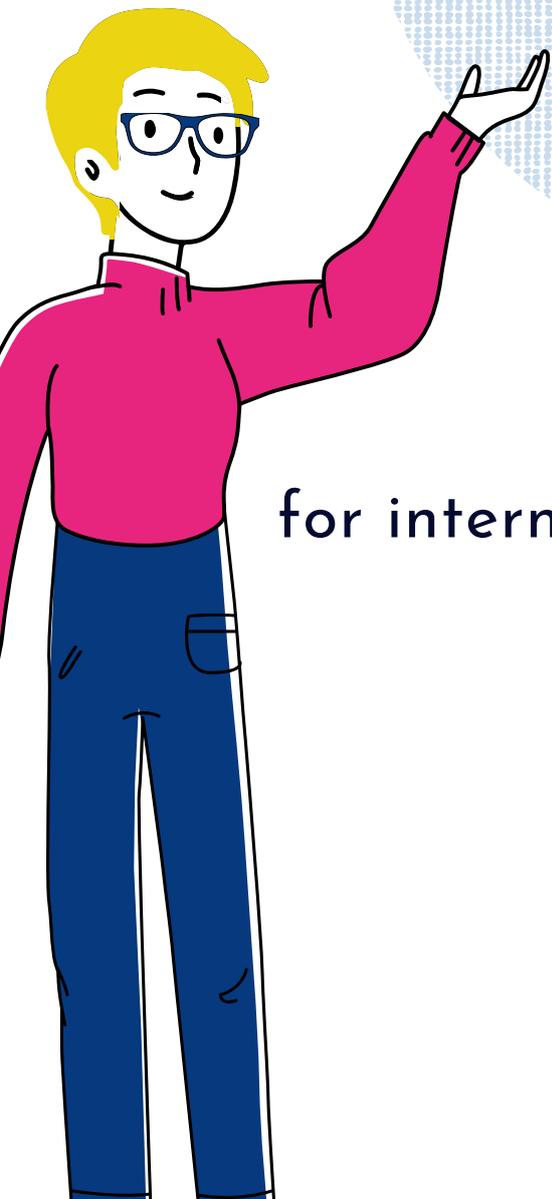


PARENTING INTERNATIONAL KIDS



Workbook
for international parents and their
mighty children

Anna Seidel

Global Mobility Trainer

Welcome

I'm delighted you joined us for the workshop on parenting and supporting international kids.

In this workbook you will find three resources:

- Background information on Third Culture Kids and areas of concern.
- Emotions cards and instructions how to use them with your family, as well as links to additional resources.
- Routines, rituals and traditions exercise introduced during the talk, with extra prompts to help you continue working on them.



Additional Resources

Part of knowing where we want to go and what we want for our children is knowing what is important to us. Identifying and naming our personal values helps us with this. Values anchor us and give us direction throughout our lives.

If you want help working with values as an individual or family, please contact me.

Third Culture Kids

Areas of Concern

Grief & Loss

I'm tired of moving. It's not worth making friends here.

Frequent moves can cause much grief and experience of loss in children that can compound as trauma in childhood and in adulthood.

Identity

Who am I - beyond a passport?

Parents need to understand that identity is made up of many, many elements & experiences and they impact this profoundly.

Belonging

Who do I feel comfortable with? Who are "my people"?

Belonging is a fundamental human need. A lack of belonging is linked to depression, anxiety and suicide.

What Parents Can Do: 3 P's

PREVENT

Be aware of risks and challenges.
Learn and inform yourself.

EM-POWER

Teach your children about TCKs.
Give them words to express what they're feeling and experiencing.

BE PRESENT

Be their rock, their source of stability in a changing, shifting life.
Build strong bonds.

Emotions

Use these cards to learn about feelings.
Look at the faces & talk about the feelings.
Play one of our games or make up your own!



happy



tired



surprised



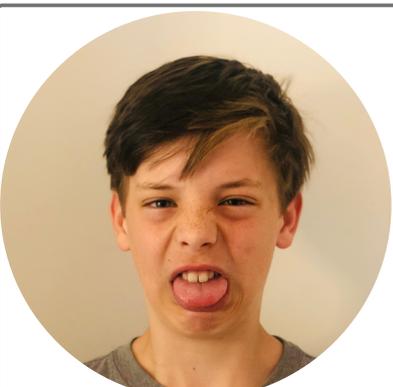
excited



furious



worried



disgusted



lonely



sad

Emotions



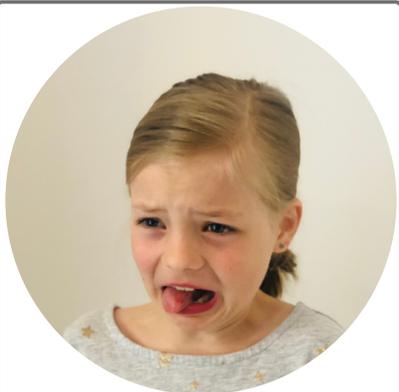
hopeful



embarrassed



angry



disgusted



happy



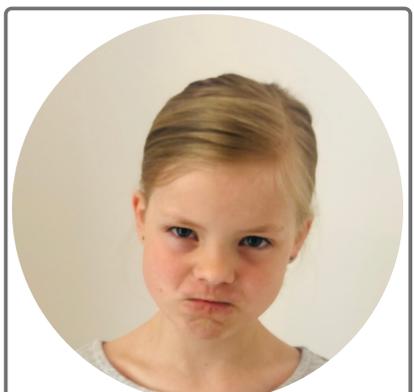
sad



worried



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angry

Emotions



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hopeful



lonely



furious



tired

Emotions

How emotions feel in your body.

happy

Your face is really happy. You feel like you want to dance. You have energy and a sense of possibility.

tired

Your eyes don't want to stay open. You're yawning. You just want to sleep.

surprised

You didn't know! Your body feels excited. Your heart is pounding.

excited

You can't wait for something to happen. It's hard to sit still. You look around and move a lot.

furious

You're really, really angry. You feel like shouting and hitting something.

worried

You can't relax. You feel like your tummy is in knots. You can't sit still, your hands are fidgety.

disgusted

Your nose is squished up and you pull back. You want to say "no,no,no".

lonely

Your heart is sad and feels heavy. You wish you had someone to talk to or play with.

sad

You're almost crying. You hang your head and don't want to look up. You sigh and feel heavy.

hopeful

Your eyes are open and raised. You feel like good things are coming even if you don't know exactly what it is.

embarrassed

Your face is red. Your heart is beating fast. You think you made a mistake about something.

angry

You're really, really mad. Your hands are clenched. You're frowning & feel like throwing something.

Emotions

Ways to work with these cards:

GUESS THE FEELING

- Cut out the emotions and turn upside down on a table.
- One person chooses a card.
- He/she acts out the feeling on the card while the other players try to guess it.
- OR: Read a description and try to get the corresponding emotion.

WHAT AM I FEELING? 20 QUESTIONS

- Cut out the emotions and turn upside down on a table.
- One person chooses a card. **WITHOUT LOOKING** they hold it up to their forehead.
- The other players have to describe the emotion without using the actual word until the player names it correctly.

MEMORY

- Cut out both sets of pictures and try to find matching pairs.
- Notice how every person expresses emotions differently.
- When you get a pair, make your face to match the emotion.

DRAW FEELINGS

- Draw a set of circles on a page.
- Ask your child to draw faces in the circles.
- Name the emotions or feelings and write them under each face.
- Talk about the feelings and how each of them feels in the body.
- Use the chart they created to point to when they are overwhelmed and unable or not ready to speak.

QUIZ

- Use this [online quiz](#) I made to practise recognizing emotions: [LINK](#)

Rituals, Routines & Traditions

Rituals, routines and traditions are incredibly important for families to build bonds and a strong sense of belonging, of "us". This belonging is something you can take anywhere with you.

The reliability and familiarity of routines and rituals also give children a sense of continuity and much needed stability when you are moving.

This exercise helps you reflect on what you are already doing and where you might want to add (or take away) something.



What daily rituals/routines do you have?

What routines do share in day-to-day situations such as coming home from school, conflict resolution, showing care to each other, household duties?

Rituals, Routines & Traditions

What weekly rituals do you celebrate in your family?

What are your traditions around birthdays? How do you celebrate?



What festivals, holidays, events do you celebrate? How do you celebrate (food, decorations, actions)?

Rituals, Routines & Traditions

How do you acknowledge end/beginning of school year? How do you celebrate successes? Other achievements?

What rituals do you have around travelling?



What rituals do you have when you move? Arrive in a new place?

Rituals, Routines & Traditions

Reflect on all that you have written and see if there are some things that you would like to add or start doing, for example:

- from your childhood
- from cultures that have impacted you
- inspired by others
- to reflect your values

Talk to your children & teens about all of your rituals & traditions. You could ask them...

- if they can think of other things you do.
- which are important or special to them.
- if they would like to add anything.

Rituals & traditions to add:

Are there rituals that aren't serving you anymore? Is it time to let something go?

Hi, I'm Anna

I'm a trainer, coach & mentor for international families. I support parents raising kids abroad, empower children straddling different cultures and identities and support international moms through coaching & conversations.

There are many ways to work with me, including family workshops and individual coaching. Let's chat about these and others.



Anna Seidel
Global Mobility Trainer

RESOURCES & INFORMATION



Sign up for my weekly "A little something" and get tips and information straight to your inbox.



Read blogs & opinions on parenting international kids and taking care of yourself & find resources for expat life.



I love mail: anna@globalmobilitytrainer.com



Get one:one coaching or mentoring conversations with me to get clear on what you want out of your globally mobile life and how to get it.



Prepare for your next move in a family workshop.



Complete Expat Family Flight School as a family and grow closer, learn about each other and your experience and have fun together.

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