

Lesson One: Supporting Children in Transition

Objective:

Students will reflect on past changes, connect with their present situation, and build awareness of their individual strengths to support their emotional and psychological well-being during times of transition. Through the small group setting, students will begin to normalize the transition/moving process and find encouragement and connection through the shared experiences of their peers.

Duration: 30 minutes

Materials: *Moving Forward Together*, colored pencils



Tuning In (5 minutes)

Welcome and Icebreaker

- Greet the students warmly and create a positive atmosphere.
- Use a quick icebreaker activity to lighten the mood and create a sense of community.

Overview of the Session

- Briefly explain the purpose of the session: to explore and celebrate unique journeys and personal strengths during times of change.
- Introduce *Moving Forward Together* as a special book for them to use before, during, and after their move.
- Clarify that not all pages will be filled during their sessions, and they can continue working on other pages between sessions.
- Begin by introducing students to the title page, where students write their names and make the book their own.

Activities (15 minutes)

Activity 1: "My Journey so Far" (Page 5)

- Instruct students to add color to the map to represent different phases or significant events in their lives.
- For older students, use the open timeline template for a more detailed reflection.
- Encourage the drawing of lines to connect places they have lived and/or traveled.
- Allow students to share their maps or timelines with the group.

Activity 2: "My Strengths" (Page 7)

- Students complete sentences such as "I'm really good at...," "My friends think I am...,"
- Emphasize positive qualities, skills, and attitudes they already possess.
- Encourage students to share one of their responses with the group.

Discussion Prompts (5 minutes)

Guided Discussion

Facilitate a discussion around the activities:

- Ask students how reflecting on their journey made them feel.
- Discuss commonalities and differences in experiences.
- Explore the strengths and positive qualities identified in the "My Strengths" activity.
- Discuss the relevance of these strengths during transitions.

Sharing Circle

- Create a safe space for students to share concerns or excitements about their upcoming changes.
- Encourage empathy and support within the group.



Conclusion (5 minutes)

Recap and Closing Thoughts

- Summarize key points from the session.
- Reinforce the idea that understanding their own strengths will help them navigate challenges during the transition.
- Remind students that change is a part of life, and they have the tools to face it confidently.

Homework Assignment

- Encourage students to continue their workbook at home, focusing on pages 2-4 and 6 of *Moving Forward Together*.

Closing Remarks

- Express gratitude for their participation and openness.
- Remind students of the support available from teachers, counselors, and classmates.
- Explain the strengths activity will be revisited in the next session.

Note: Be attentive to the emotional needs of students and be prepared to provide additional support if necessary. Adjust activities and discussions based on the age and maturity of the students.