



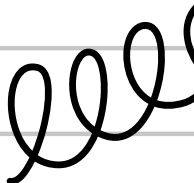
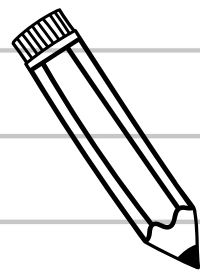
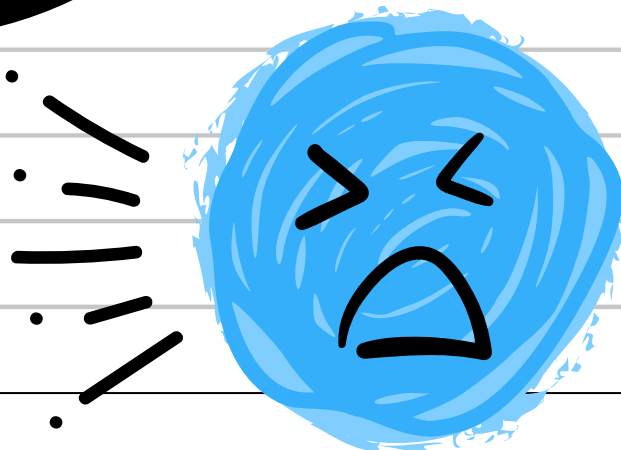
HELP!

MY PARENTS ARE

SPLITTING UP!



A toolkit for when everything is changing and you feel a bit muddled.



WHY DO THINGS HAVE TO CHANGE?

When parents divorce or separate it means that they will no longer be married or live together. Parents separate for lots of different reasons, but it doesn't mean that they don't love you. It's important to remember that if your parents are divorcing, it is not your fault and there is nothing you could have done differently. This can seem scary and you may have lots of questions about the future. This toolkit is here to help.

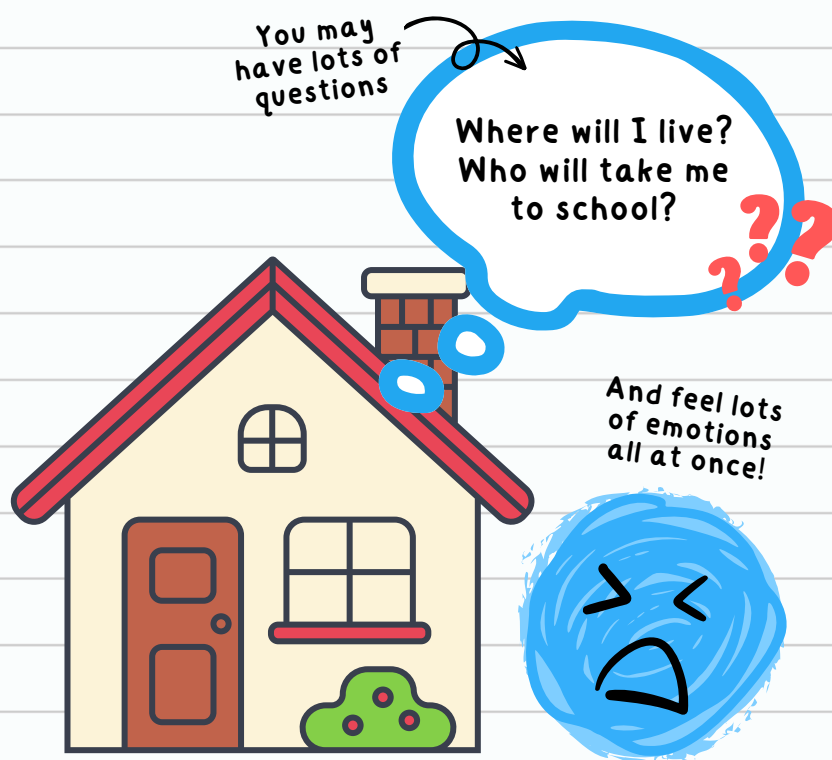
“IT’S TOO MUCH!”

It can feel like lots of things are changing all at once. You may feel confused or like no one is listening to you. All feelings are normal. You may also feel:

- Sad, upset or teary
- Angry or frustrated
- Worried about the future
- Tired or unable to sleep
- Like you don't want to do any of your usual activities such as playing with your friends
- Like you don't want to eat or you want to eat more than usual
- You may also feel symptoms in your body such as feeling sick or having a tummy ache.

If you feel any of the above, it's important to talk to someone you trust about it.

Divorce and separation can be hard on everyone. Remember, you are not alone and there are lots of people who feel just like you.



USING THIS TOOLKIT

Sometimes it can be difficult to put into words how we feel. This toolkit may help you. You can use this toolkit in any order and spend as much time filling it out as you wish.

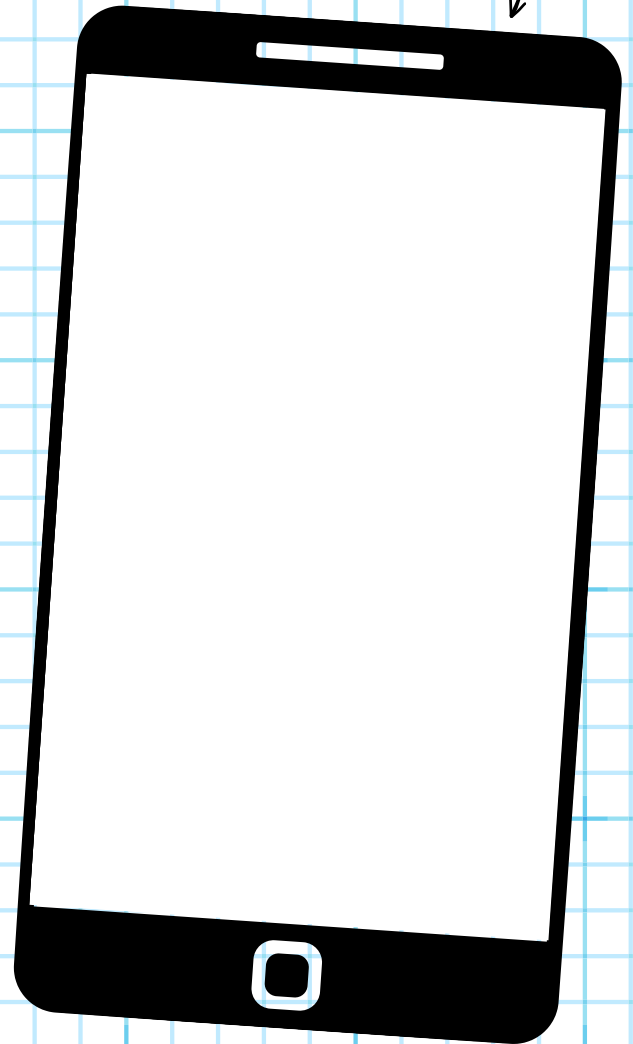
You do not have to do all the activities. If you need help at any stage, ask a grown up. Here, you are in control!



ABOUT ME

My name:

Draw a selfie
of yourself in
the phone



Three facts about me:

-
-
-

Three things that make me happy:

-
-
-

Things I like to do when I'm bored:

Things I like to do when I feel sad:



MY FAMILY

Draw your family members in the polaroids below. Write their names underneath. Don't forget to include any pets too!

A grid of nine blank polaroid photo frames arranged in three rows and three columns. The frames are hanging from a black string that is held up by wooden clothespins. The background features a stylized tree with brown branches.

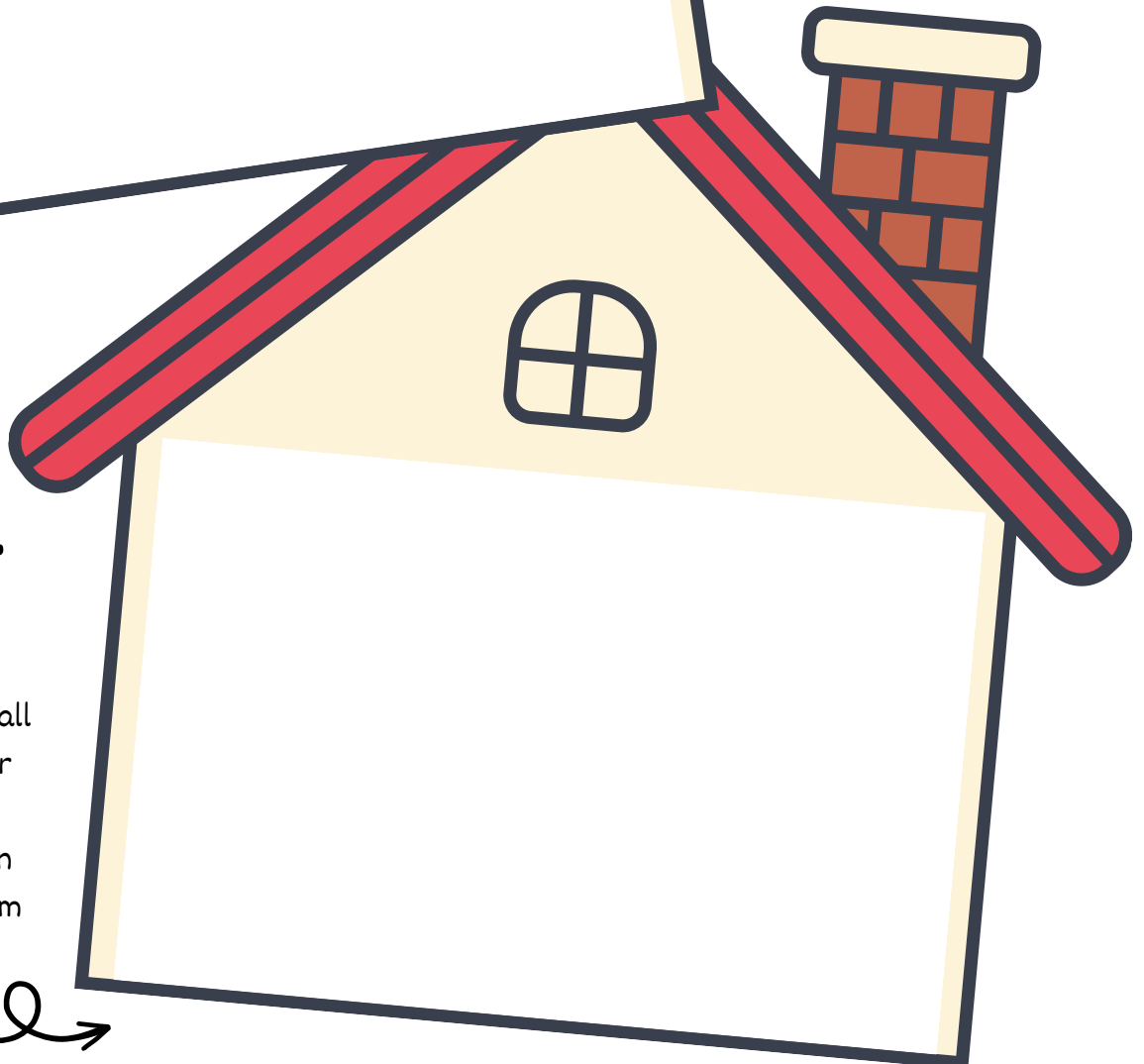
THINGS THAT WILL STAY THE SAME

Even though there are lots of changes happening and this can seem scary, there are still lots of things that will stay the same too, such as how much your parents love you! Can you think of some more things that will stay the same? Write them in our house.



THINGS THAT WILL CHANGE

Let's have a think about all the things that might or might have already changed so that you can feel prepared. Write them in the house.



MAKING CHANGE POSITIVE

Change can feel scary because it is different to what we know. You may feel like you don't want things to change, but sometimes, change can be good. Can you fill in the below?

What is changing?

What is worrying me about this change?

What good things might happen?



Bonus question - Can you think of things that change in nature and write them in the clipboard?



FLIP THE THOUGHT

It's normal to have upsetting thoughts when things are changing quickly. Write down one of your unhelpful thoughts below and think about a more helpful thought instead. For example, if you think 'nobody loves me' you could flip this thought and write 'I am loved by everyone around me.'



Old thought:

New thought:

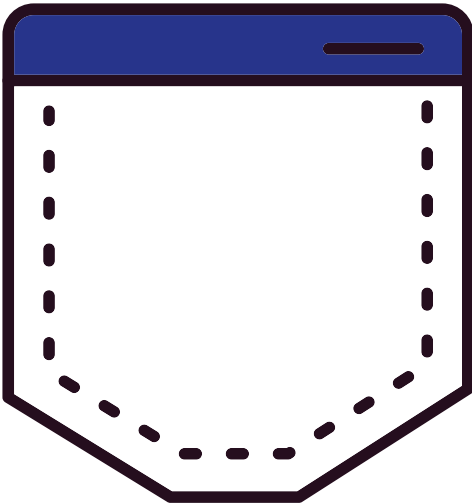


MY POCKET WORRIES

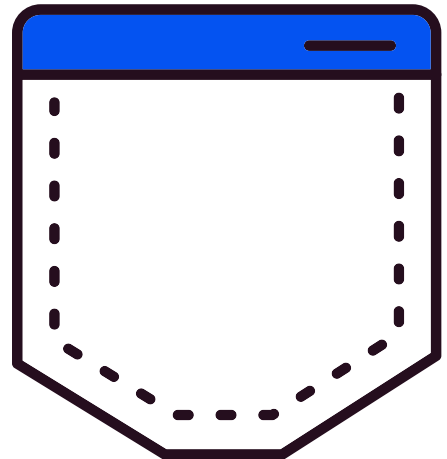
Sort your worries into our pockets below by thinking about which worry is bothering you the most.

Make sure you speak to someone about the worries you write below.

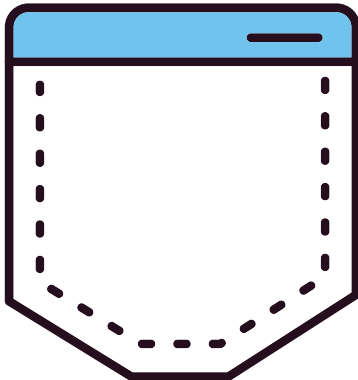
My **BIG** worry



My **MEDIUM** worry



My **SMALL** worry



Next time you have a worry, imagine putting the worry in your pocket until you can talk to someone about it.



ASK A QUESTION

When your parents split up, it's natural to have lots of questions and feel confused. Can you write down all the questions you have below? Then you can remember all the things you want to ask.

	🔍
	🔍
	🔍
	🔍
	🔍
	🔍
	🔍
	🔍
	🔍



4 THINGS I WANT YOU TO KNOW

But find hard to say...



Blank rounded rectangular box for writing the first item.



Blank rounded rectangular box for writing the second item.



Blank rounded rectangular box for writing the third item.



Blank rounded rectangular box for writing the fourth item.

Are you mad? Scared? Do you have something on your mind that you find hard to say out loud? Write it down! Optional: Once you've written down your thoughts and shown them to someone you trust, why not have fun destroying the page? You can scribble on it or rip it up into tiny pieces!

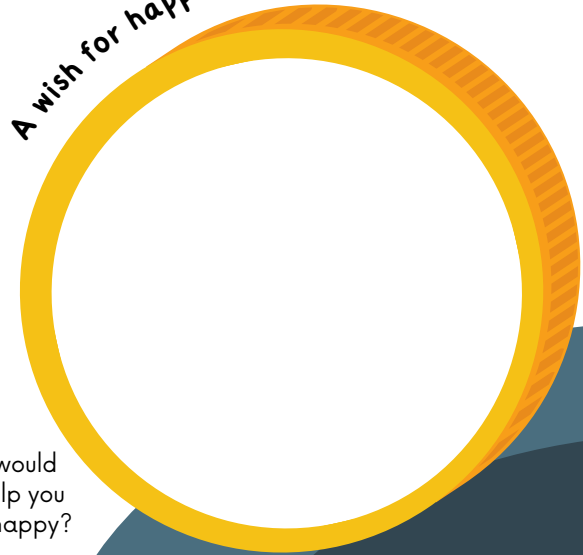


MY WISHING WELL

Oh wishing well, wishing well, how do you do?
Wishing well, wishing well, I have three wishes for you!
A wish for happiness, and for love too,
And finally a wish I hope will come true!

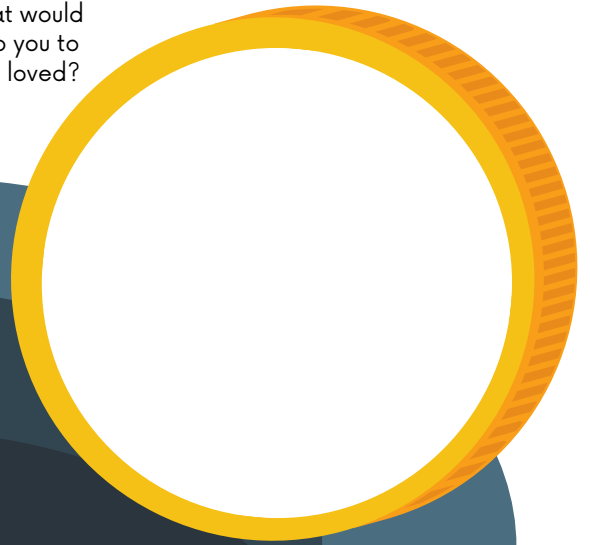


A wish for happiness



A wish for love

What would help you to feel loved?



What would help help you to feel happy?



Wish for anything you want!



Top tip: Try to think of things that money can't buy!



THINGS I CAN AND CAN'T CONTROL

Sometimes it can feel like we have no control over anything, but there are lots of things we CAN control when we think about it. Can you write down all the things you can control in the controller below? Write down all the things you can't control on the outside. For example, you can't control other peoples' actions. but you can control your own.

Things I can't control:

Things I can control:

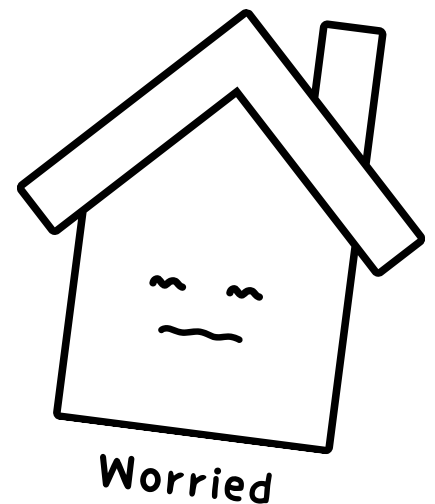
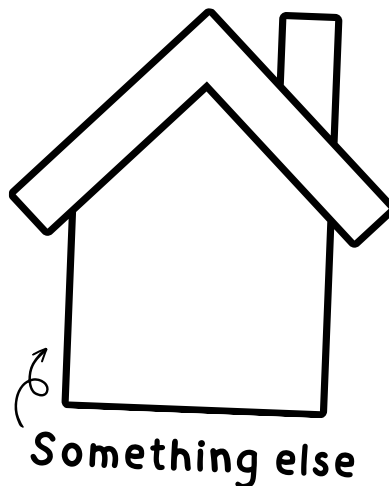
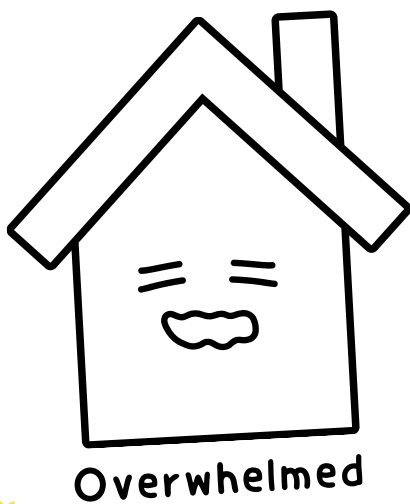
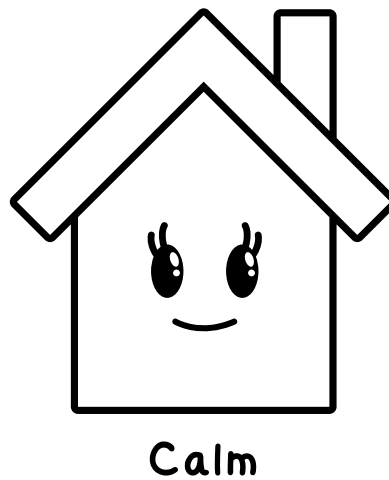
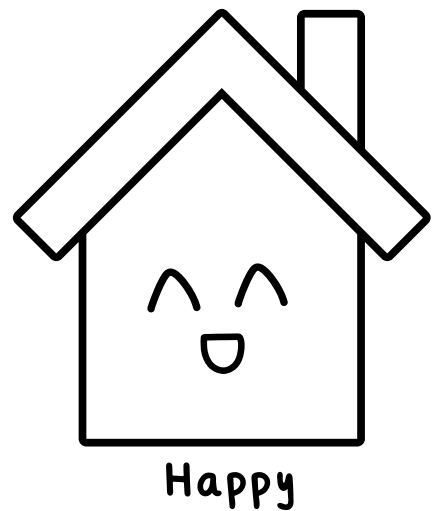
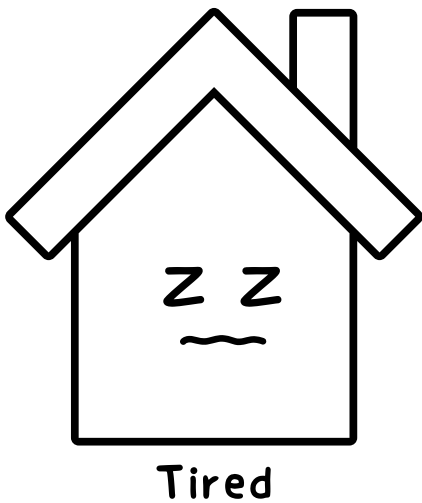
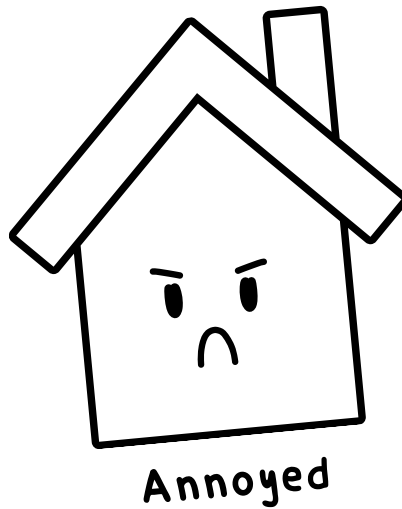
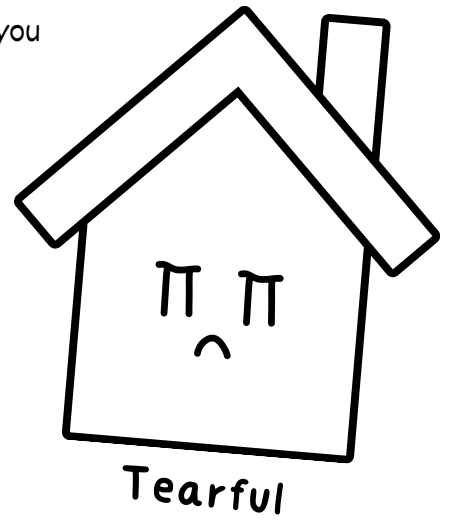


Why do things have to change? Why can I not fly? The world is full of questions we don't have answers to - and that's ok! Can you write some of your 'why' questions below? You may have the answer - or the answer may not exist - but writing down the questions can help us make a little bit more sense of them.

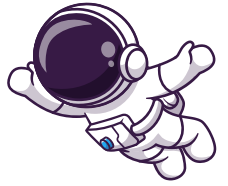


SHADE HOW YOU FEEL

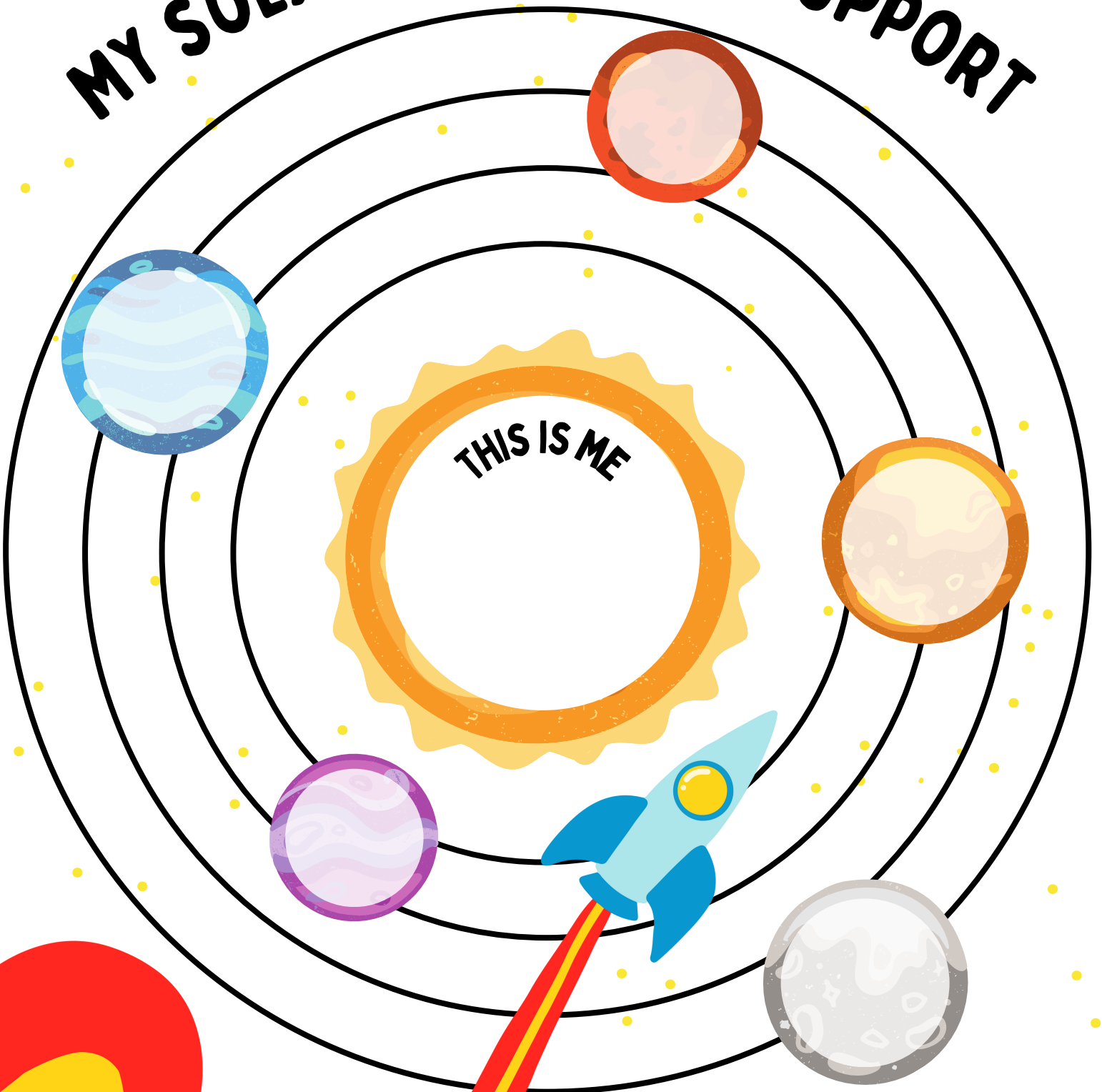
Colour in the house that best shows how you feel. If you can't see the emotion you feel, draw it on the blank house.



- Write down the people you can talk to about anything in the planets. These people are in your solar system of support. You can talk to them when you feel upset or angry, or just when you want to share something on your mind.



MY SOLAR SYSTEM OF SUPPORT



MY CALM VEST

Here are things that can help you to feel calm when things feel a bit too much. Circle the ones that you feel help you the most.



Hug



Take a deep breath



Squeeze something



Write about how I feel



Count as high as I can



Do something active



Have a drink



Go outside



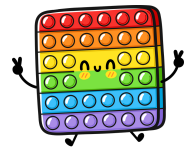
Hug a toy



Count heartbeats



Say 'I am Calm'



Play with a pop it toy



Stretch



Craft



Colour



Go to a quiet place



Talk to someone

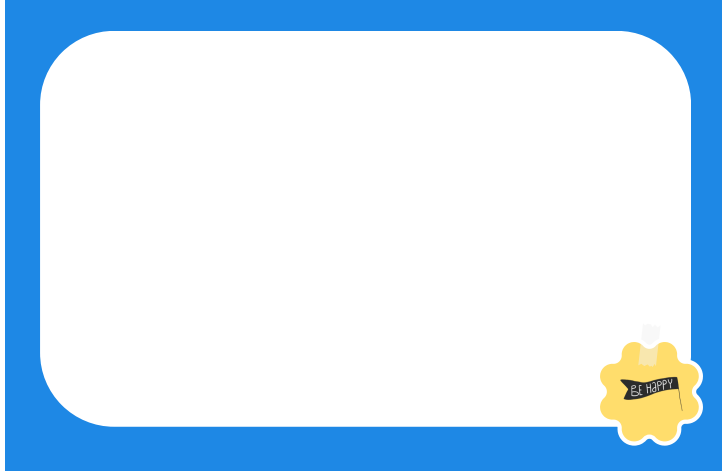
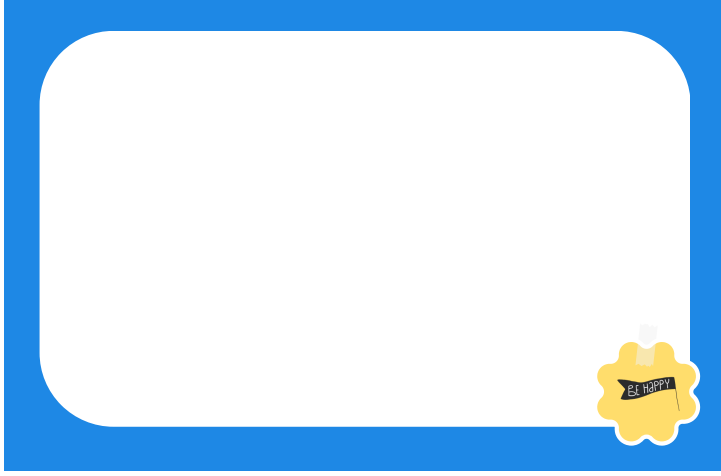
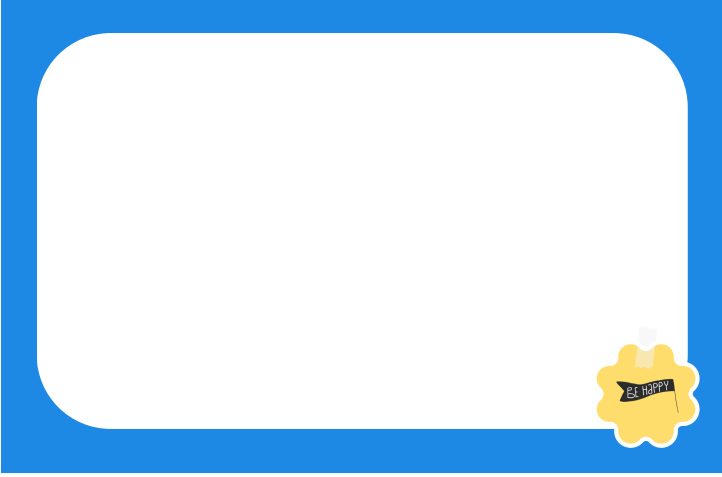
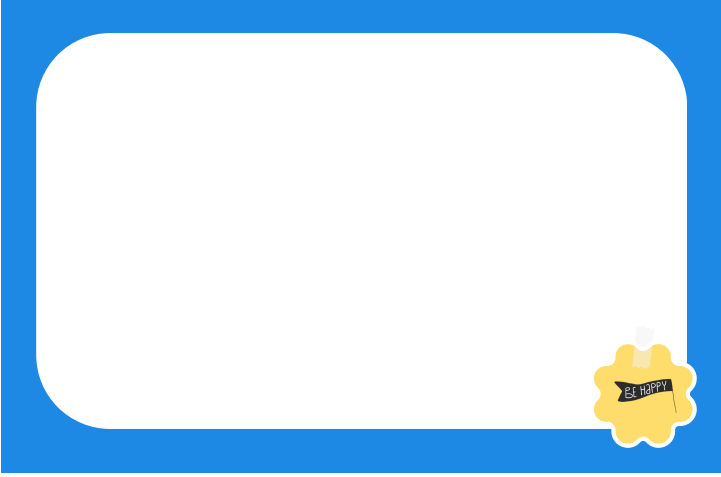
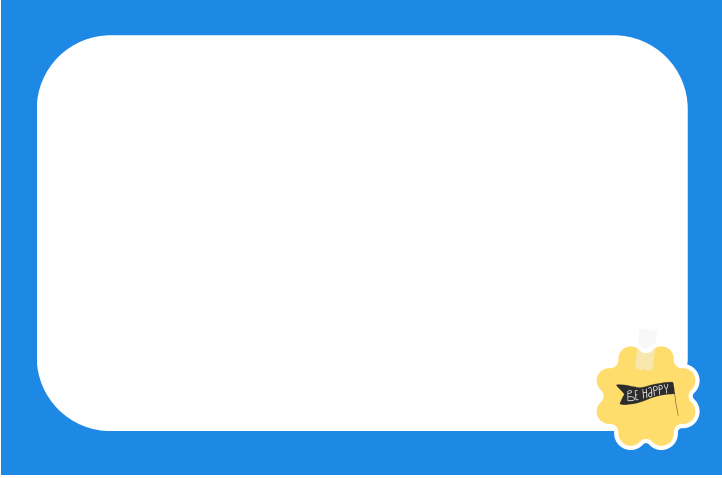
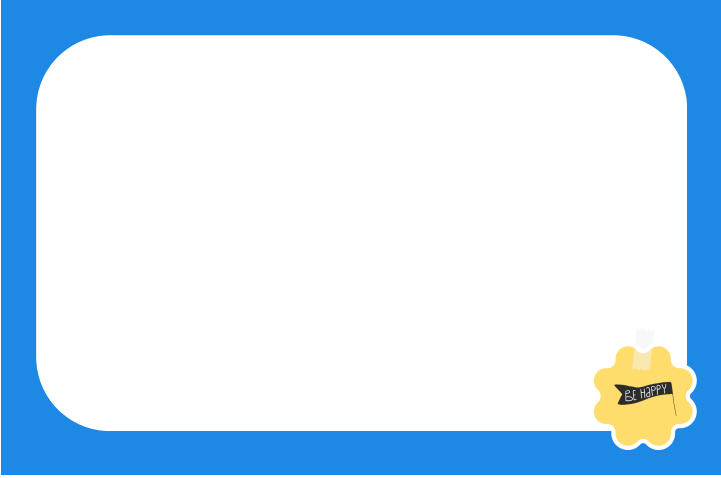


Listen to music



COPING CARDS

Write or draw some of your favourite ways to feel calm on our cards below. Cut out and keep for when you need them.



My brain dump:

Write whatever's
on your mind in
the box.

DOODLE BRAIN

Doodle in the
brain.



Can you doodle different
patterns in the different
segments of the brain?



3, 2, 1

BOOM

3 things that
make me angry:

Ever feel like you are about to EXPLODE like a volcano? When you feel your anger rising out of control, it can feel like you are about to go BOOM! Fill in our prompts to help you when you next feel angry.

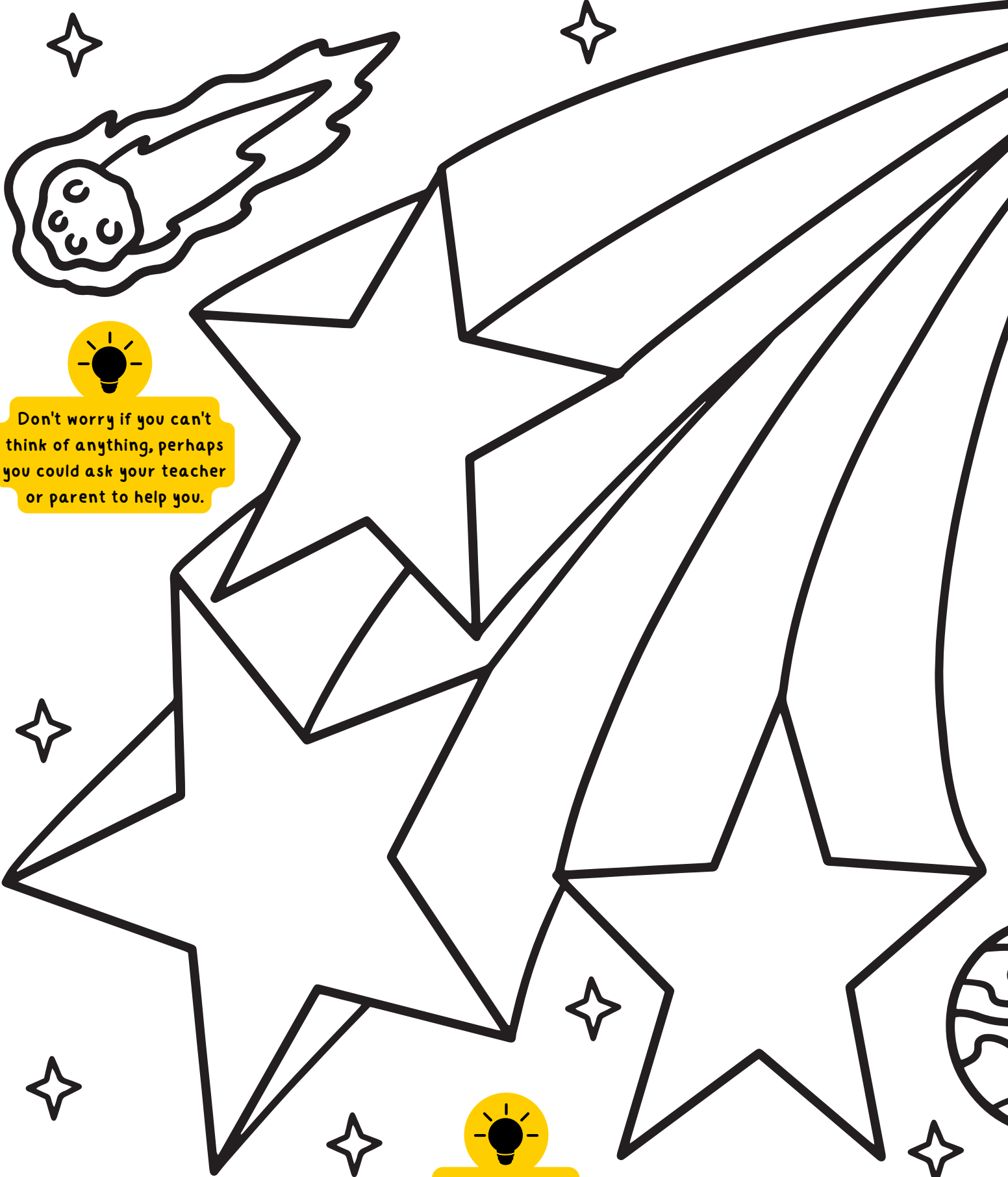
2 ways I act
when angry:

1 thing that helps
me feel calm:



MY WEEKLY TOP 3

Write three amazing things that happened this week in the stars.



Don't worry if you can't think of anything, perhaps you could ask your teacher or parent to help you.

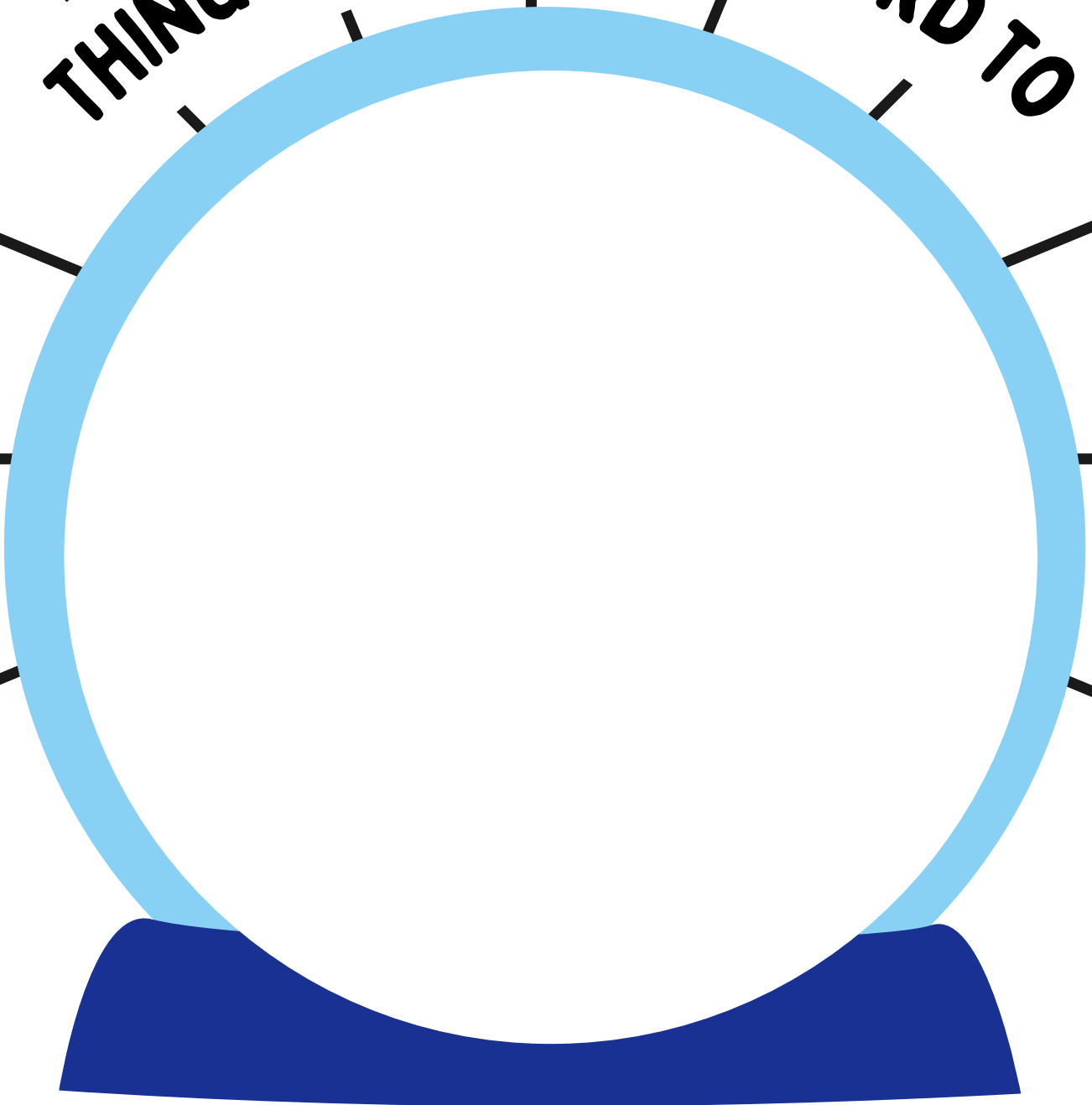


Colour me in!



When we have things to look forward to, it can help us to feel happy. Can you think of some things you are looking forward to? Write them in the crystal ball!

THINGS TO LOOK FORWARD TO





MY DAILY SELF CARE TRACKER

Shade, tick or place a sticker on an activity as you complete it. Doing these activities daily can help you to feel calm and healthy.



Activity	S	M	T	W	T	F	S
Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cuddle someone I love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn something new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something mindful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have some quiet time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Say thank you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Speak about something that is bothering me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

be happy ♥



WEEKLY PLANNER

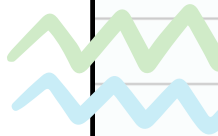
Planning the week ahead can let us know what to expect, this can help us feel prepared and calm. Write down your plans for each week.



Sunday

Monday

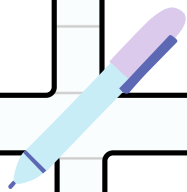
Tuesday



Wednesday

Thursday

Friday



Saturday



Notes

Note to self



RAINBOW HOUSE BREATHING

