

A NEW ADVENTURE

A Transition Activities Book for Primary Children



IICS Supporting Expatriate Families of Istanbul

TRANSITION PRESENTATION

EXIT RIGHT, ENTER RIGHT:

WHAT PARENTS CAN DO TO HELP ENSURE A SUCCESSFUL TRANSITION

ARE MEMBERS OF YOUR FAMILY IN THE MIDST OF A TRANSITION?

IS YOUR FAMILY RELOCATING TO ANOTHER COUNTRY OR MAYBE YOU ARE MOVING 'BACK HOME'? IS YOUR CHILD HEADING OFF TO BOARDING SCHOOL?

You and/or your child may have a number of concerns about your upcoming transition. Children lose established social networks of friends, peers and teachers and as a result, their sense of security may be diminished by fears of the unknown. Don't be surprised if you start noticing some changes in your child's behaviour and attitude as the school year draws to a close. For these reasons, it is important that you and your child discuss this event together.

Keys to a successful transition include the following:

- familiarity with each step of the transition process
- firm, yet flexible, parenting
- good communication and support – making sure that the family has an opportunity to share experiences associated with the transition
- preparation and rehearsal (Think Rock, Paper, Scissors...)



CONTENTS

These fun and meaningful transition activities for children makes it easier for them to transition to their new situation. Allowing approximately 5 weeks to go through these activities with your child would be very beneficial.

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- 2.4. Packing Before the Adventure
- 2.5. How Do I Feel?
- 2.6. How Does My Family Feel?
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- 3.2. Sharing About My New Adventure
- 3.3. Saying Hello to My New Friends

ACTIVITIES UPON ARRIVAL

ACKNOWLEDGEMENTS & REFERENCES

A New Adventure: An IICS Activities Book for Primary Children (August 2015) has been adapted and modified from Off We Go, an online document by Hwai-Bing Pwee and Polly Ho, OMF Hong Kong, January 2003, which itself drew upon the following reference works:

- Blohm, Judee. Where in the World are You Going? Overseas briefing Center, US Dept of State.
- Dyer, Jill. Harold and Stanley Say Goodbye. MK Merimna, 1998.
- Peters, Daniel. Rookies: An Activity Workbook for Families Going to the Mission Field. Link Care Center, 1985.
- Pollock, David & Van Reken, Kuth. The Third Culture Kid Experience: Growing Up Among Worlds. Intercultural Press, 1999.

Special thanks to IICS staff members Vivian Huizenga, Duane Smith and Greta Hazlett for designing and editing this booklet.



CHAPTER 1

MY ADVENTURE

ACTIVITY 1.1. – MY SPECIAL PASS

CONGRATULATIONS!

You and your family will go on an adventure. You will need a passport for this trip. Paste your photo in the box below and fill in the blank spaces.

**DO NOT
PACK!**

this

is my sacred
object

**CARRY-ON
ONLY**


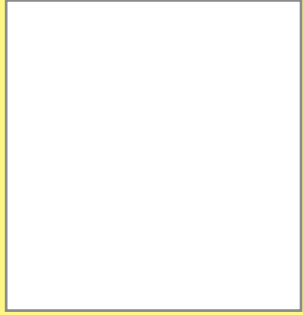
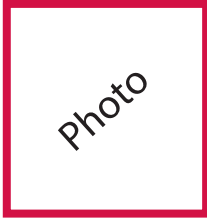



Select 3 sacred items that will not be packed, but will go with you on the plane. Put these tags on them.

**DO NOT
PACK!**

this

is my sacred
object

**CARRY-ON
ONLY**

<p>PASSPORT</p> 	<p>Valid till _____</p>  <p>Signature/Thumbprint</p>
 <p>Photo</p> <p>Name: _____</p> <p>Birthday: _____</p> <p>Gender: _____</p> <p>Country I come from: _____</p> <p>Country I am going to: _____</p>	<p>My 3 sacred objects to bring with me that will cheer me up during this change:</p> <p> My favorite food: _____</p> <p>Things that make me smile:  _____</p> <p> Person(s) I like to talk with when I am sad: _____</p>

**DO NOT
PACK!**

this

is my sacred
object

**CARRY-ON
ONLY**



To make transition easier for an Early Years child, keeping meaningful things (their "sacred objects") close by reminds them that there are stable things in the middle of change (their favorite book, plush toy, etc).

CHAPTER 1

MY ADVENTURE

MY CURRENT FAMILY COMMUNITY

ACTIVITY 1.2. – PEOPLE WHO ARE ALWAYS IN MY HEART

Gather photos of your favorite family members, care givers, pets, and other things that you love from your current home. You can carry these photos with you during this change.

ACTIVITY 1.3. – WHO IS GOING WITH ME?

Discuss with your Mom and Dad who will be coming on this adventure with you. Draw a picture of them in the raft with you.



CHAPTER 1

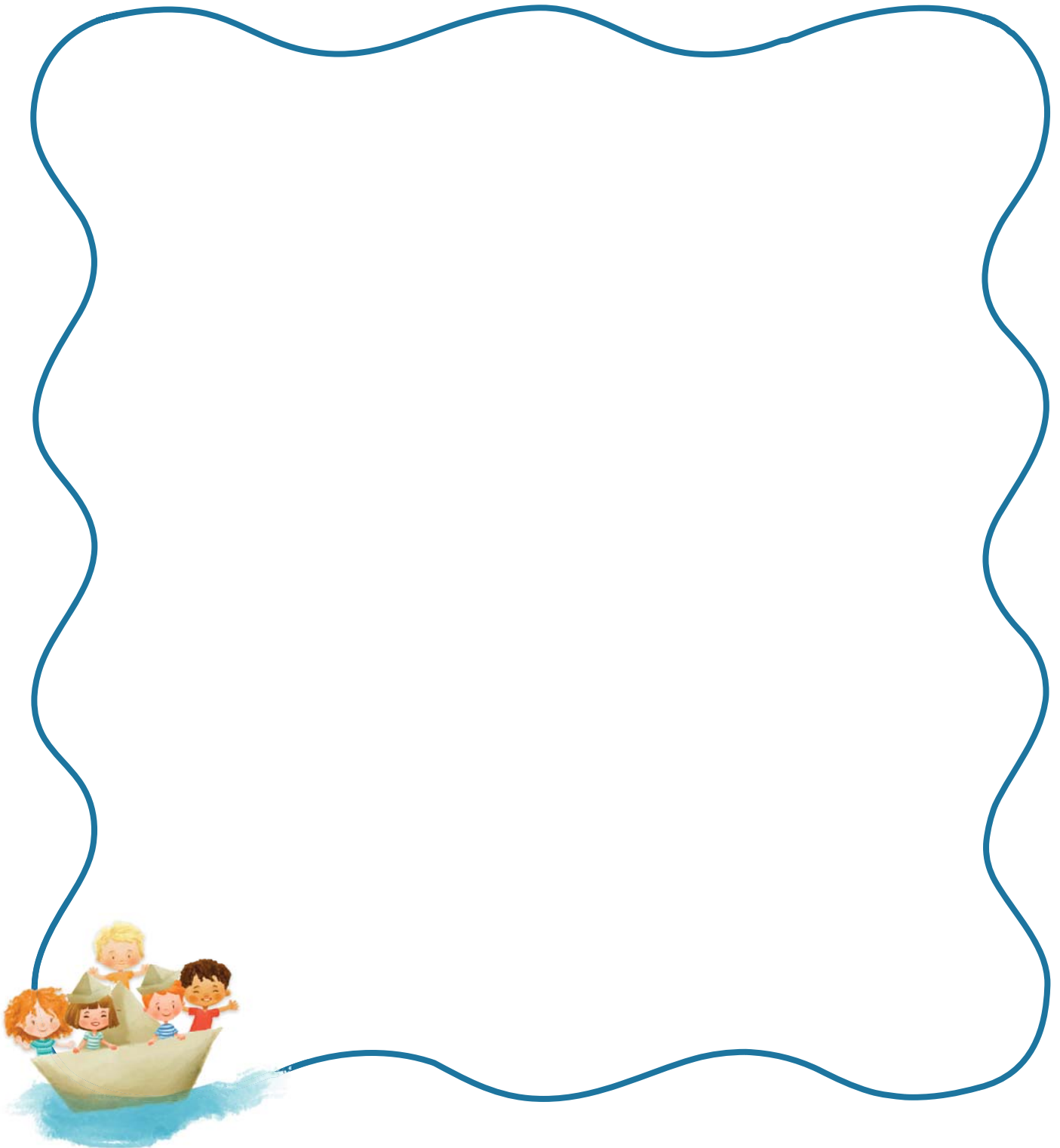
MY ADVENTURE

ACTIVITY 1.4. – I AM SPECIAL

Do you know that no two persons in the world are the same? You are very special, unique, and important. Put your hand on this page and trace around your hand.

List some very special things about yourself.

Have your family members write their own special thoughts about you, too.



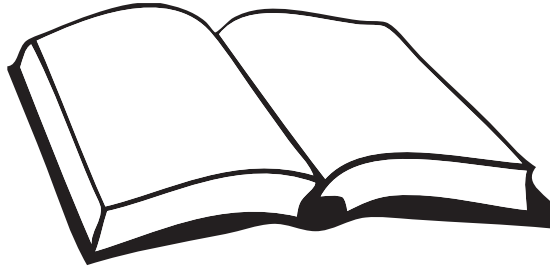
CHAPTER 1

MY ADVENTURE

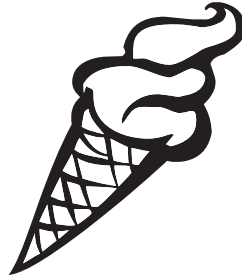
ACTIVITY 1.5.– THINGS THAT CHEER US UP!

Write down and draw some family activities that you love to do with each other that could cheer anyone up if they are feeling sad.

Reading a book



Eating an ice cream















Talk to your child about some of the activities that you will be able to continue to do when you arrive in the new country. Keeping family routines help to build stability.



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.1 – SAYING GOODBYE TO SPECIAL PEOPLE

Who are your good friends and special people that you will say goodbye to? Attach their photos here or draw their faces below. Write something special about them or say what you like about them.

Name: _____

How we met? _____

email, skype: _____

Name: _____

How we met? _____

Skype Address: _____

Email Address: _____

I like him/her because: _____

Name: _____

How we met? _____

Skype Address: _____

Email Address: _____

I like him/her because: _____

Name: _____

How we met? _____

Skype Address: _____

Email Address: _____

I like him/her because: _____

Name: _____

How we met? _____

Skype Address: _____

Email Address: _____

I like him/her because: _____

Name: _____

How we met? _____

Skype Address: _____

Email Address: _____

I like him/her because: _____

Add these emails to your contact list. Do a test of Skype with these special people before you move away.



Reflecting on how your children made these friends is important as they will need these skills again when making friends in the new country.



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.2. – SAYING GOODBYE TO FAVORITE PLACES

What places do you like going to? Choose 3 of them and ask your parents to take you there for a visit before you move. Remember to take a camera when you go. Collect something separate from each place (a brochure, and admission ticket, a leaf, a flower, etc.) and stick it on the treasure chest next to your picture of that place.

FAVORITE PLACE #1

My #1 favorite place is:

Why it is my favorite place:



When you arrive in the new country, take your child to visit places she/he enjoyed going to when you were in your home country. It may help your child relate better to the new surroundings.



CHAPTER 2

GETTING READY TO GO!

FAVORITE PLACE #2
My #2 favorite place is:
Why it is my favorite place:



CHAPTER 2

GETTING READY TO GO!

FAVORITE PLACE #3

My #3 favorite place is:
Why it is my favorite place:



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.3. – SAYING GOODBYE TO PETS

Do you have a pet? If so, you can draw a picture of your pet or attach their photo below.

You may not be able to take your pet with you on your new adventure. If that is the case, talk with you parents and discuss a few ways your pet can be taken care of. Draw how you imagine your pet in their new home.

TIPS FOR THE NEW FAMILY FOR TAKING CARE OF MY PET

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Children are often extremely attached to pets. It may reduce their anxiety if you assure them that their pet/s will be well cared for by their new owners.



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.4. – PACKING BEFORE THE ADVENTURE

You will not be able to bring all your things on your adventure. Draw or paste photos of things from your room that will meet you in your new house when you get there.

Talk to your child about what will happen to the things that are left behind (eg. Storage, given to charity, given to family or friends...)



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.5. – HOW DO I FEEL?

How do you feel about going on this adventure? Do you feel excited sometimes, but afraid other times? Color the pictures that show your feelings. You may want to color more than one.

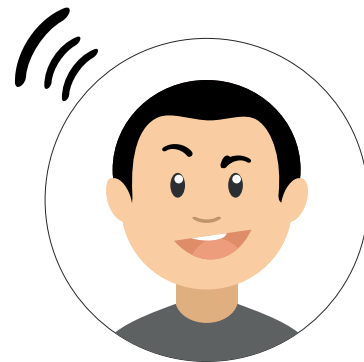


CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.6. – HOW DOES MY FAMILY FEEL?

How do your family feel about going on this adventure? Maybe they feel the same way you do. Maybe they have different feelings. Ask them how they feel and color in the picture that shows their feelings. You may want to color more than one.



Share with your child your own fears and excitement about moving to a new country. Your child will appreciate your honesty and this will help him/her feel better.



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.7. – A FAREWELL PARTY

As you go on this adventure, it may be quite some time before you can see your friends and relatives in person again. You can plan a farewell party (with your Mom and Dad's help) to say goodbye to the people you will miss.

Talk with your teacher about your upcoming adventure. With your teacher, choose a time to share with your classmates the news about your new adventure. Afterwards, you can go home and start to plan your farewell party with your Mom and Dad.

Please remember that invitations to parties can be passed out in class if they include either all the children of the class, or all the children of the same sex. Other invitations to select groups should be arranged outside of class to avoid hurt feelings. We are happy to make the school available for parents to arrange parties after school hours as long as all children and parents have the option to attend. These celebrations should not interfere in any way with the school day.

A- Who will you invite?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

B- Where will it be?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

C- What date will it be?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



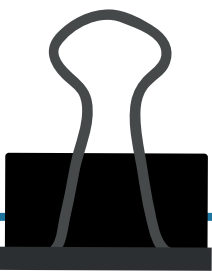
Farewell parties are more beneficial for students when they are held outside of school as children will have more time to process their farewells. Classroom environments may be overwhelming.



CHAPTER 2

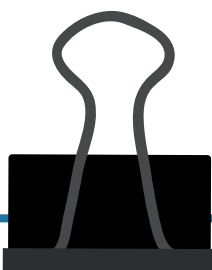
GETTING READY TO GO!

ACTIVITY 2.7. – A FAREWELL PARTY



D- What are you going to eat at the party?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



E- What will you do for games/activities at the party?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



CHAPTER 2

GETTING READY TO GO!

ACTIVITY 2.8. – SAYING “SORRY”

Sometimes we say or do things that may upset people around us. Very often, we forget to say “sorry”. Saying sorry can make you feel better because it makes hurt feelings go away between you and the other person. If you need to say sorry to someone, write their names below. Take a photo of yourself and on the back of the photo, write an “I’m sorry” card and give it to each of the people you are saying sorry to.



This is the stage called “reconciliation”. Saying sorry can be healing and empowering.

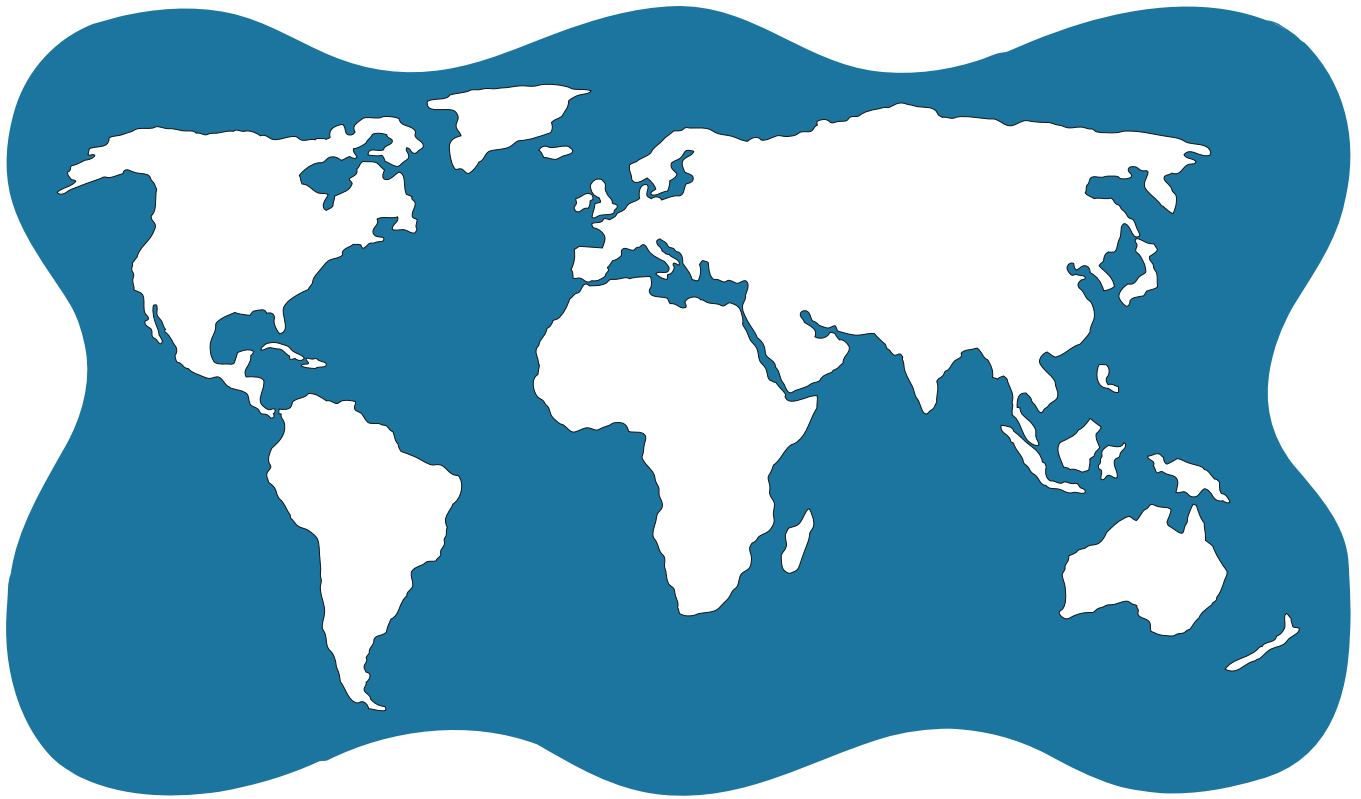


CHAPTER 3

DISCOVERING THINGS TOGETHER

ACTIVITY 3.1. – CHECK THE MAP!

When you go on an adventure, it's very useful to know how to read a map. On the map below, can you locate where you come from and where you are going to?



- A. Use **GREEN** to mark an "X" on the country you come from.
- B. Use **RED** to put an "#" on all the places you have been to.
- C. Use **ORANGE** to circle the country you are going to.
- D. Use **BLUE** to draw a line from the country you come from to the country you are going to.

How will you get there? By airplane? By Car?

Do you know how long it will take to travel by airplane from A to C? How long would it take by car



Discuss with your children how you will get there. Discuss the timeline of the move as well (ie, rental home, new home, when you will return to the home country to visit, etc)

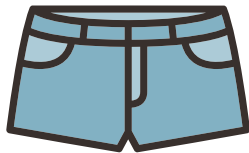
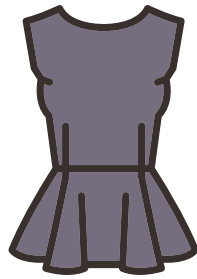


CHAPTER 3

DISCOVERING THINGS TOGETHER

ACTIVITY 3.2. – SHARING ABOUT MY NEW ADVENTURE

Find out what the weather in your new country will be like. Color in the clothing items you will need to bring.



New country's famous building/monument

New country's national dress/costume

New country's house style



New country's flag

New country's language

New country's landscape

New country's traditional food

Do you know whether people in your new country wear special clothing that is different from what you are used to? If you can find a picture of that country's national costume, attach it here. You can also attach photos of other items that are special to your new country.



Prepare photos of the place you will be moving to (famous buildings, national flag, national costume, etc). Put this together for your child to be able to bring to school and present to his/her class prior to the move.



CHAPTER 3

DISCOVERING THINGS TOGETHER

ACTIVITY 3.3. – SAYING HELLO TO MY NEW FRIENDS

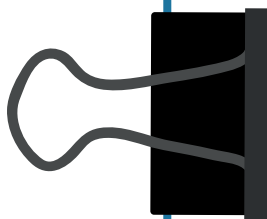
In your new country, how do you say
“Hello” to someone? _____

How do they greet each other? Color in the stars to show.

Greeting style	Your country	New country
Shake hands		
Bow		
Hug each other		
Kiss on cheek/s		
Other: _____		

List the ways you know to make new friends
(example: ask someone to play)

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____



A smile costs nothing but can start new friendships. Encourage your child to smile more often.



CONGRATULATIONS!

Color in each section as you finish it
so that you can get
ready for your real adventure!

- 1.6. My Special Pass
- 1.7. My Current Family Community
- 1.8. Who is Going With Me?
- 1.9. I Am Special
- 1.10. Things That Cheer Us Up!

- 2.1. Saying Goodbye to Special People
- 2.2. Saying Goodbye to Favorite Places
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- 3.1. Check the Map!
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CHAPTER 4

ACTIVITIES UPON ARRIVAL

Upon your arrival in your new country, you may like to explore your neighborhood with your family. This will help your family adjust more quickly to the new country.

Suggestions:

- A. Go to the park/palyground nearest top your new home
 - Take 5 photos of the park from 5 different spots
 - Collect 4 different types of leaves
 - Collect 3 different types of flowers
 - Pick stones of different colors
 - Draw a picture of something you see and like, eg birds, benches, people, flowers...
 - Put everything you have collected into a bag and show someone you meet tomorrow
- B. See what activities your new school offers
- C. Find the best place to eat!
- D. Go for a ride on public transportation in your new city
- E. Tell Mom and Dad about a new friend and ask them to arrange a play date

Suggestions for Mom and Dad:

- A. Contact your new school's Parent Teacher Association (PTA) through your new school's admissions office
- B. Find your nationality's social group in your new city (your new school or your consulate should be able to help with this)





ISTANBUL INTERNATIONAL COMMUNITY SCHOOL



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www.iics.k12.tr

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IICS is the only Early Years 3 through Grade 12 international school in Istanbul fully authorized and globally accredited by the IB, CIS and NEASC.

IICS is a full member of ECIS and CEESA.

100

Years of Academic Excellence

1911-PRESENT