MY STORY, MY BIG ADVENTURE

MEETING NEW PEOPLE  ★  EXPLORING NEW PLACES  ★  SEEING NEW THINGS
Dear Parents,

Life — and the changes it brings — can certainly be an adventure. Sometimes it feels like a story that’s constantly unfolding — some chapters are exciting, some more difficult. This activity book is designed to help your child as she navigates the latest change in your life as a family. Life is an adventure, and your child is the hero at the center of his story.

Sit with your child and a pencil or crayons. Use these pages as an opportunity to engage in conversation. Other siblings can also help! Years from now, your family will have a keepsake of this chapter in your family’s history.

To begin, draw a family portrait on the next page together with your child!
Stand Like a Superhero

You're off on a new adventure! And you're the hero of your own story. So sometimes you just need to strike a superhero pose!

Here's how you do it: Stand straight and tall. Put your hands on your hips, keeping your arms wide.

Then call out loudly: I am strong! I am smart!
I am reliable! I am brave! I am an adventurer!
Color in Super Grover. Then color in yourself.

Now complete your own superhero sentences here and shout them out loud as you do your superhero pose:
I am ___________________________!
I am ___________________________!
I am ___________________________!

See You Later!
It's time for another adventure. I'll miss you!
Here's how to find me:

My new address:
______________________________
______________________________
______________________________

phone number(s):
______________________________
______________________________

e-mail:

Wherever I Am, We Can Still Be FRIENDS

Before you move (or even after), ask your mom or dad to make copies of this page. Then color the pages and give them to friends and family.

See You Later!
It's time for another adventure. I'll miss you!
Here's how to find me:

My new address:
______________________________
______________________________
______________________________

phone number(s):
______________________________
______________________________

e-mail:
This is what I LOOK LIKE:

Something that always makes me FEEL GOOD is:

Here’s one thing that makes me A GOOD FRIEND:

Things I’M REALLY GOOD at:

PLACES I have lived:
## What CHANGES?

What’s THE SAME?

Things are always changing. But some things always stay the same. Talk to your mom or dad about both kinds of things and write your ideas in each column.

<table>
<thead>
<tr>
<th>Changes</th>
<th>Stays the Same</th>
</tr>
</thead>
<tbody>
<tr>
<td>new school</td>
<td>good at flying</td>
</tr>
</tbody>
</table>

## We’re in This TOGETHER

Changes big, and changes small —
We’re together through them all.
Take my hand and talk to me.
Our adventure, our family!

Read this pledge together as a family. Everyone can sign their name around the poem and add decorations to the page. Then put your hand on the heart at right and say the pledge aloud again! Color Elmo’s family at the bottom of the page.

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Many families live all over the world and move around a lot. How about yours?

Use a blue crayon or marker to color in all the places you have lived.

Use orange to show where your parent has served.

Use red to show where you live now.

Use purple to show where you may be going soon.

Ask your parent any questions you have about that place.
What Should I SAY?

It can be hard to have all the answers to questions people ask. Talk with your mom or dad about how you might answer each of these questions. Then write down the answer you want to give next time someone asks, or have your mom or dad write it down for you.

Where are you from? ____________________________

Where were you born? __________________________

Why did you move here? _________________________

What did your mom/dad do in the military? ____________

What does your mom do now? How about your dad?

What’s a military base? _________________________

Let’s have a PLAYDATE and ____________________.

I will SHARE MY _________ with you.

I can TEACH you to ________________________.

THANK YOU for ________________________.
NEW FRIEND

Color, fill in, and cut apart these coupons and give them to your new classmates.

Color and cut apart these badges. Put them in your bag or pocket on days you need a reminder.

BRAVERY

Coupons

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Color and cut apart these badges. Put them in your bag or pocket on days you need a reminder.

Imagine THAT

Draw what you might like to do with some new friends.

I’d like to…
Friend FLOWER
You have a lot to offer a new friend. On each petal, write a way in which you are a good friend. Think about:
• things you would be able to teach someone else to do
• games you are good at
• toys you are good at sharing
• things you like about yourself
Then draw your face in the center of the flower!

SIGN Me Up
Ask some new friends to sign their names on this page.

Wherever I go, whatever I do, it’s all an adventure, with friends old and new.
New adventures can be exciting, and they can also be hard. Think of something that took you some time to learn well, like putting on your shoes. Remember…

1. Trace your hand here.
2. Have your mom or dad trace their hands.
3. On each finger, write one way you help each other.
4. Sign your names in the middle of each hand. Shake hands when you’re done!

You’ve DONE IT BEFORE, You’ll DO IT AGAIN!

You CAN Do It!
If you are resourceful, you can think of different ways to deal with things that are hard. You are creative with ways you can solve a problem.

If you are responsible, you can take care of something or someone. You take good care of yourself and others. People trust you that you will do your job. People rely on you.

If you are resilient, you can come back strong after facing a big problem. Nothing will get in your way from getting “back on your feet.”

If you are reliable, others trust you. If you say you are going to do something, you really do it.

If you are ready, you are prepared.
Pocketful of Hearts

Have a parent help you cut out more hearts from a separate sheet of paper, and then do the same thing you did above. Then you and your parents can keep them in your pockets to remind you throughout the day… wherever you are!

On the hearts, write:
* things you are thankful for
* things you love about each other

Try This!

FEELING Faces

Changes bring lots of feelings. And every feeling has a word to describe it. Point to the face that shows how you are feeling right now, and tell your mom or dad why you think you are feeling that way. Moms and dads have lots of feelings, too, so ask your mom or dad to do the same.

anxious
happy
shy
playful
worried
nervous
frustrated

sad
outgoing
content
grumpy
calm
disappointed

[attach a photo of yourself here]

here I am feeling ____________
because ________________
**SUPER STARS**

Sift with your mom or dad and a pencil and markers or crayons. Take turns writing on these stars. Then decorate or color them any way you like.

*You might write:
- wishes
- things you are good at

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**Pocketful of Stars** Have a parent help you cut out more stars from a separate sheet of paper, and then do the same thing you did above. Then you and your parents can keep them in your pockets to remind you throughout the day…wherever you are!

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**Try This!**

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**...And Keep Talking!**

Parents, put on a finger puppet show with your child! Cut off the tips of a rubber glove and draw simple faces with markers to make finger puppets. Put a few on your child’s hand, and do the same. Try beginning with these scene-starters:

- Hi. I’m NEW here.
- How are you FEELING today?
- I have a QUESTION.
- Do you want to hear an INTERESTING IDEA?
- Will you SHOW me around?
- WHERE am I?
- LISTEN to what happened to me today.

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