



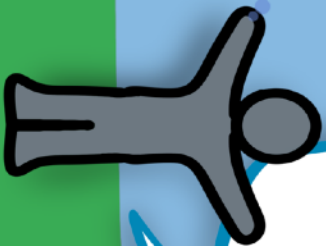
MY PARENTS ARE NOT GOING TO LIVE TOGETHER ANYMORE

HOW DO I FEEL ?

I WORRY THAT...



I KNOW THAT...



I HOPE THAT...

I'M ANGRY THAT...



# **My parents are not going to live together any more**

## **A worksheet for children whose parents are separating or divorcing**

This worksheet is for staff to use with children in primary/early secondary school.

The aim is to encourage a child or children to talk about the new/recent/future changes in their lives at home using the structure of the 4 shapes around the diamond.

It may be good to start with:

**I know that...** as this is about establishing what facts the child has – ‘What is happening?’

And then move onto the others by asking: ‘How does this make you feel? How do you feel inside?’

**I’m worrying about...** where mum/dad will live; where I will live ( a few examples)

**I’m angry that...** I won’t see mum/dad; it’s my fault (a few examples)

Ending with what they would you like to see happen

**I hope that...**

For some children, you will need to use visual emotion cards to help them identify the above emotions.

Children may, of course, come up with other feelings, which can be added to the worksheet.

The worksheet: **My parents are not going to live together any more – what will help me feel better?** can be used to follow up this one.