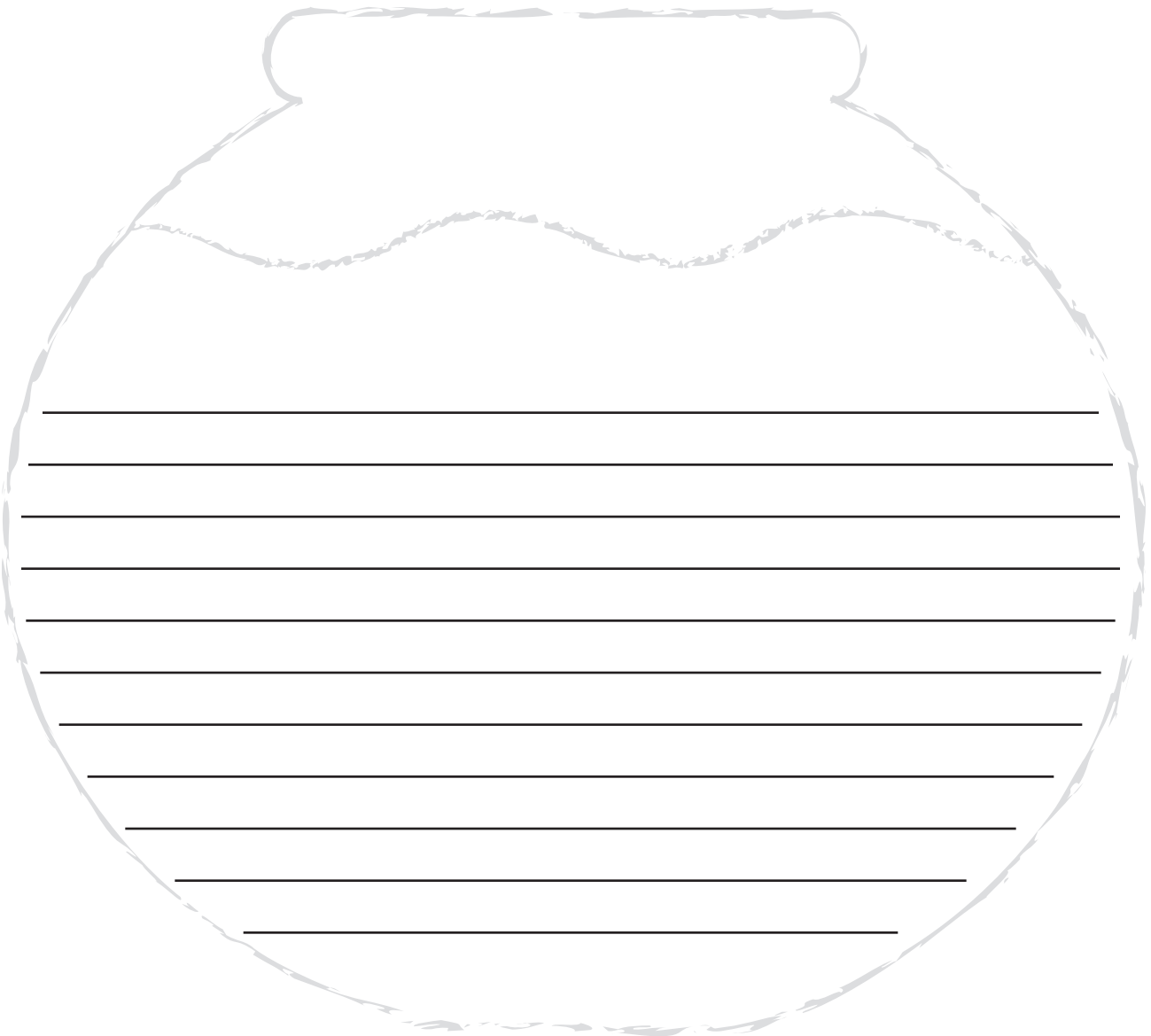


# Going Fishing for Wishes

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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



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.

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# My House, Your House

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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

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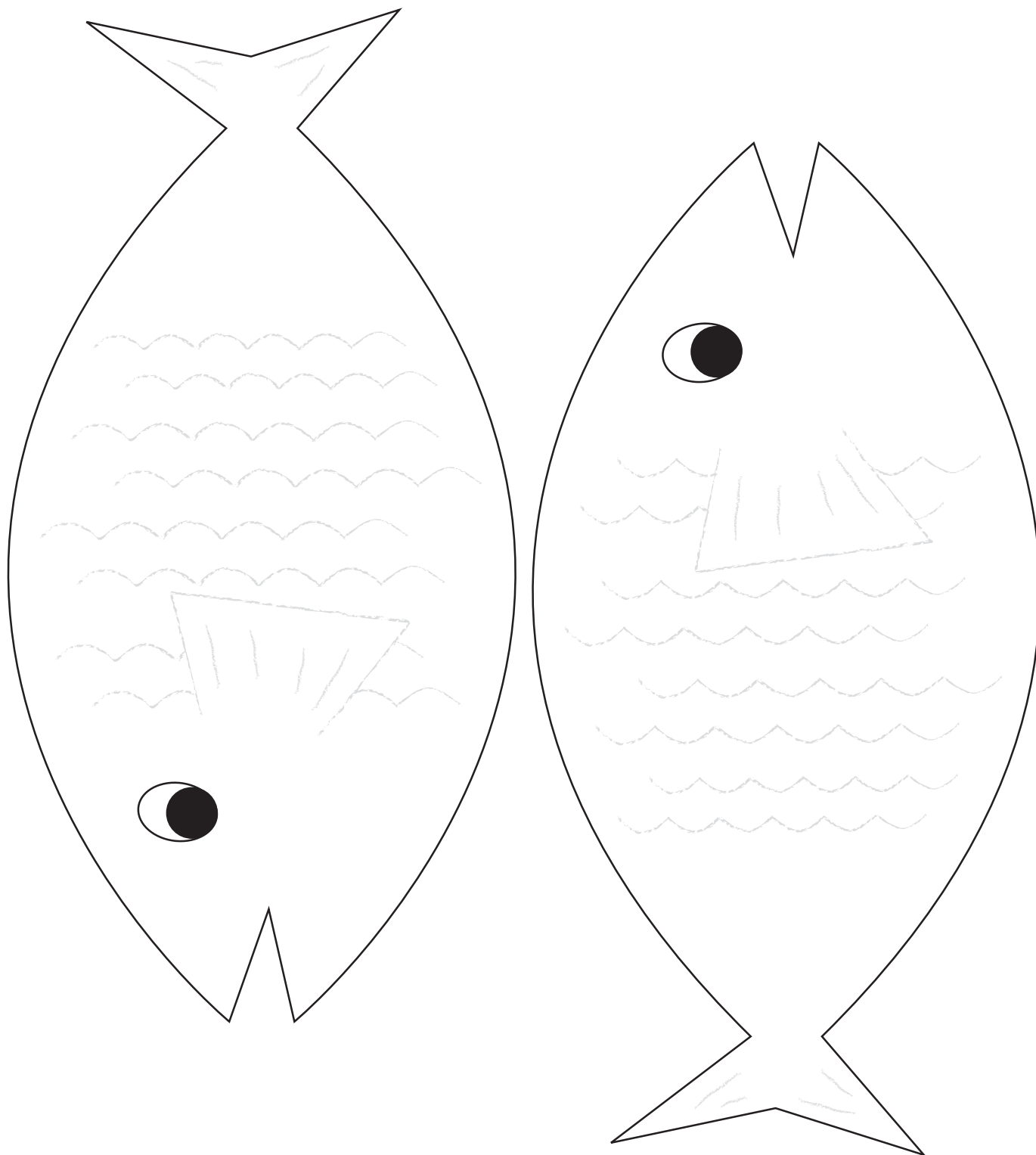
Reproduce the following fish pattern on various colors of construction paper. Cut out the fish and write one of the questions/statements on each one. Have the fish laminated, if desired. Attach a paper clip or small magnet to each fish. Make a "fishing pole" from a new pencil with string attached to 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

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# Day Dreaming

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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!

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

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What do you do when you are angry?

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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

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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.

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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.

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