

FACING LIFE'S CHALLENGES

FACING DIVORCE

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, create and achieve goals, maintain relationships, learn how to feel empathy, and make good decisions. The SEL approach will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about divorce. Help explain what it is and how it does and will affect him or her.

Discuss: What is divorce? What changes will happen after divorce?

AFTER READING

Divorce happens to many families. Discuss this with the reader. Explain that it is not the child's fault. Remind him or her that he or she is not alone.

Discuss: What emotions do you feel? Does the reader have friends with divorced parents? What emotions did they feel?

SEL GOAL

Children dealing with divorce may struggle with anger and frustration. Help readers find healthy outlets for those feelings. Have students write a list of things that they do when they are angry that make them feel better. Help them come up with new ideas, such as nonaggressive physical activities or mindfulness exercises. Explain how these can help with anger and frustration.

GOALS AND TOOLS

GROW WITH GOALS

Divorce is difficult to process. Here are a few things you can do after you learn of divorce in your family.

Goal: Think about what you are feeling. Name the emotions as they come. Talk about them with your parents.

Goal: It can feel like everything will change. Make a list of things that will stay the same after the divorce.

Goal: Start a journal. Draw or write how you are feeling each day. Talk to a sibling, parent, or friend about your feelings, too.

MINDFULNESS EXERCISE

Divorce can feel overwhelming. You may have many emotions at once. Mindfulness can help you be present and recognize your emotions.

- When you are feeling overwhelmed or need to take a moment, focus on your senses.
- Take a deep breath in.
- What do you see and hear?
- What do you smell and taste?
- What do you feel?
- Continue to focus on your senses for a few minutes. Focus on being in the moment.



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