

TRANSITIONS: From Tears to Cheers!

Your School Counselors:
Kelli Holm, Kalli Walker, Amanda Vogt

Inspire . Empower . Achieve



Goals for the morning...

- Look at the opportunities & challenges of relocation and typical emotional patterns experienced during a transition
- Gain tips for managing the transition
- Have fun and get to know each other!

Parent Introductions

- Your name, child/children's name/s and age/s
- Where you are from?
- Where were you before Germany?
- Share one interesting thing about your move.

Opportunities and Challenges...

Take two sticky notes. Please write down:

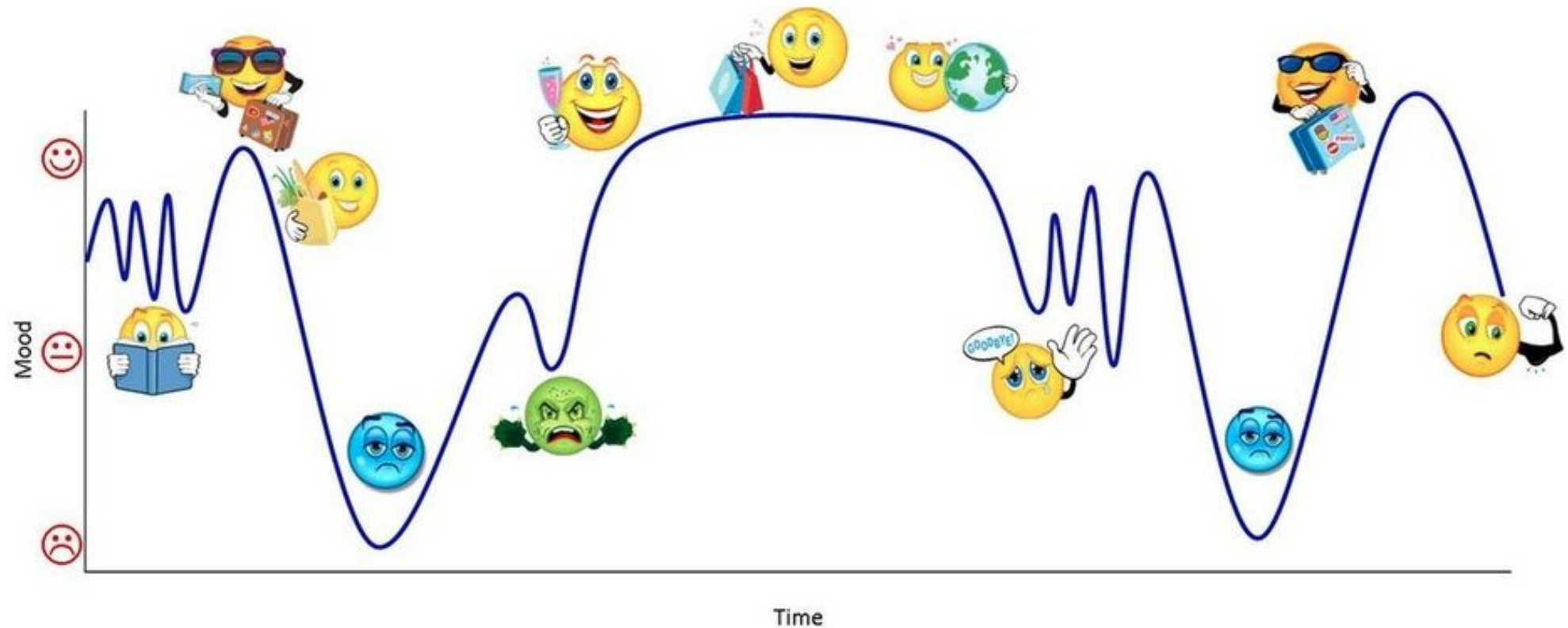
- Something positive or an **opportunity** that has come with this move
- A **challenge** that you or your family has faced during this move (and if possible, something that has helped you manage this challenge)

Timeline for Adapting

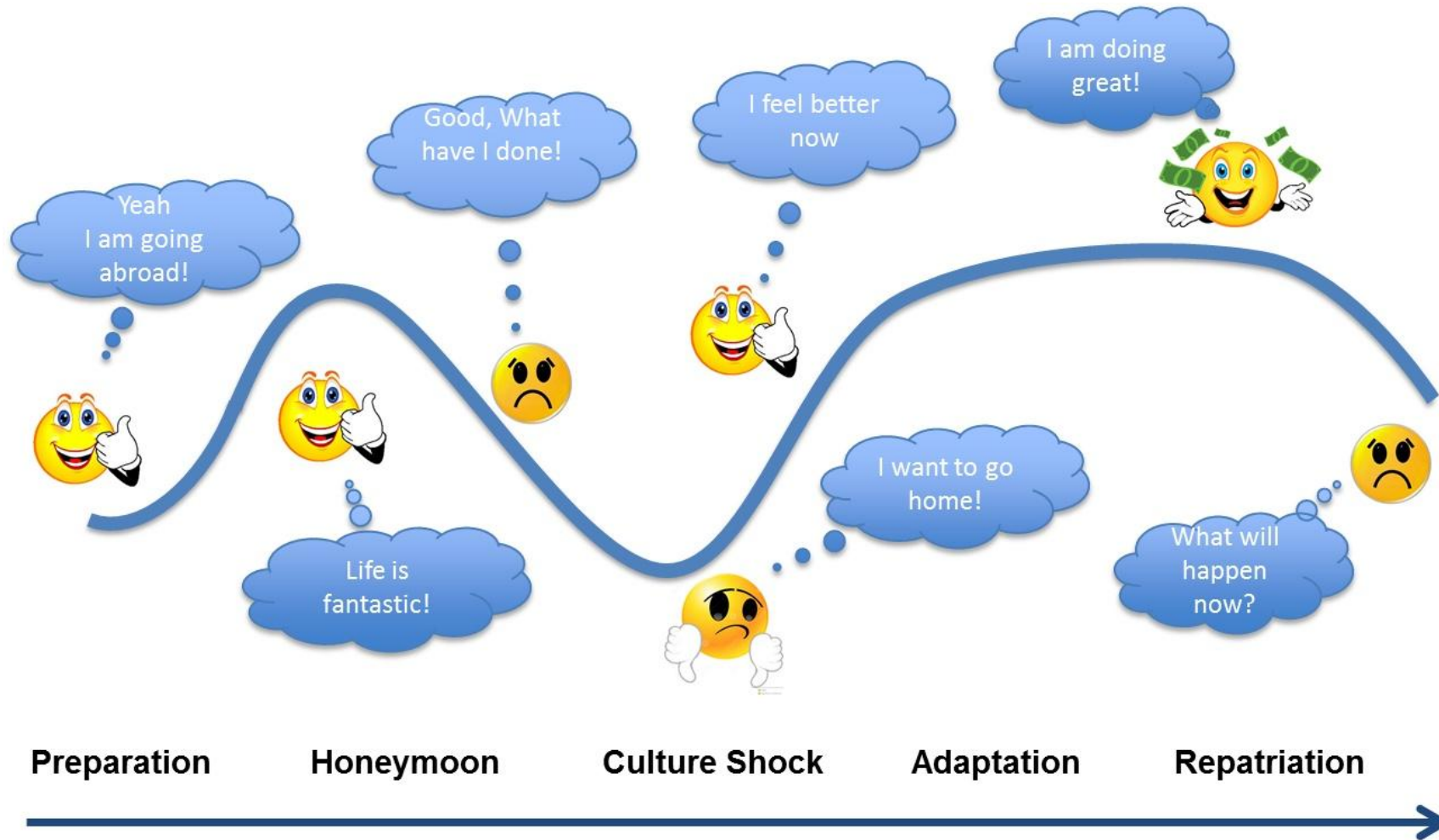
- Research reports that adults and children need time to adjust to a move...sometimes as long as 16 months
- The sadness of moving often hits 4 to 6 weeks after the relocation

What it may look like...

What emoticon do you most relate to at this time?



Where are you now?



If you are feeling stuck...

- Talk with friends and family
- Seek help from the school counselor
- Make a plan to get involved
- Step out of your comfort zone
- Get a good night's rest
- Maintain a healthy diet
- Exercise
- Find something familiar to help with the transition
- Learn German
- Practice mindfulness and gratitude

Adapting to your new home

- Maintain your family rules, core values, and traditions
- Affirm feelings, even sad or angry ones
- Develop a support system at your new location
- Try to get involved in the community and encourage your child to do the same
- Remember to keep a sense of humor and perspective, be a good listener for your child
- Try to be a good role model by expressing feelings and allowing children to see the process of working through those
- Start a photo album/scrapbook/website to highlight new adventures and new home
- RELAX!

Additional Transition Resources

- City of Bonn
<http://www.bonn-international.org>
- WhatsApp Groups
- Facebook Pages
- 'Third Culture Kids' by David Pollock
- 'The Resilience Breakthrough' by Christian Moore
- 'Safe Passage' by Douglas W. Ota
- 'Raising Global Nomads: Parenting Abroad in an On-Demand World' by Robin Pascoe
- Website/Articles- [International School Parent](#)
- Anything else (from you)?

Questions, Feedback & THANK YOU

- Kelli Holm, Primary School Counsellor
kelli.holm@bonn-is.de
- Kalli Walker, Secondary School Counsellor (Grades 8-11)
kalli.walker@bonn-is.de,
- Amanda Vogt, Secondary School Counsellor (grades 6, 7 & 12)
amanda.vogt@bonn-is.de,

