clip or small magnet to each fish. Make a "fishing pole" from a new pencil with string attached to the eraser end and a magnet attached to the string. Turn the fish upside down on a flat surface so that the questions are not showing. Let the student fish for questions and share their answers aloud.

- Tell me about a time your feelings were hurt.
- What do you worry about sometimes?
- When do you feel sad?
- If I could change one thing about my mom or dad, it would be...
- What makes a family happy?
- What is the biggest problem you have?
- What do you like best about yourself?
- Name something that's different since your parents separated.
- A child is afraid to tell their parent something. What is it?
- How would you feel if one of your parents married someone else?
- If the walls of your house could talk, what would they say about your family?
- What things can kids do to feel better after their parents' separation or divorce?



Fish Pattern



Day Dreaming

Sometimes when parents separate, it is so hard for the children that they pretend or imagine that it never happened. Have you ever imagined that things were different? Draw a picture to show what you pretend or wonder about. Tell someone about your picture.



Sometimes I Get Angry!

You may feel angry or upset about family changes. What are some changes that a child might feel angry about?



What do you do when you are angry?

_____ .”

Make an angry mask on card stock or a paper plate. Attach a craft stick for a handle. Holding the mask in front of you, tell about something that bothers you or makes you angry. Write your answer here. “I feel angry when

Sometimes we hide our sad, scared, or hurt feelings behind angry faces. It’s like wearing a mask. Tell about a time you looked and acted angry on the outside when you really felt sad, scared, or hurt on the inside.

At other times, we smile when we aren’t happy. Tell about a time when you pretended to be happy when you really felt something else.
