



MY STORY, MY BIG ADVENTURE

MEETING
NEW PEOPLE



EXPLORING
NEW PLACES



SEEING
NEW THINGS



Sesame Street
for Military Families
Transitions

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!



Acreation of
sesameworkshop.

The nonprofit educational organization behind Sesame Street and so much more

Sesame Workshop is the nonprofit educational organization that revolutionized children’s television programming with the landmark *Sesame Street*. The Workshop produces local *Sesame Street* programs, seen in over 140 countries, and other acclaimed shows to help bridge the literacy gap, including *The Electric Company*. Beyond television, the Workshop produces content for multiple media platforms on a wide range of issues including literacy, health, and military deployment. Initiatives meet specific needs to help young children and families develop critical skills, acquire healthy habits, and build emotional strength to prepare them for lifelong learning. Learn more at sesameworkshop.org.

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FAMILY Portrait



The _____ Family

DATE: _____

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!

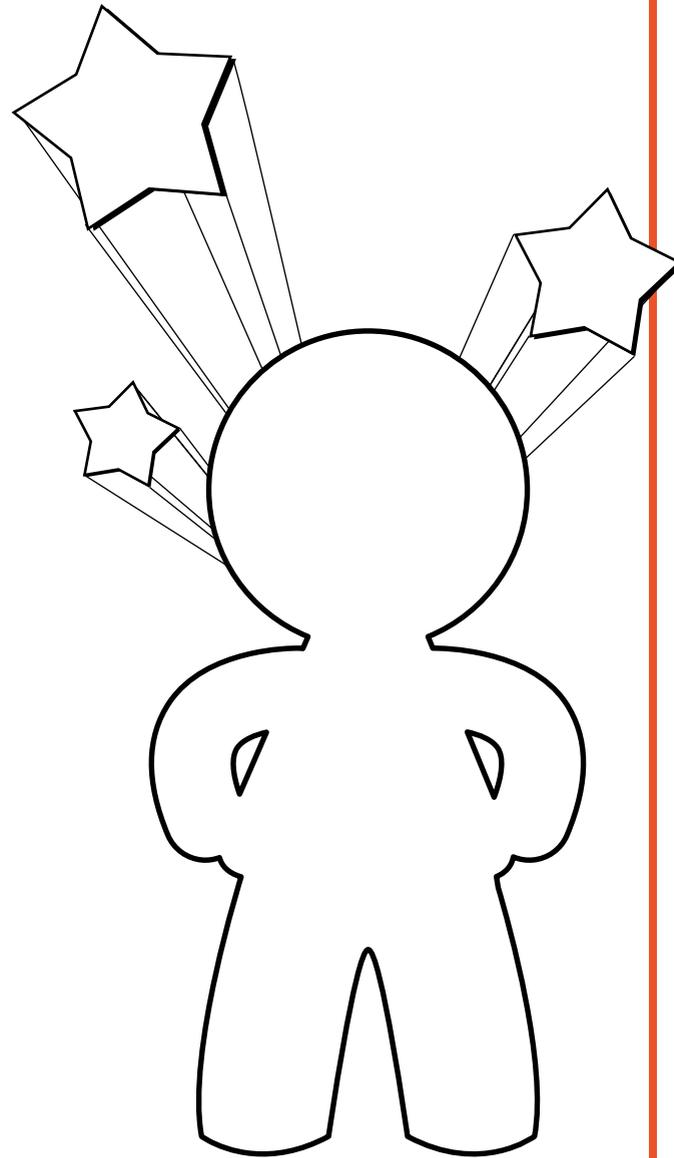
Color in Super Grover. Then color in yourself.

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

I am _____!

I am _____!

I am _____!



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.



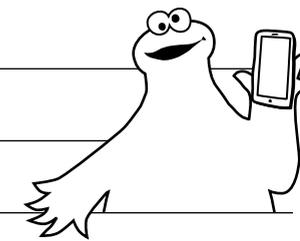
See You Later!

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

My new address:

phone number(s):

e-mail:



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:



I'll Always Be **ME!**

Even when things are changing during your adventure, you're still you!
Draw or write in the spaces to tell about yourself.



This is what I **LOOK LIKE**:

Something that always
makes me **FEEL GOOD** is:

Things I'M **REALLY
GOOD** at:

Here's one thing that makes
me **A GOOD FRIEND**:

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.

Changes

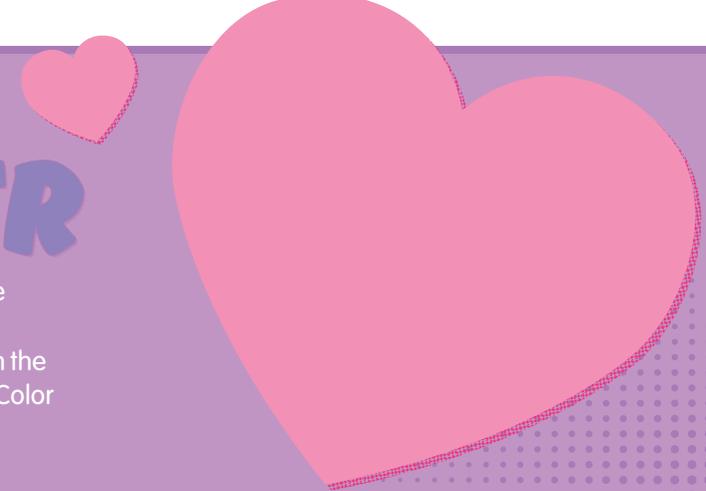
new school

Stays the Same

good at flying

We're in This **TOGETHER**

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.



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



Where I've Been ... and Where **I'M GOING**

★ 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.

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





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? _____

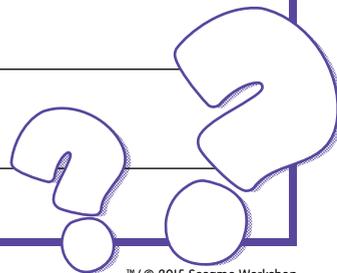
Where were you born? _____

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? _____



NEW FRIEND Coupons

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



Let's have a
PLAYDATE
and
_____.

I will
SHARE MY

with you.

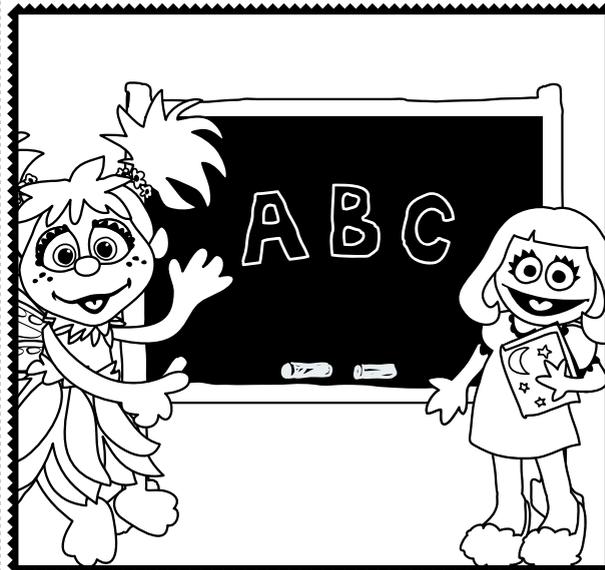
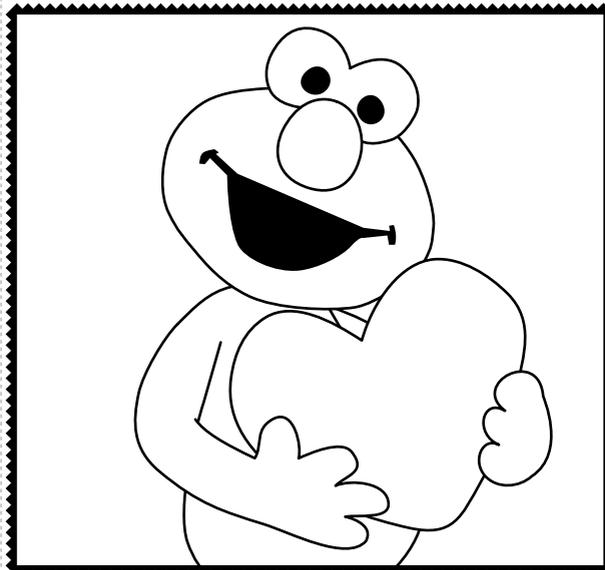
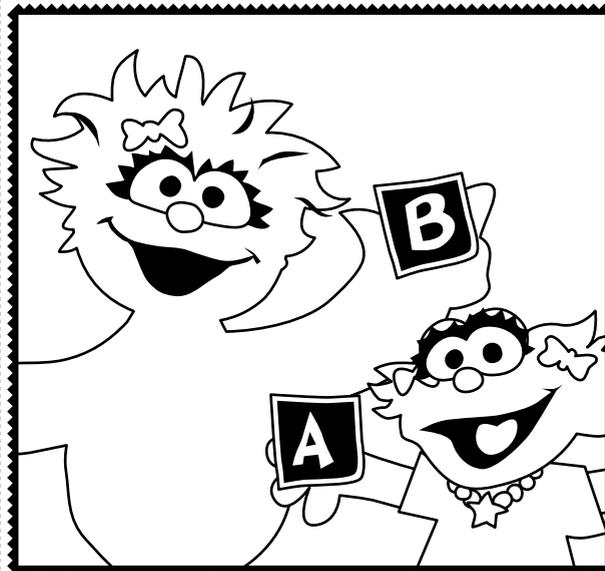
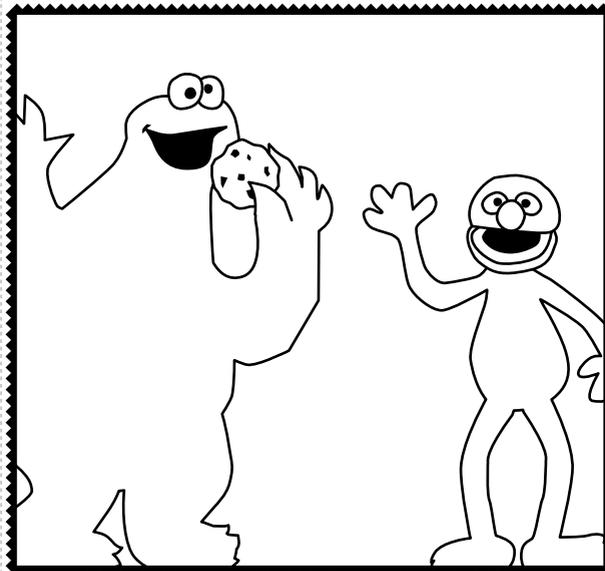
I can
TEACH
you to
_____.

THANK
YOU for
_____.

NEW FRIEND

Coupons

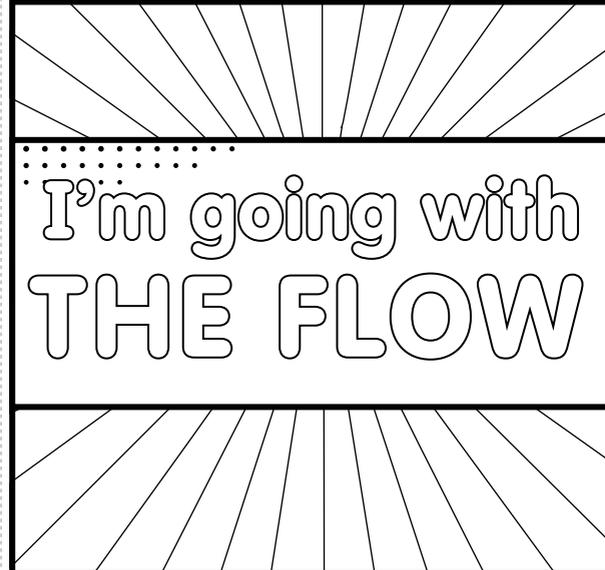
Color, fill in, and cut apart these coupons and give them to your new classmates.



BRAVERY

Badges

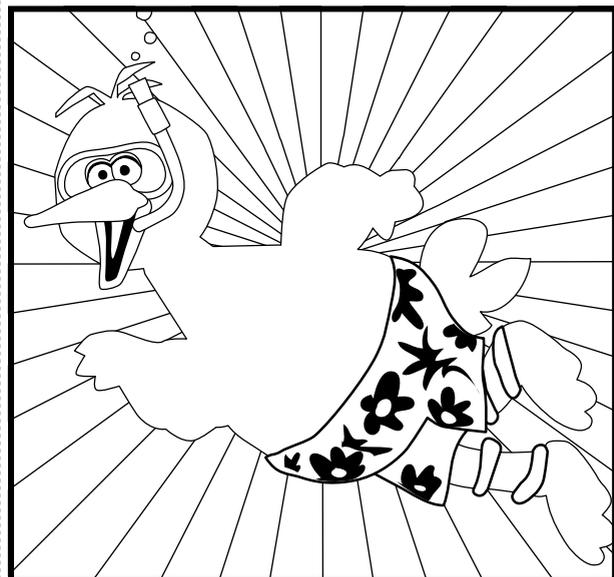
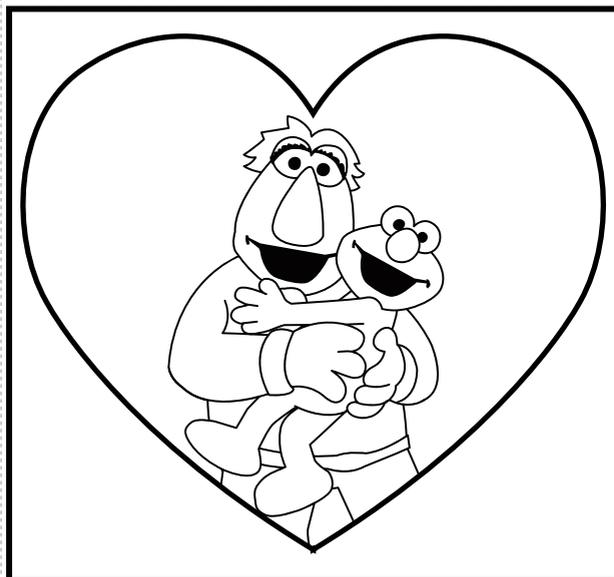
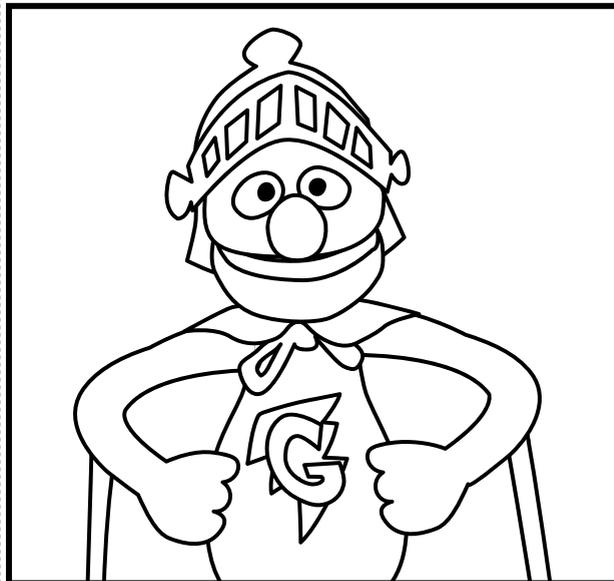
Color and cut apart these badges. Put them in your bag or pocket on days you need a reminder.



BRAVERY

Badges

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

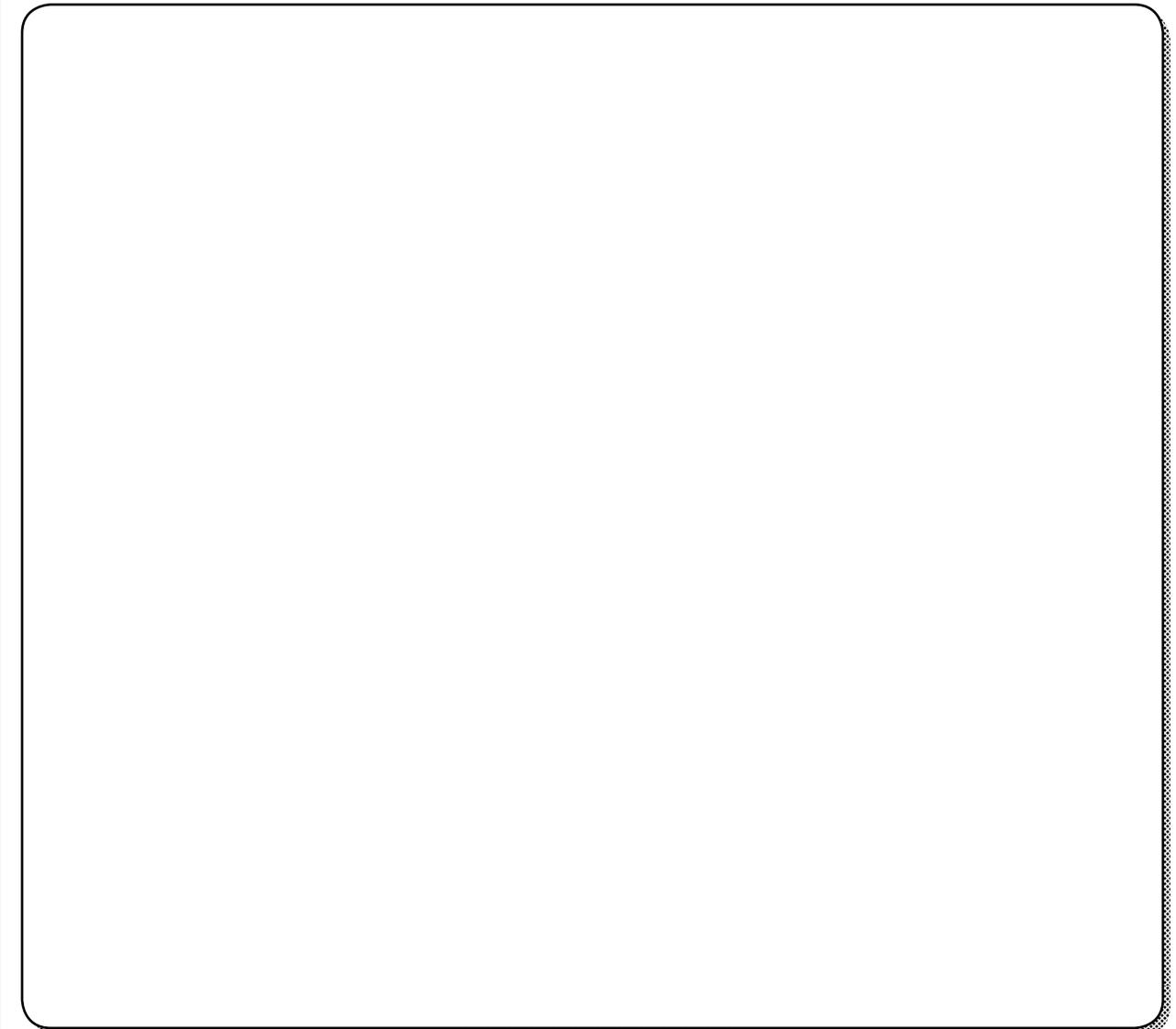


Imagine THAT

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



I'd like to...

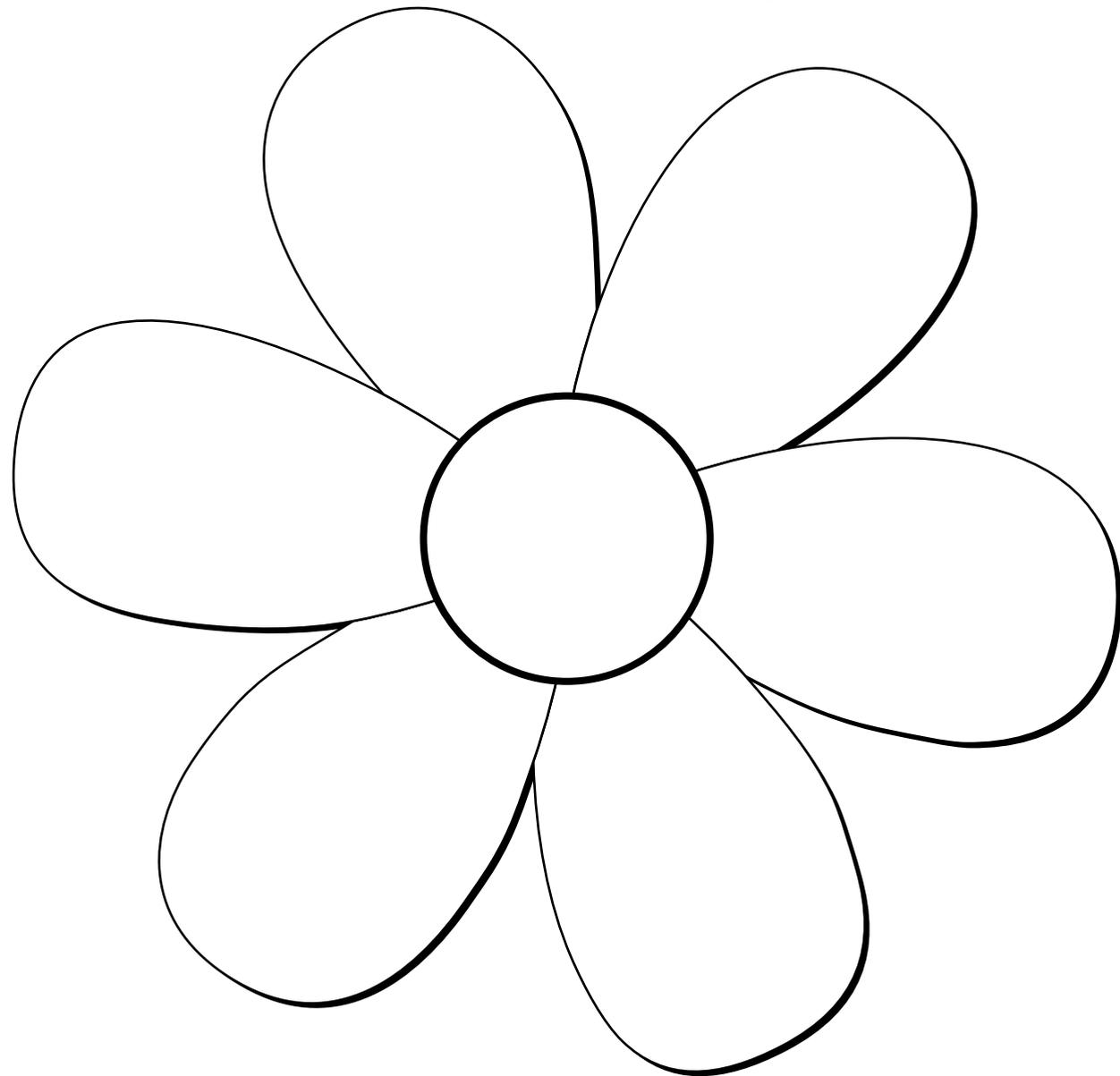


Friend FLOWER

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.



Abby Cadabby!

Wherever I go,
whatever I do,
it's all an adventure,
with friends old and new.



BERT



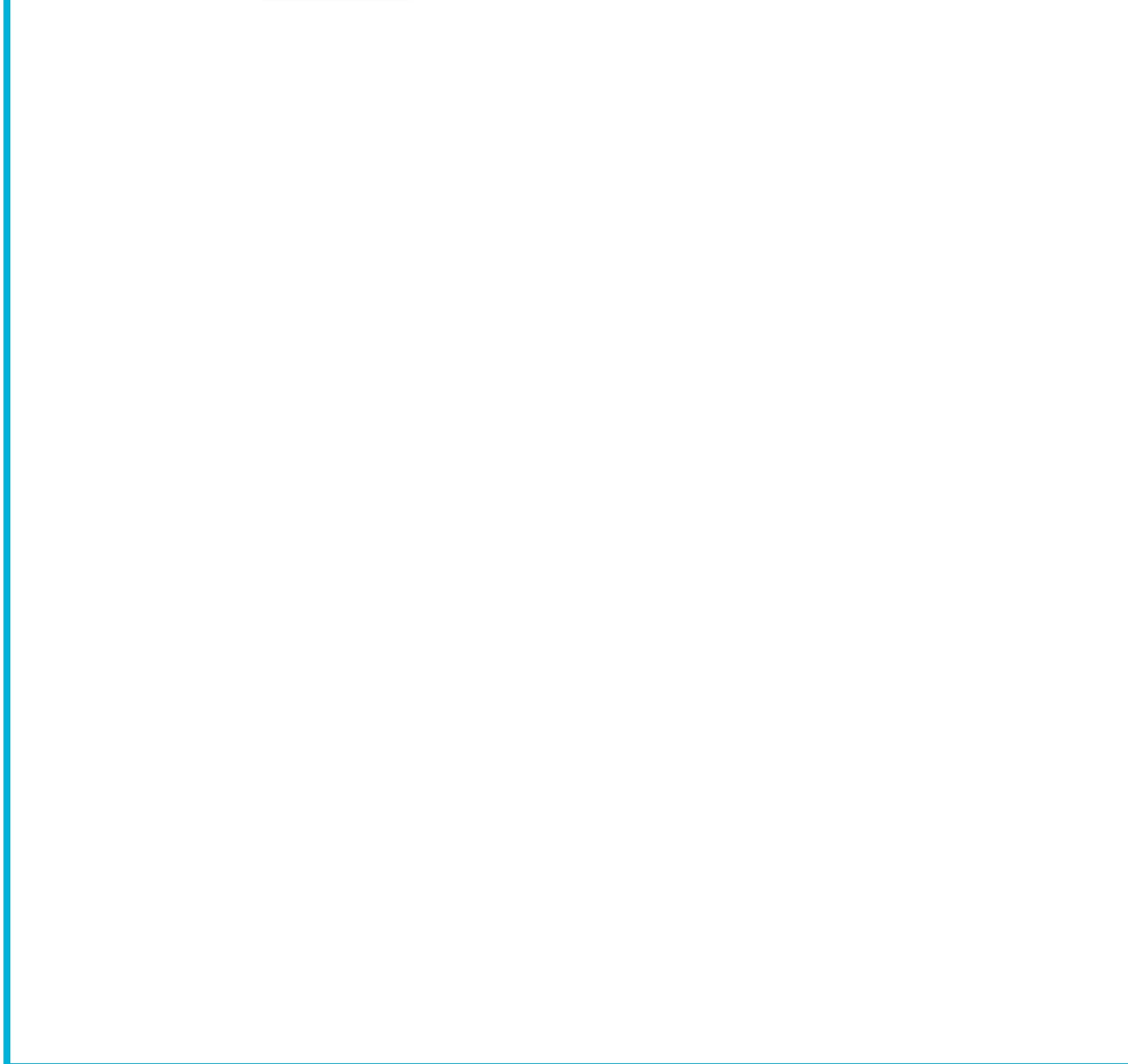
BIG BIRD

HELPING HANDS



On your adventure, you're never alone.

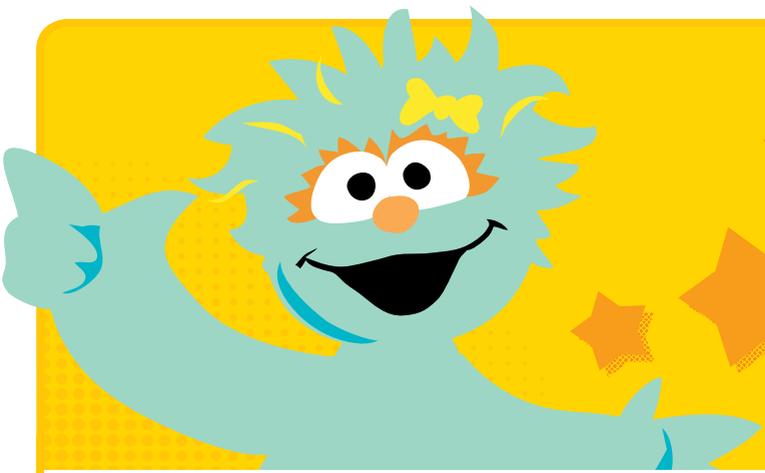
1. Trace your hand here.
2. Have your mom or dad trace their hands.
3. On each finger, write one way you help each other.
4. Sign your names in the middle of each hand. Shake hands when you're done!



You've **DONE IT BEFORE,**
You'll **DO IT AGAIN!**

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...





R is for...

1. Color in each word and read its definition.
2. Ask your parent about a time they felt one of these ways.
3. Now think about a time when that word described you, and tell your parent about it. What were you doing? How were you feeling at that time? What were you thinking?
4. Choose one of the words and draw a picture showing a time you felt that way.

resilient

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

resourceful

responsible

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.

ready

If you are ready, you are prepared.

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

reliable

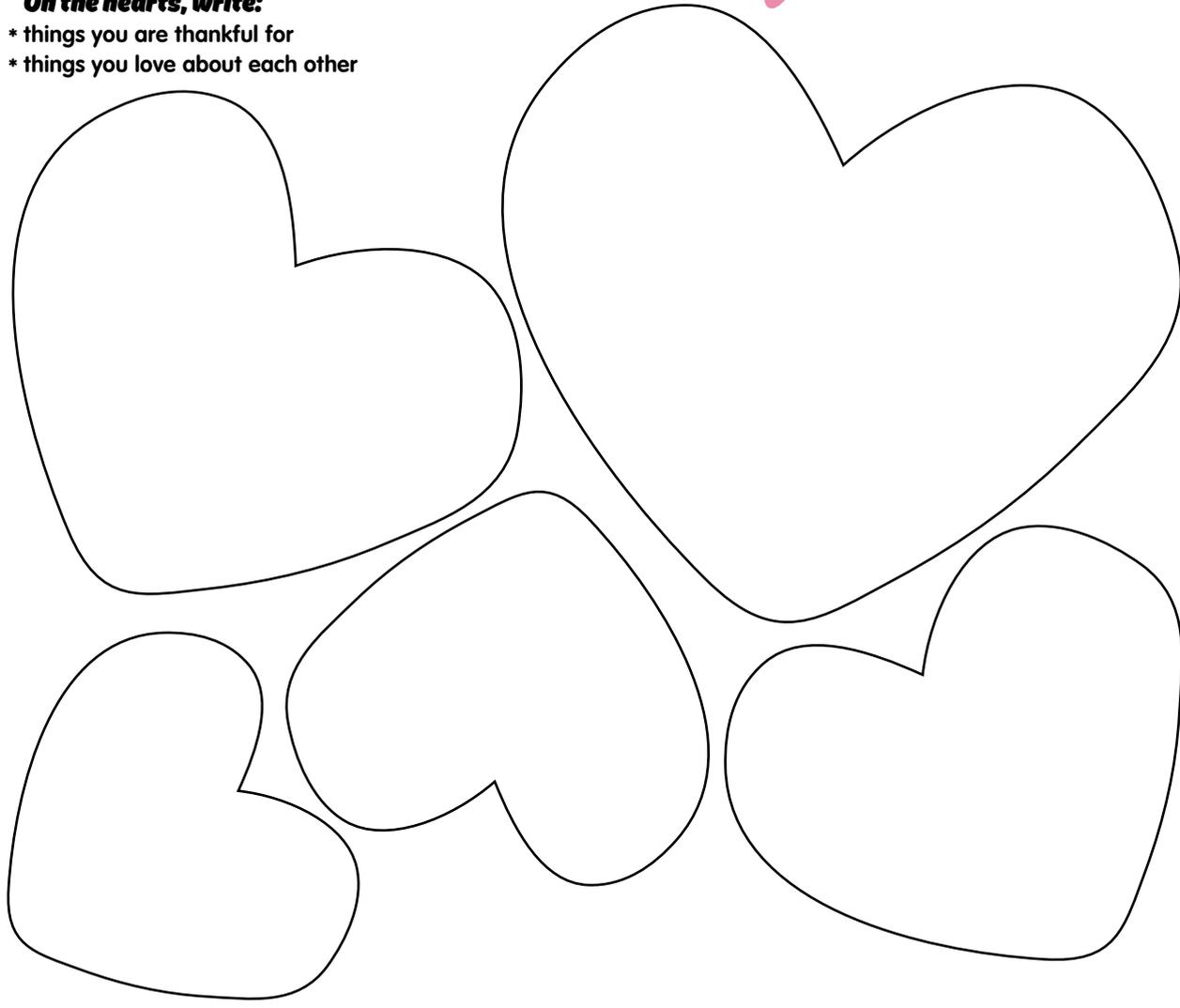
Thankful HEARTS

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



On the hearts, write:

- * things you are thankful for
- * things you love about each other

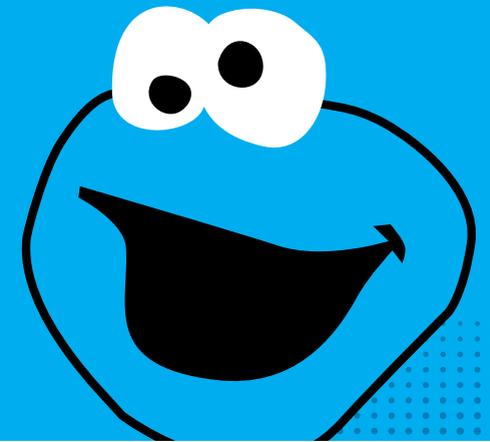


Pocketful of Hearts Have a parent help you cut out more hearts from a separate sheet of paper, and then do the same thing you did above. Then you and your parents can keep them in your pockets to remind you throughout the day...wherever you are!

Try This!

FEELING Faces

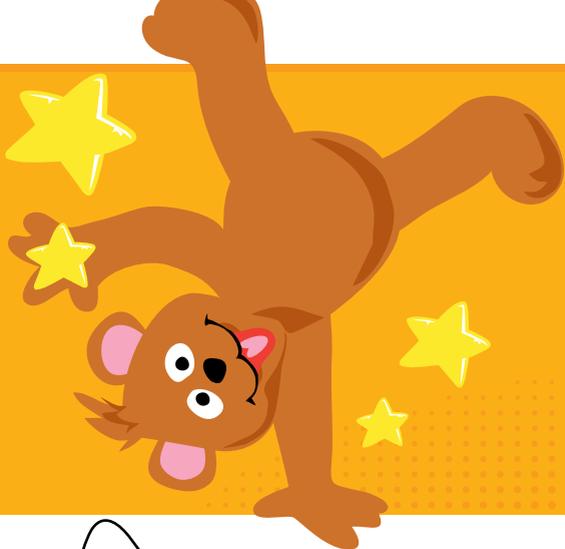
Changes bring lots of feelings. And every feeling has a word to describe it. Point to the face that shows how you are feeling right now, and tell your mom or dad why you think you are feeling that way. Moms and dads have lots of feelings, too, so ask your mom or dad to do the same.



here I am feeling _____
because _____

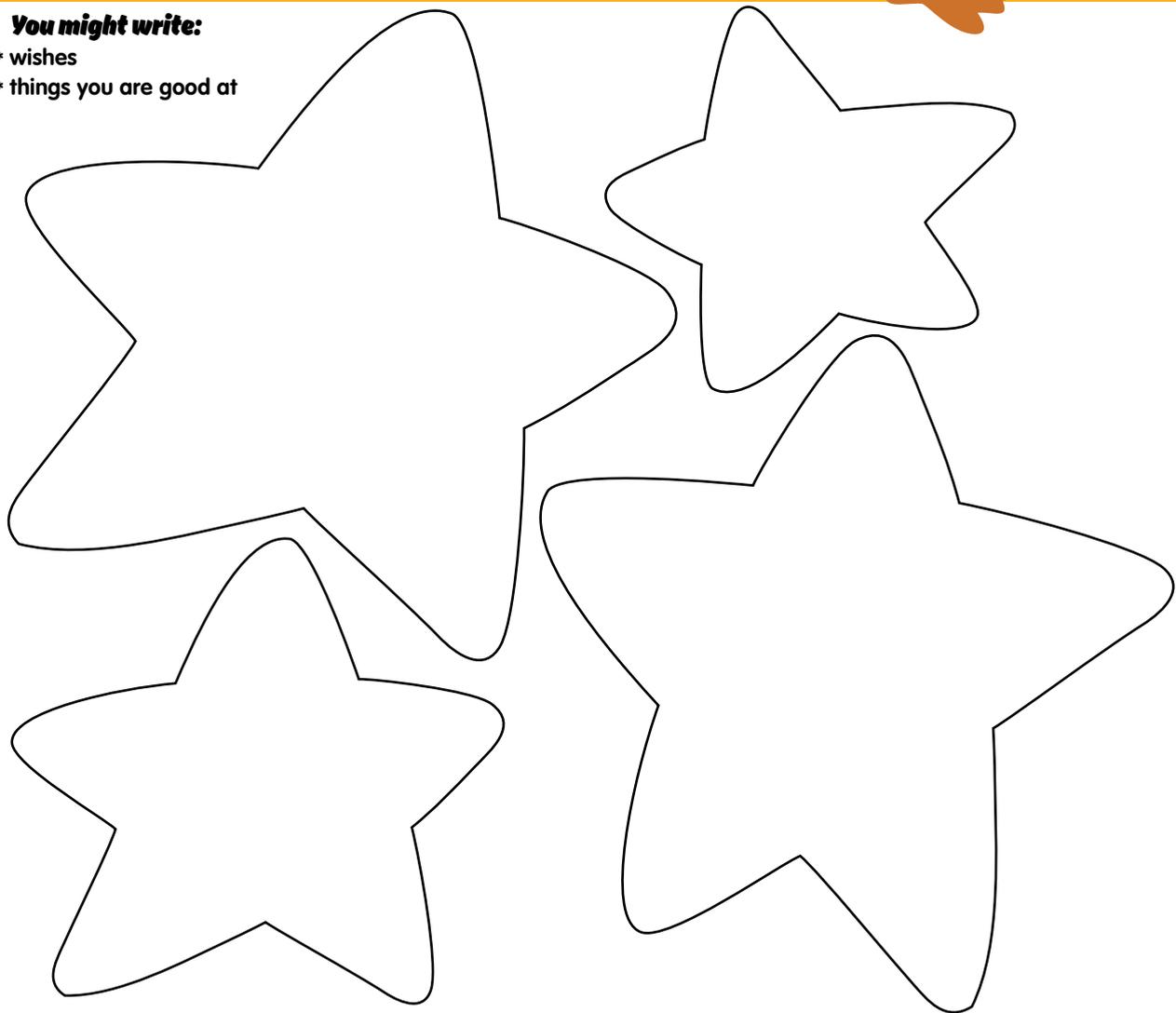
SUPER STARS

Sit 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



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!

Try This!

...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.

Do you want to hear an **INTERESTING IDEA**?

How are you **FEELING** today?

WHERE am I?

I have a **QUESTION**.

Will you **SHOW** me around?

LISTEN to what happened to me today.



NOT FOR SALE

Get more **ADVENTURE** online!

Visit SS4MF.org/Transitions or download the Sesame Street for Military Families app for:

- * New Sesame Street videos
- * Digital activity pages
- * Tips and strategies
- * Opportunity to sign up for a Transitions Newsletter



Grown-ups, join our community for sharing military and veteran family resources on Facebook: [Facebook.com/SesameStreetForMilitaryFamilies](https://www.facebook.com/SesameStreetForMilitaryFamilies)

