



Leaving Well

A transition workshop by the counsellors
April 24, 2020

LEARNING TO INSPIRE

Welcome



Today's Agenda

Part One: Mini-Presentation

What does it mean to leave well?

Part Two: Sectional Sessions

We will break into ES / MS + HS

Setting the Scene...

*“It is not childish or immature to recognize feelings of sadness or loss, **it does not mean the change isn’t good or you won’t adapt...**”*

Setting the Scene...

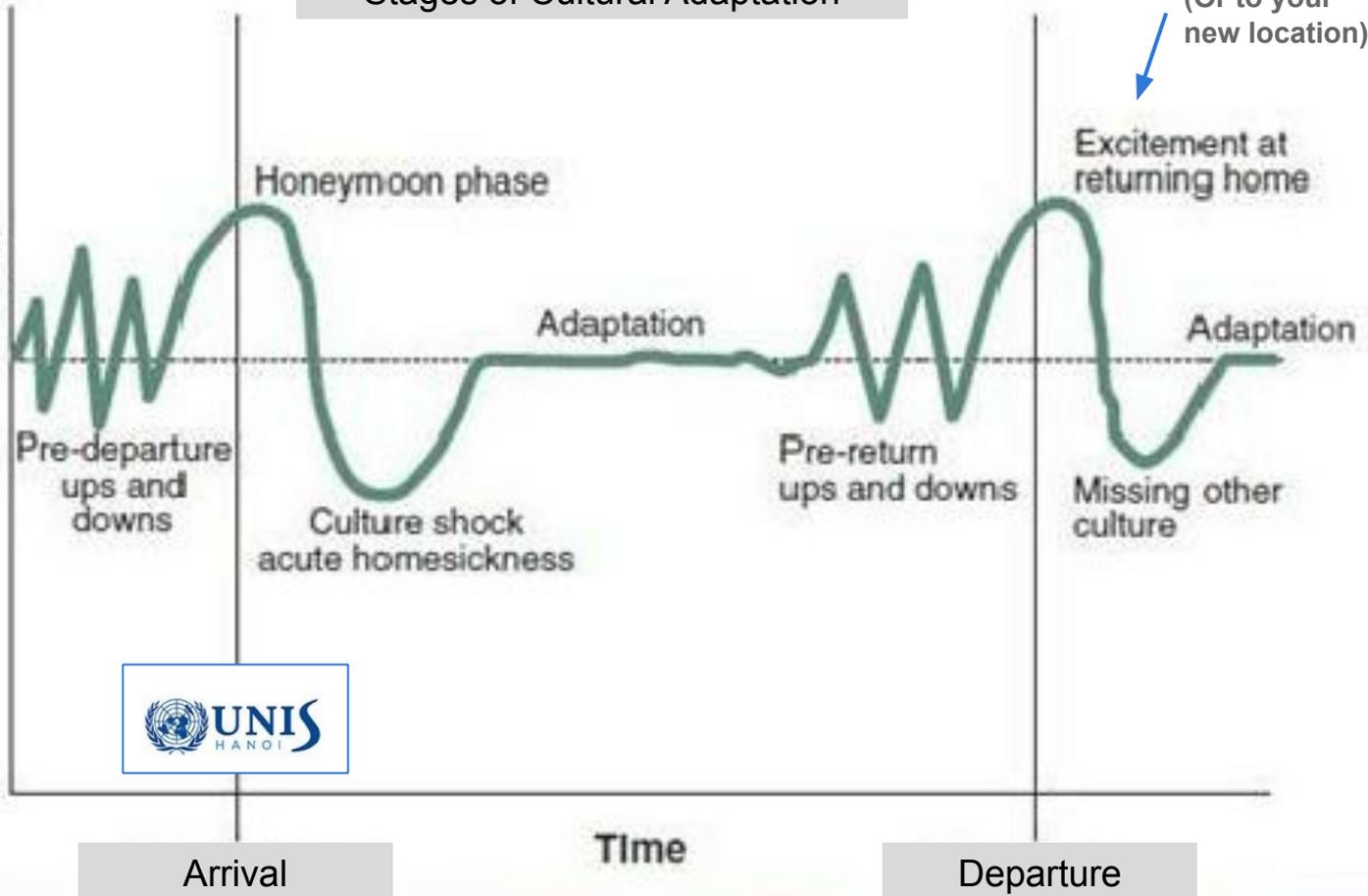
“...When parents acknowledge their own grief, they act as models and give children permission to express their feelings, process, and move on, allowing for a healthy transition to take place.”

~David Pollack, Third Culture Kids

Stages of Cultural Adaptation

(Or to your new location)

Emotional Well-being

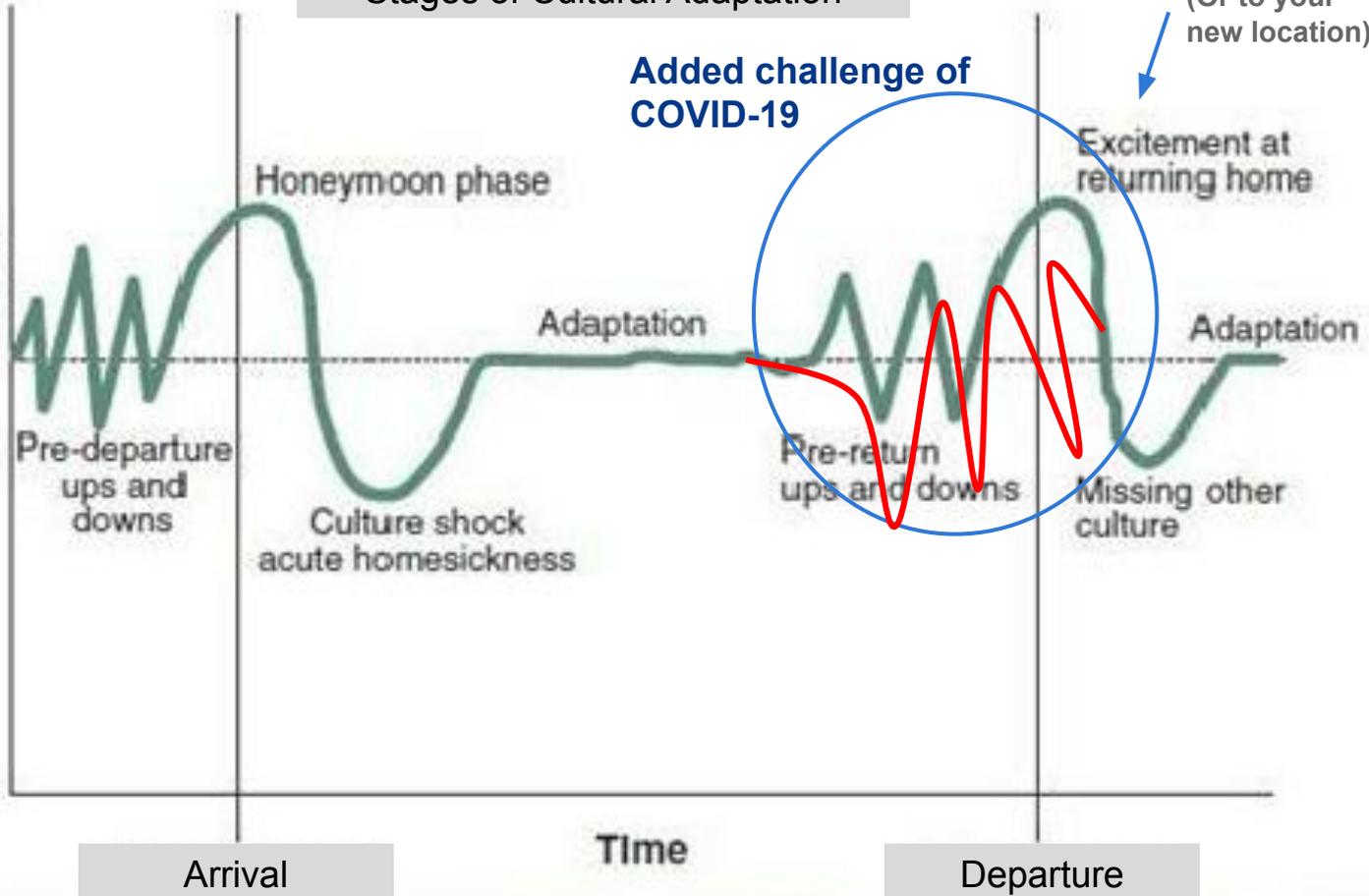


Stages of Cultural Adaptation

(Or to your new location)

Emotional Well-being

Added challenge of COVID-19



What do we mean by
'leaving well'?

Being intentional in Building your RAFT:

Resolving your conflicts

Affirming relationships

Farewells

Think ahead

Welcome to the ES Session

Working with Your Child



Happy



Sad



Confused

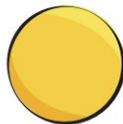
**Moving
makes me
feel...**



Excited



Worried



(Draw your own emoji)

MOVING JOURNAL



A resource that we will use with your child, either via Zoom or on campus.

Examples of our content that we will cover is found on the ES Blog (we adjust the content for the age of the children)

<https://blogs.unishanoi.org/esspecialists/es-transition-programme/leavers/>

My goodbye plan

Make a list of the people that you would like to do something with before you move.

Make a list of places that you would like to visit before you move.

Make a list of things that you would like to do before you move.

Make a list of places that you would like to eat at before you move.

Calm in the Covid-19 Context

Reframing Loss as we Exit Hanoi

Can't Do (maybe)

- Meet on campus
- Have our normal leaving traditions
- Host a farewell party
- Hug our teacher goodbye

What Can we Do?

- Plan a virtual farewell - small party, large party or 1:1
- Write letters of gratitude for those you are leaving - these can be delivered by someone staying



Modelling Language

<i>Child</i>	<i>Effective Parent:</i>
"I don't know what to do"	"What do you think needs to happen?"
"We can't do that?"	"No. We can't do that, but let's think about everything we can do"
"I will miss my friends"	"Me too. Let's think of some ways to show them we are grateful for them"

Loss / grief in this context?

“Each person’s grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn’t mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining.”

David Kessler

Finding Meaning: The Sixth Stage of Grief

“You don’t have to experience grief, but you can only avoid it by avoiding love. Love and grief are inextricably intertwined.”

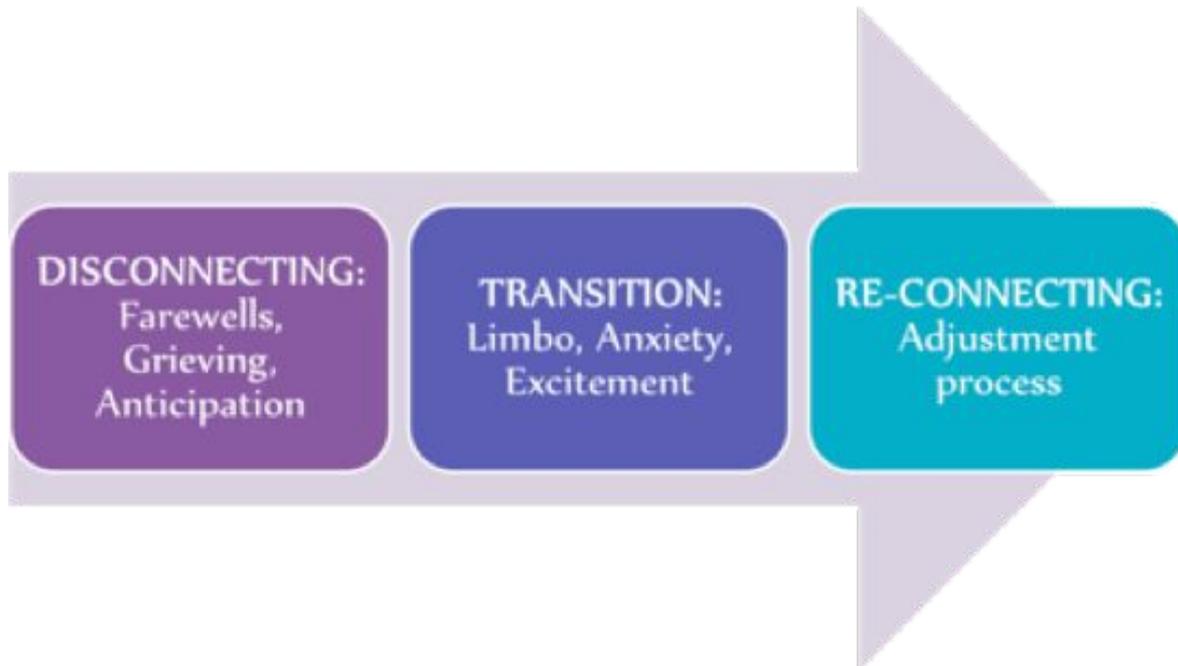
David Kessler

Finding Meaning: The Sixth Stage of Grief

Practical Tips

**Galvanize your family unit into a “team”
that is ready for your next adventure**

You are ‘moving forwards’



DISCONNECTING:
Farewells,
Grieving,
Anticipation

TRANSITION:
Limbo, Anxiety,
Excitement

RE-CONNECTING:
Adjustment
process

Practical Ideas When Moving With Kids

DISCONNECTING:
Farewells,
Grieving,
Anticipation

- Explain the reason for moving
- Give them opportunities to have input on decisions
- Clearly communicate arrangements for pets to kids
- Encourage your child to help with packing
- Visit the new town and school via internet
- Research new cultural differences with your child



Practical Ideas When Moving With Kids

DISCONNECTING:
Farewells,
Grieving,
Anticipation

- Take a farewell tour of favorite places
- Saying goodbye to special places: parks, streets, neighborhoods
- Local connections and meaningful goodbyes: housekeepers, local friends, connections big and small
- Leave something...





Practical Ideas When Moving With Kids

TRANSITION:
Limbo, Anxiety,
Excitement

- Keep routines as best you can
- Try to keep stable points of reference
- Opportunity to fill up piggy bank and sell items when packing up
- Pack a bag of must have items: UNIS yearbook, stuffed animal, notes from friends, photos...
- Give your child's friends new address postcards (“keep in touch”)



Practical Ideas: Upon Arrival

- **Take control**, do not let the move control you (curtains can wait)
- Silence intensifies despair. Talk and understand different feelings.
- Give assurance and hope. Things will get better. Transitions take time.
- Be a risk taker, role model. Be open to new experiences, but be realistic.
- Communicate your experiences and emotions.
- Establish routines (even if you are awaiting your shipment)

Practical Ideas: School

RE-CONNECTING:
Adjustment
process

- Make the school aware of any health or learning needs
- Get familiar with extra curricular activities
- Make sure your child is a part of the orientation program
- Speak to the school counselor
- Set up special days to pick your child up after school
- Go slow to go fast. Take your time to get your child settled and this will pay off in the long run
- **Be patient**
- Sign up for activities
- Encourage your child to bring home new friends

Specific Questions from the Group

Thanks for Coming

Helpful articles for further reading:

[The Ongoing Cycle of Transition](#)

[Moving Abroad with Kids](#)

[Top 10 Ways to Help your Students Say Goodbye](#)

[Making a Successful Move Abroad With Children](#)

[Helping Children Through Transitions](#)

[Helping Children Transition Easily into a New School](#)

*These articles are hand-picked by the UNIS counselors!
Which one is your favorite?*



Source: *John and Jeanne Gullahorn*