

An Activity Book for Children (Age 3-8) Going Overseas



**OFF
WE
GO**

By Polly Ho & Pwee Hwai Bing

Email: 2020offwego@gmail.com

First edition: January 2003

Revised edition: May 2020

Illustrations by Phoenix Design & Printing Co.

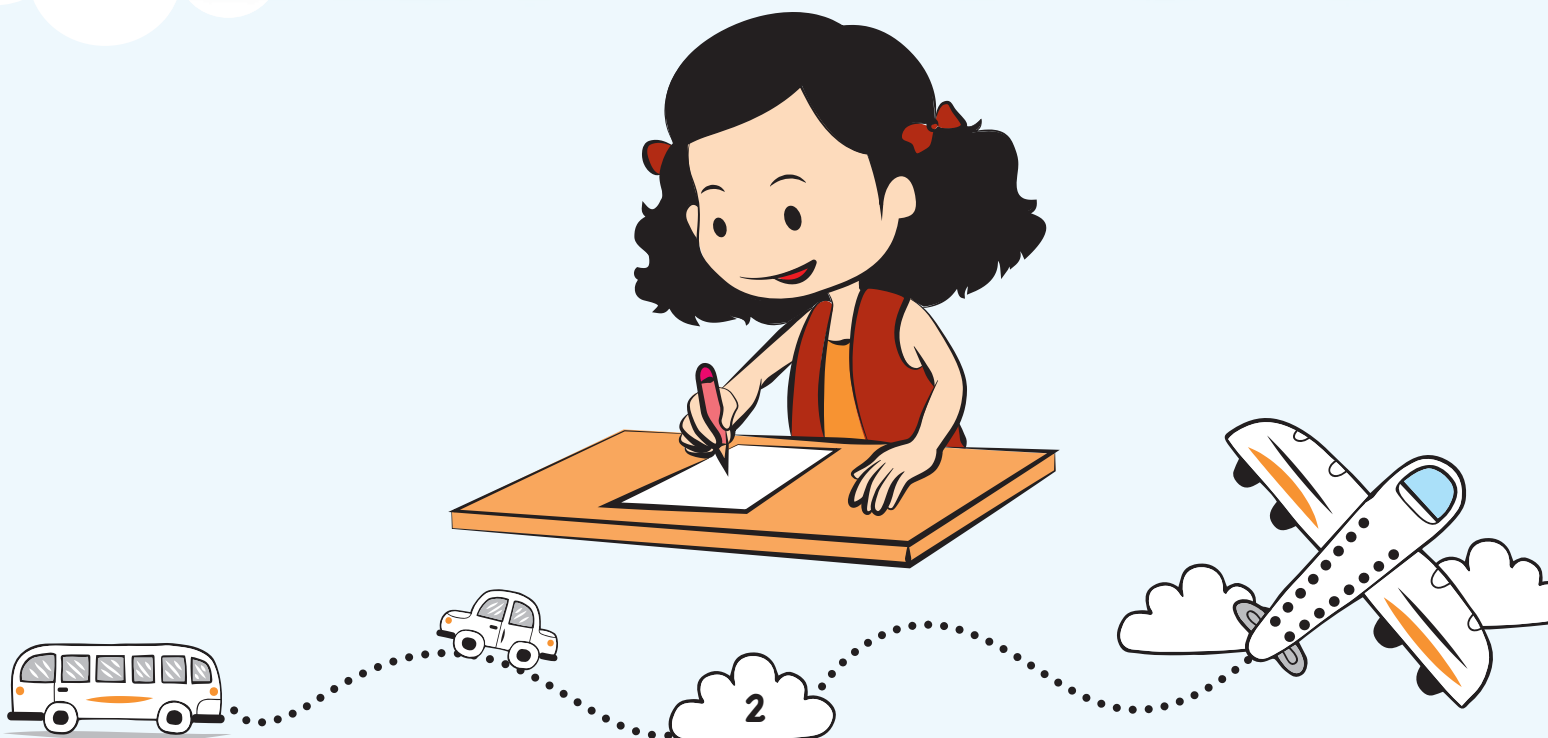
Copyright©2020 by Polly Ho

NOT FOR COMMERCIAL SALE

This activity book is dedicated to all cross-cultural families. Thank you, parents, for your willingness to bring your children overseas. It will be an enriching experience for your children.

Acknowledgement

I would like to thank Pwee Hwai Bing for sharing her creativity and experience as a TCK mom as we worked together in the first edition of the activity book. I am also grateful to Ulrika Ernvik and Janet Chapman for their valuable ideas on how to help children express their emotions in transitions. This activity book is the product of inspiration of many people who have a great passion and love for TCKs.





A Word for Parents

Children need to be prepared for transitions. This activity book, designed for Third Culture Kids (TCKs) aged between 3 and 8, aims to prepare them for transitions and to make the experience a positive one.

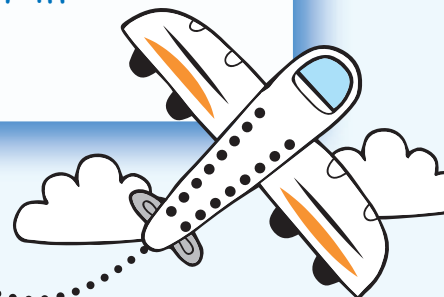
After the release of the first edition of *Off We Go*, we are very thankful to know that parents have found it a helpful tool to prepare their children for their moves. In the revised edition, we have added more activities to help children express their emotions and to grieve for their losses as their family moves. In addition, we have added an important section on child safety and protection.

The first chapter of the activity book aims to help the child build up security in the family. The second chapter will help to encourage the child to talk out feelings and to experience positive closure in the move. The third chapter aims to help the child develop realistic expectations and a positive attitude toward the new country. The fourth chapter is to help the child know how to protect him/herself and how to stay safe when traveling.

In some of the activities, TIPS  related to the topic are given to parents. Additional ideas are included if parents want to do EXTENDED ACTIVITIES  with the child.

Parents can be flexible in using this activity book. You do not have to finish all the activities at one time. Simply print out the activity that you want to work on with your child. You can repeat the same activity each time the family moves. This activity book can be kept as a journal to record this significant phase of the child's life.

Have fun and discover the joy and excitement in your family's adventure!



Contents

Chapter

YOU ARE CHOSEN

- 1.1 My Special Pass
- 1.2 My Family
- 1.3 My Extended Family
- 1.4 I Am Special
- 1.5 I Can Take Care of Myself
- 1.6 My Daily Schedule
- 1.7 Fun as a Family

Chapter

GETTING READY TO GO

- 2.1 My Moving Truck
- 2.2 Saying Goodbye to my Good Friends
- 2.3 Saying Goodbye to Favorite Places
- 2.4 My Love and Stress Baskets
- 2.5 How Do I Feel?
- 2.6 A Farewell Party
- 2.7 Saying "Sorry"

Chapter

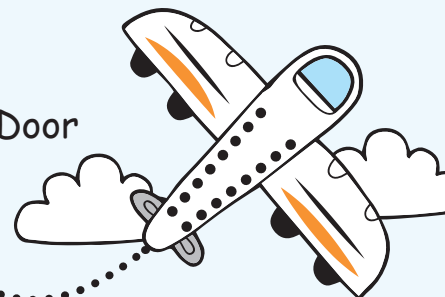
THE NEW ADVENTURE

- 3.1 Check the Map!
- 3.2 How Are You Going?
- 3.3 A New Fashion
- 3.4 Yummy Yum Yum
- 3.5 How Can You Learn?
- 3.6 What Do You See?
- 3.7 Making New Friends

Chapter

KEEPING SAFE

- 4.1 Safety When Traveling
- 4.2 My Body Belongs to Me
- 4.3 My Safety Network
- 4.4 Early Warning Signs
- 4.5 Secrets
- 4.6 Private Parts
- 4.7 Don't Open the Door



Activity 1.1 My Special Pass

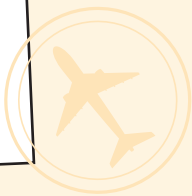
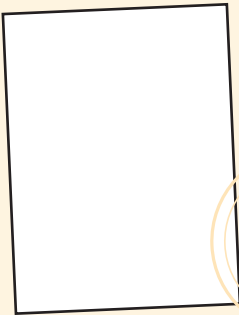
"I have loved you with an everlasting love..." Jeremiah 31:3



CONGRATULATIONS!!!

You and your family have been chosen to go on an adventure.

You will need a **Special Pass** for this trip. Draw your face on the passport page and fill in the details.



Name

Birthday Sex

Country I come from

Country I am going to

Date of issue

Signature/Thumbprint

Ideas for cheering me up during the trip



My favorite food



My favorite toy(s)

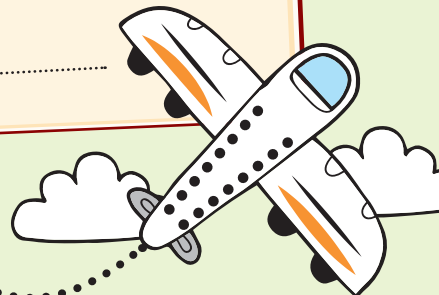


Things that make me smile



People I like to talk with when I am sad

To make the transitions easier for your child in the early days of your move, give the child lots of love and attention, and treat the child with his/her favorite foods and toys.



Activity 1.2 My Family

"I have loved you with an everlasting love..." Jeremiah 31:3



How many people are there in your family?

Draw their faces in the frames below and fill in their names and particulars.

Dad

Name

Job

Favorite food

Hobbies

I like dad because

Mom

Name

Job

Favorite food

Hobbies

I like mom because

Parents will need to help their child know a simple, truthful statement to give to anyone who asks them about the parents' work.



Brother/Sister

Name

Age

Favorite food

Hobbies

I like him/her because

.....

Brother/Sister

Name

Age

Favorite food

Hobbies

I like him/her because

.....

Fun Craft:

My Family Scrapbook

1. Cut out the two Passport pages in Activity 1.1.
2. Cut out the big bubbles with descriptions of each family member in this activity.
3. Go through some family photos. Choose a few with special memories.
4. Ask mom or dad to help to print out the photos. Open new pages and stick them into the scrapbook.
5. Decorate the book cover.
6. Punch a hole in each page and use a nice ribbon to tie up all the pages. You can always add more pages later.



Chapter **YOU ARE CHOSEN**

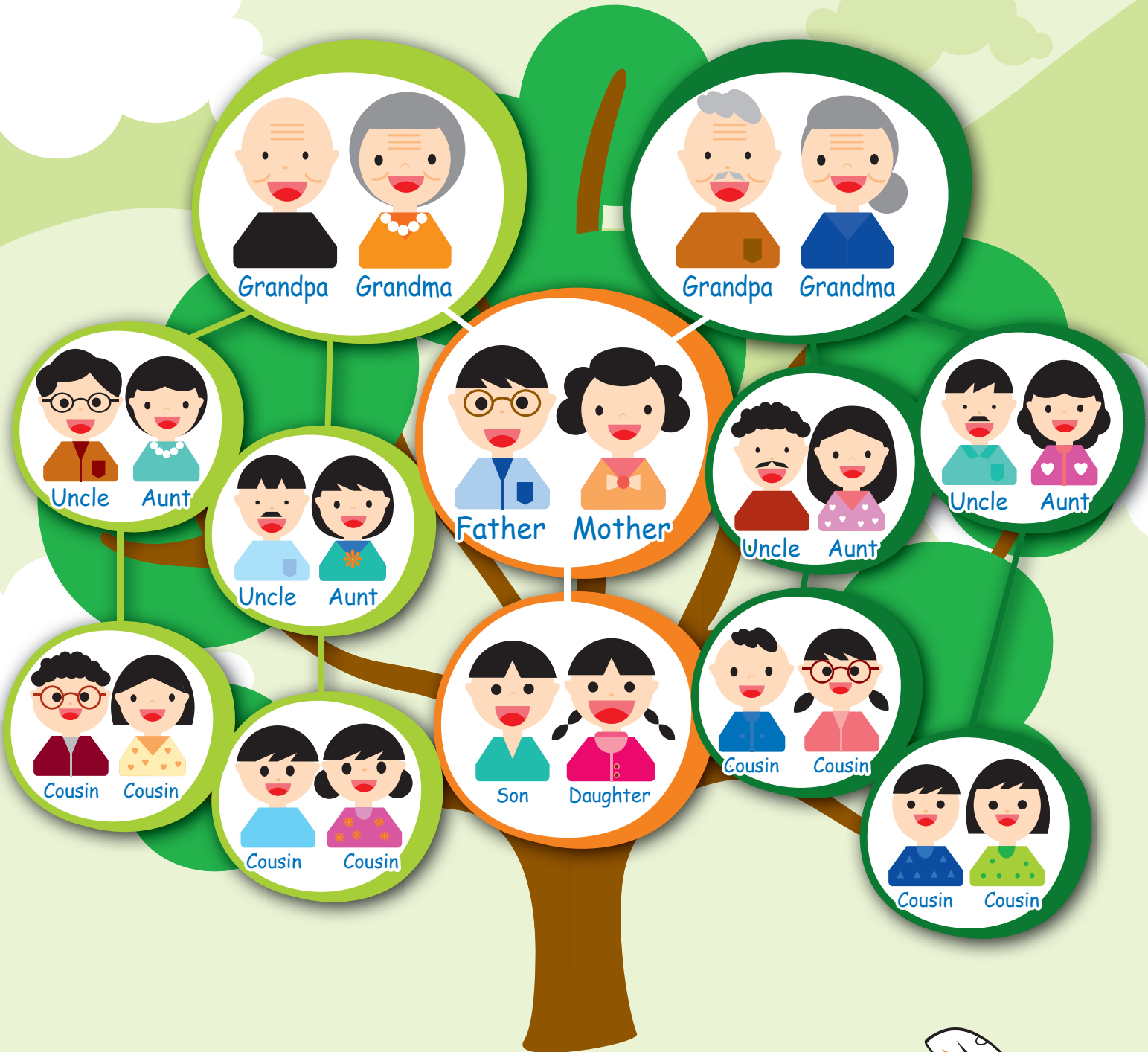


Activity 1.3 My Extended Family



"I have loved you with an everlasting love..." Jeremiah 31:3

Ask your mom and dad to explain your family tree.



Use big poster paper and draw your own family tree. Write the name of your cousins, if you have any. Stick the poster on the wall. Repeat this activity after you have moved to the new country.



Chapter **YOU ARE CHOSEN**



Activity 1.3 My Extended Family



“I have loved you with an everlasting love...” Jeremiah 31:3

Ask mom and dad to share 1-2 interesting childhood stories about the family.



Chapter  **YOU ARE CHOSEN**

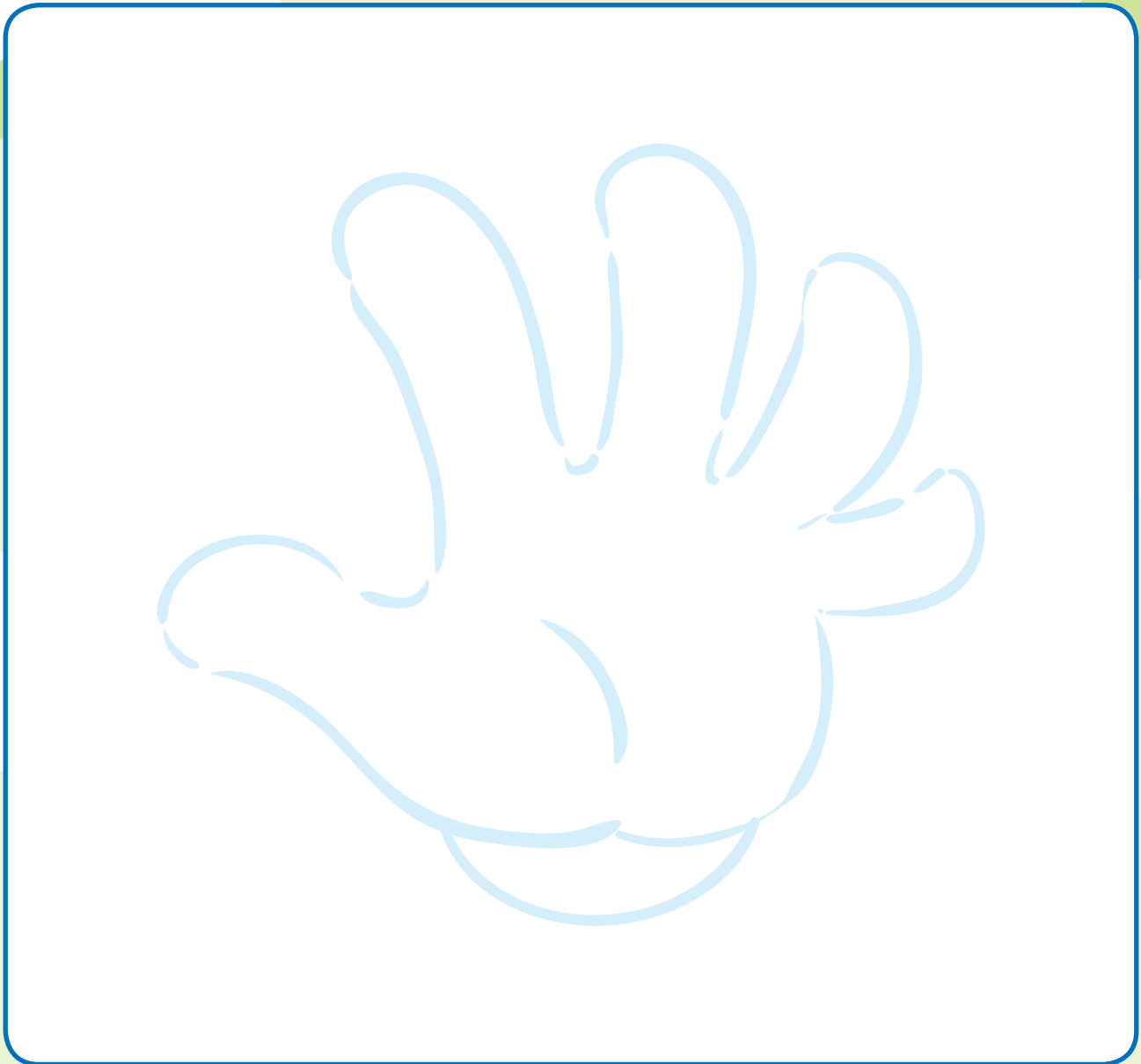
Activity 1.4 I Am Special



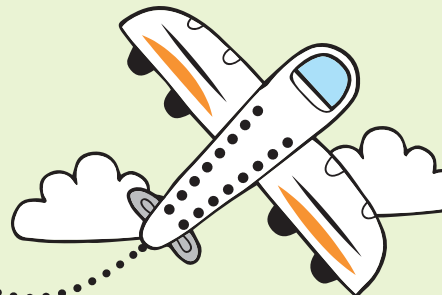
"I have loved you with an everlasting love..." Jeremiah 31:3

Do you know that no two persons in this world are the same?
You are unique and special!

Put your hand on this page and use a color marker or crayon to trace around it.



Make interesting pictures of little animals with your child's finger/hand prints.



Chapter **YOU ARE CHOSEN**

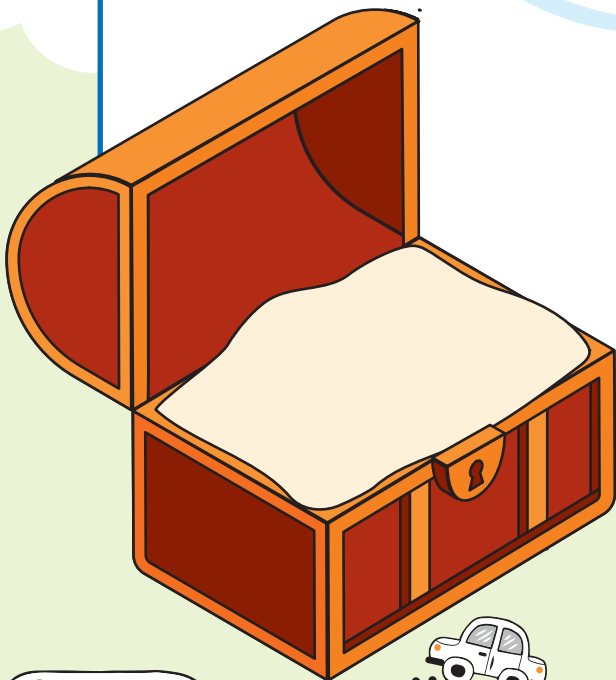


Activity 1.4 I Am Special



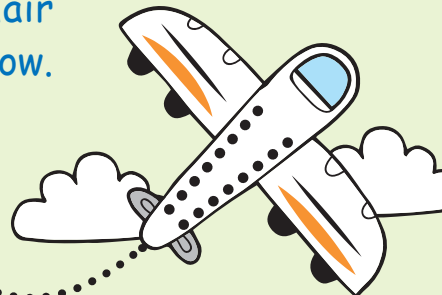
"I have loved you with an everlasting love..." Jeremiah 31:3

Now, take off your shoe and put your foot on the page.
Trace around your foot.



Take a strand of your hair and stick it in the box below.

Tell your child that no two persons are the same. God has created him/her unique and special. Give your child a big hug and tell the child how important he/she is to you.



Chapter YOU ARE CHOSEN

Activity 1.5 I Can Take Care of Myself

"I have loved you with an everlasting love..." Jeremiah 31:3

Color the box if you are able to do the task as stated. Let's see how far you can jump. You may fill in the last two boxes with your own tasks.

GREAT JOB

7. _____

6. _____

6

7

5. I can play nicely with other children.

5

3. I can take a bath by myself.

3

4

4. I can help set the table.

4

2

2. I can eat my meals without fuss.

2

1. I can wash my hands by myself.

1

START

Keep encouraging your child to work at these self-care tasks.



Chapter YOU ARE CHOSEN

Activity 1.6 My Daily Schedule

"I have loved you with an everlasting love..." Jeremiah 31:3



What are some of the things you usually do in a normal (school) day? Write down activities and the time you will do those activities during a normal day.

Time

Activities



Good morning! Time to get up.



Breakfast



Lunch



44
- 21

23

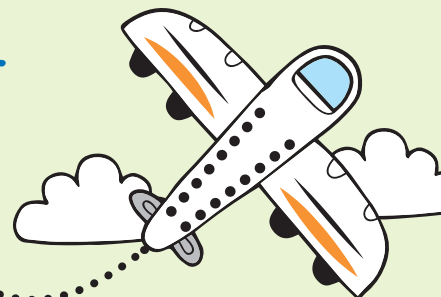
A B C

Dinner



Good night! Time for bed.

Try to keep the child's routines during transitions as much as possible. Routines give stability. Explain to the child in advance if the schedule will be different from normal days.



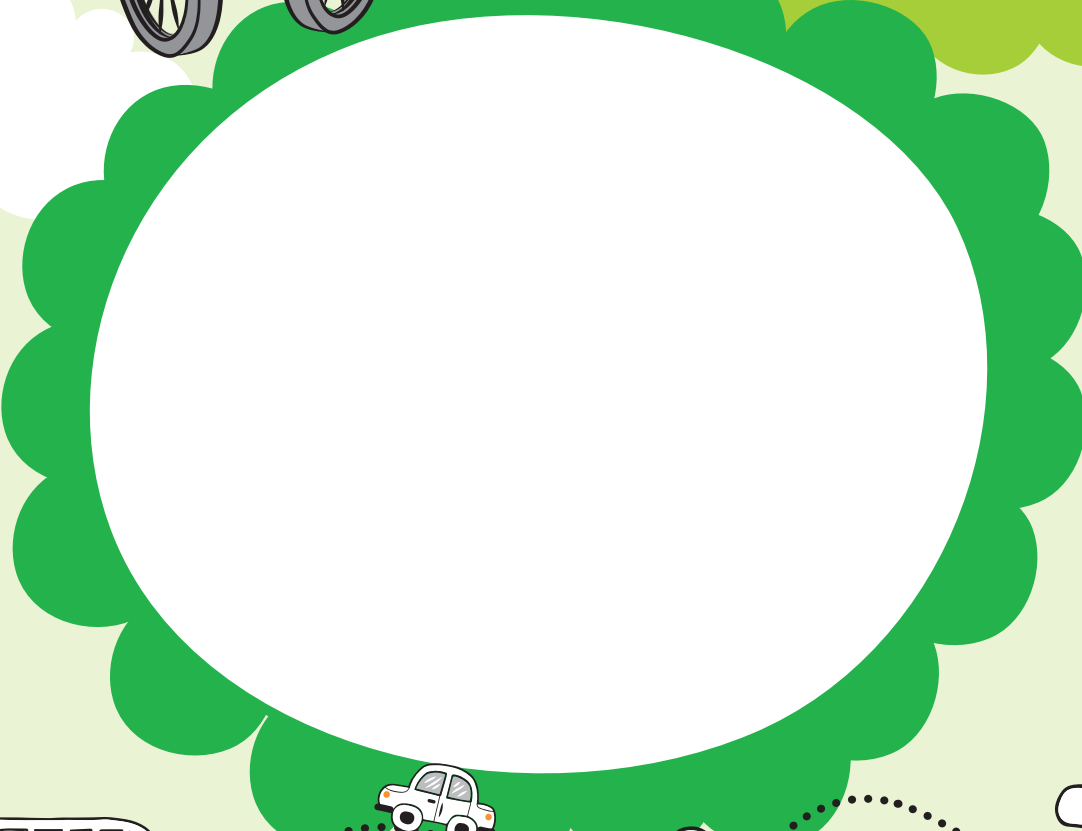
Chapter  YOU ARE CHOSEN

Activity 1.5 I Can Take Care of Myself 

"I have loved you with an everlasting love..." Jeremiah 31:3

Weekends or Holiday Special Treats!

Write down or draw special things that you and your family will do if you don't have to go to school.




Chapter YOU ARE CHOSEN

Activity 1.7 Fun as a Family



"I have loved you with an everlasting love..." Jeremiah 31:3




Color the heart  beside each activity you enjoy doing together with your family. Write down or draw some more activities that you all enjoy doing together.

  **Reading a book**

  **Watching TV/movies**

  **Playing card games or board games**

  **Eating ice-cream**

 **Doing household chores together, e.g. washing dishes, cleaning the house, etc.**



  **Playing in the playground**

 **Hiking** 

 **Swimming/going to the beach** 

Transitions are tiring. Besides getting enough rest and sleep, it is important to plan time to do fun things together as a family.



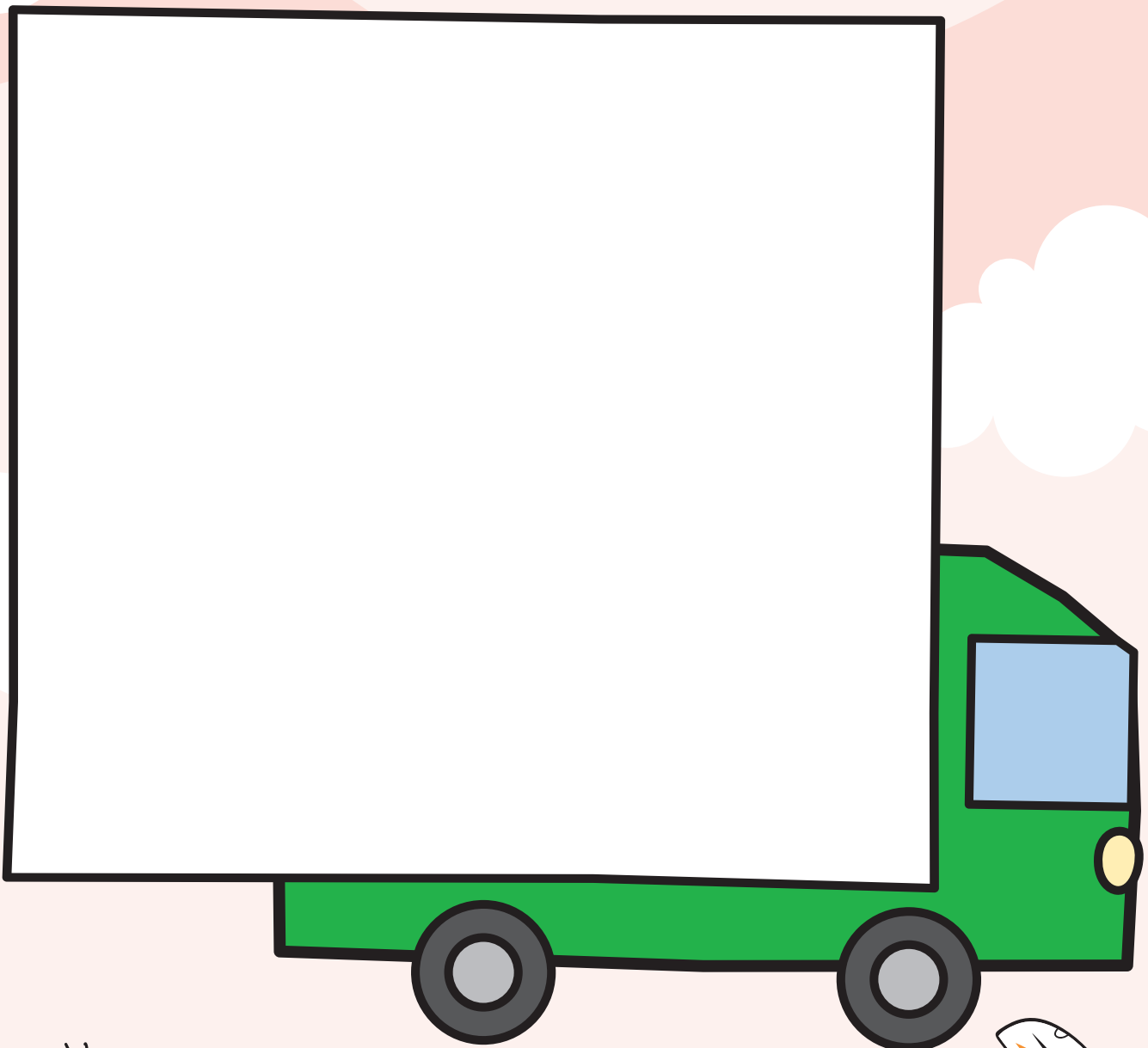


Activity 2.1 My Moving Truck



“God is our refuge and strength...” Psalm 46:1

You will not be able to bring all the things you like on this adventure. It can be disappointing and sad. In the moving truck, draw the things that you wish you could bring along but are not able to bring. They can be **People, Things, Places, and Pets**.



Talk to your child about what will happen to the things left behind e.g. storage, give to friends/relatives, donate to charity...



Ask the child to draw things that he/she wants to leave behind outside the truck.

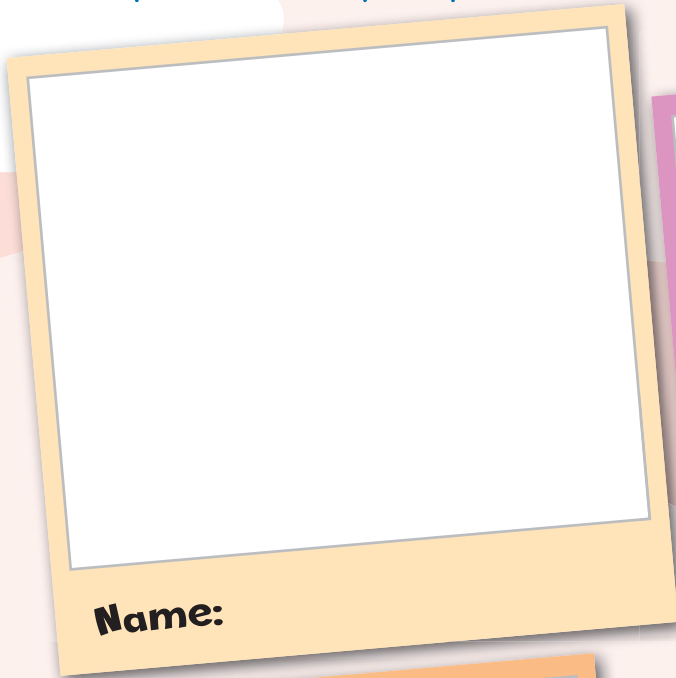


Chapter  GETTING READY TO GO

Activity 2.2 Saying Goodbye to My Good Friends 

“God is our refuge and strength...” Psalm 46:1

Who are your good friends? Draw pictures of your good friends and things that you enjoy doing with them. You can write their names on the picture. Tell your parents about your friends.



Name:



Name:

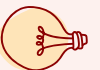


Name:



Name:

Tell your child that although he/she will not be able to see them in person as often as before, you can still be good friends. Talk about ways how the child can keep in touch with his/her friends.



Arrange your child to spend time with his/her friends and even encourage the child to invite his/her good friends to sleepover. It will help create good memories.



Chapter GETTING READY TO GO

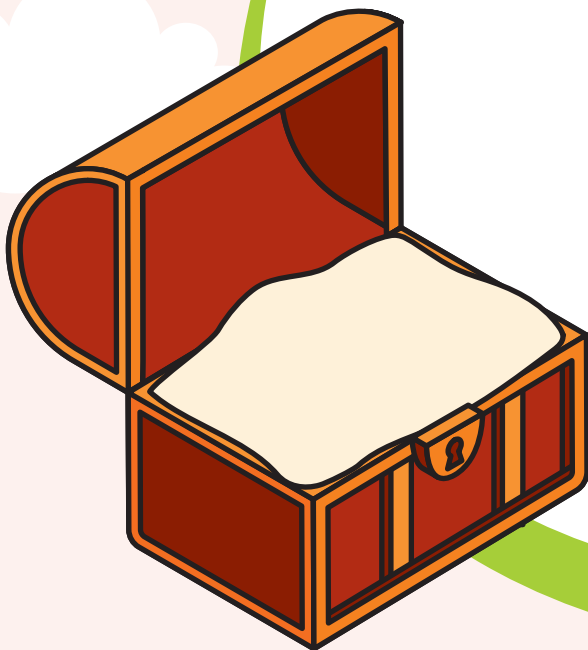
Activity 2.3 Saying Goodbye to Favorite Places

“God is our refuge and strength...” Psalm 46:1

What places do you like to go to? Choose **THREE** of them and ask your parents to take you there for a visit before you leave.

Stick a photo or draw a picture of each of these places in the photo frames below. Collect something special from each place and stick them on the treasure chest next to your picture. For example a pamphlet, an admission ticket, a fallen leaf picked in the park, etc.

Place:



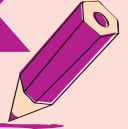
Take nice photos of those places and add them to the Family Scrap book. They are precious memories for the child.



When you arrive in the new country, take your child to visit places he/she enjoyed going to when you were in the home country. It may help your child relate better to new surroundings.



Activity 2.3 Saying Goodbye to Favorite Places

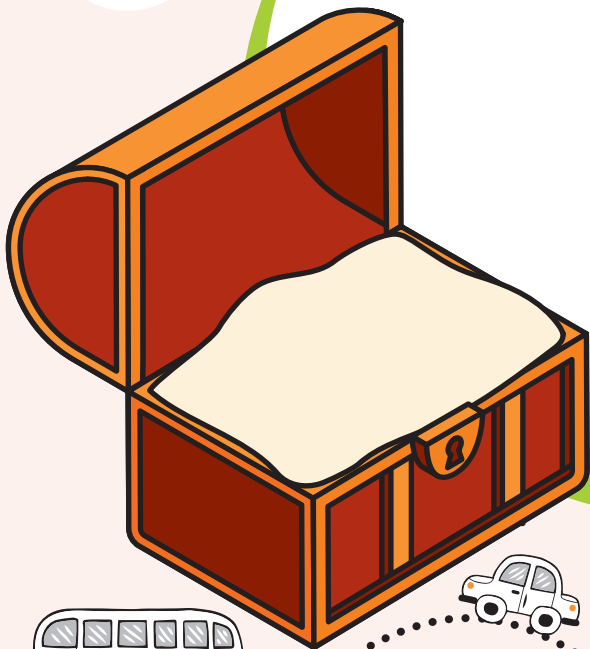


“God is our refuge and strength...” Psalm 46:1

Place:



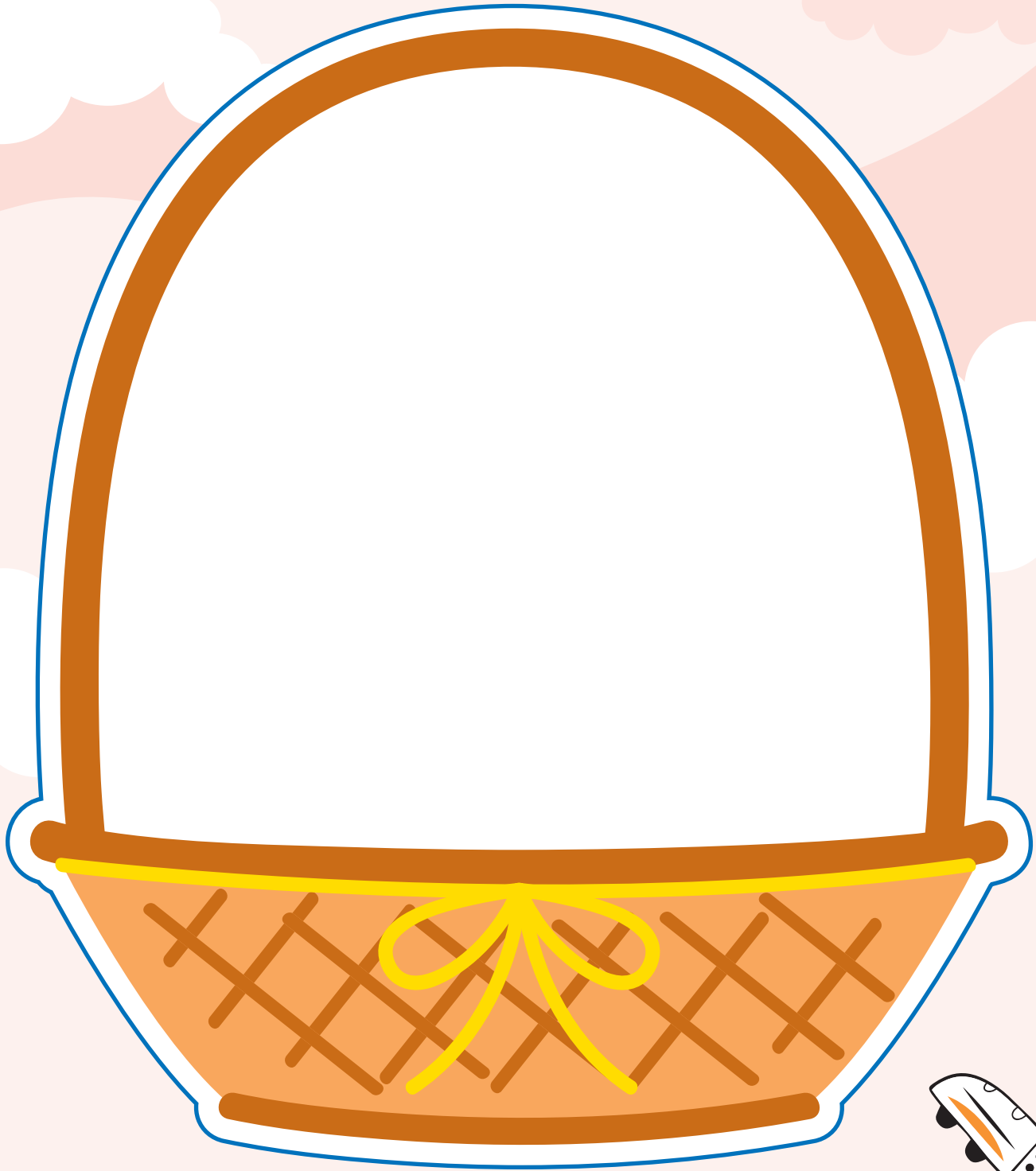
Place:



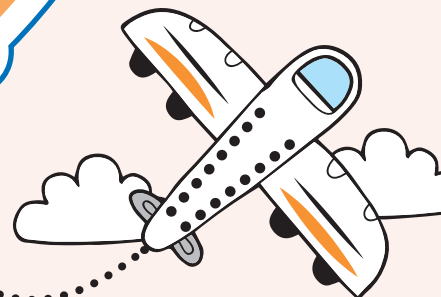
Activity 2.4 My Love and Stress Baskets 

“God is our refuge and strength...” Psalm 46:1

In the **love basket**, draw things that will make you happy, for example eating ice-cream, running in the playground.



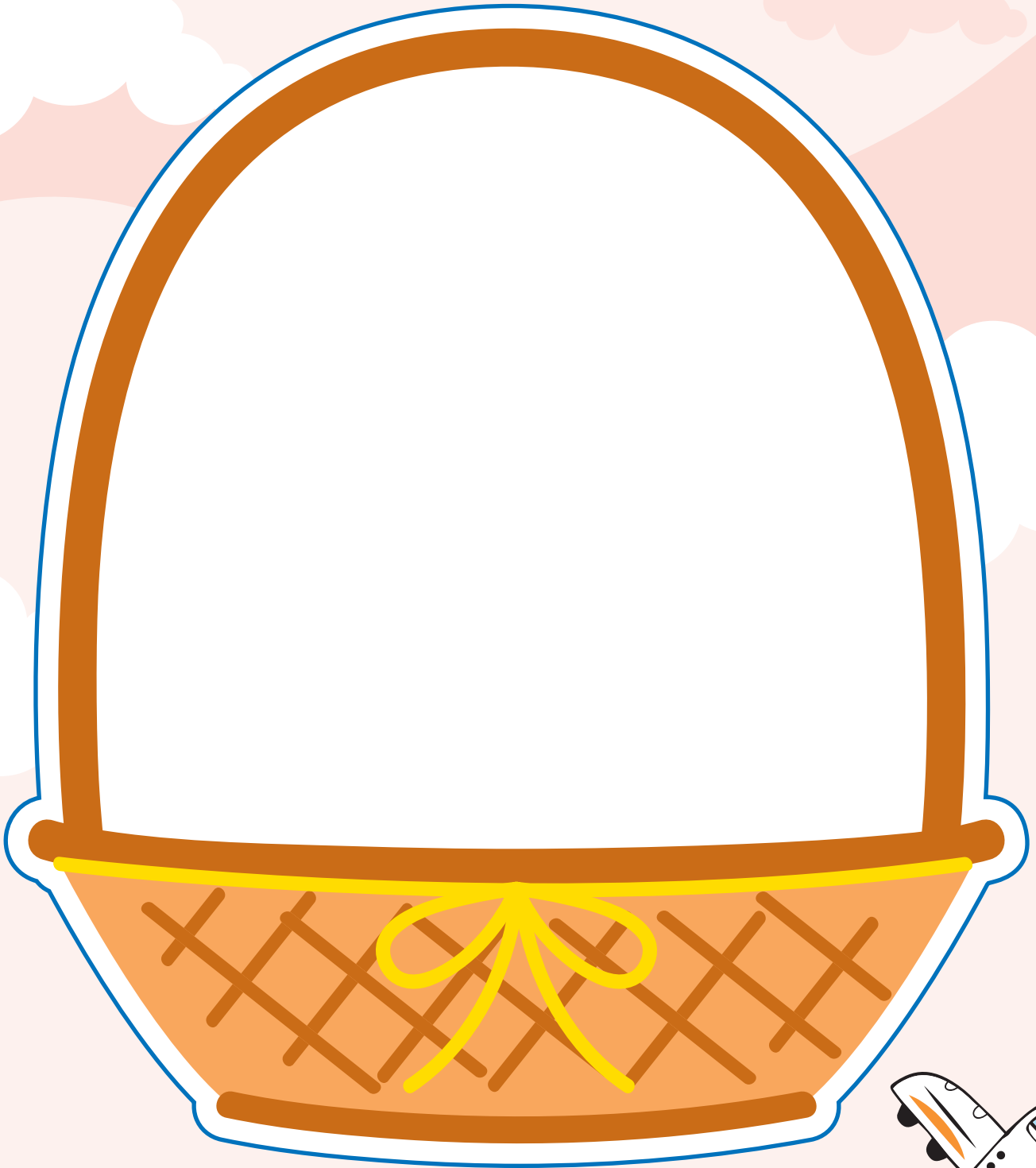
Parents can take note of things that will make the child stressful. Things in the **love basket** are very helpful tips in how to bring comfort to your child during transitions when stresses add up.



Activity 2.4 My Love and Stress Baskets 

“God is our refuge and strength...” Psalm 46:1

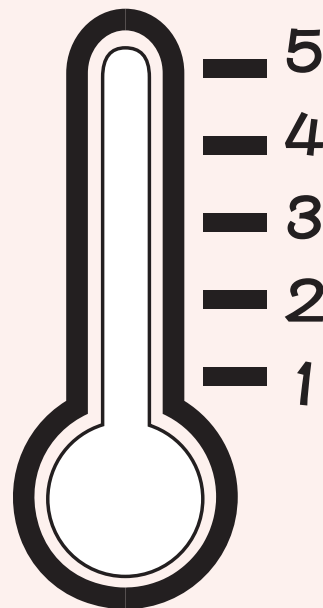
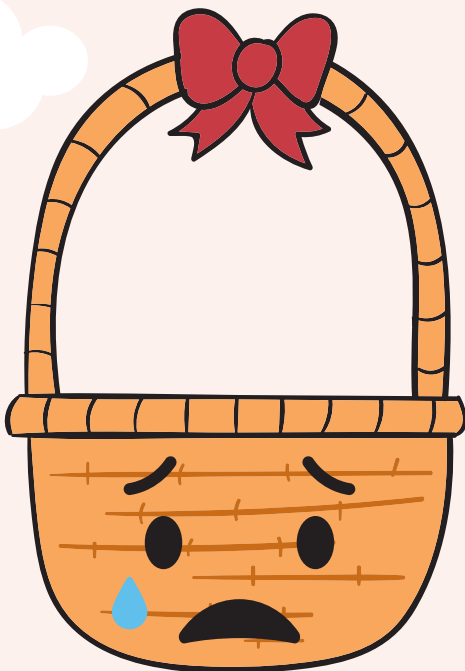
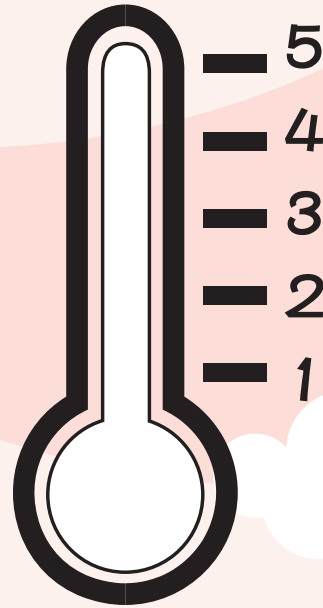
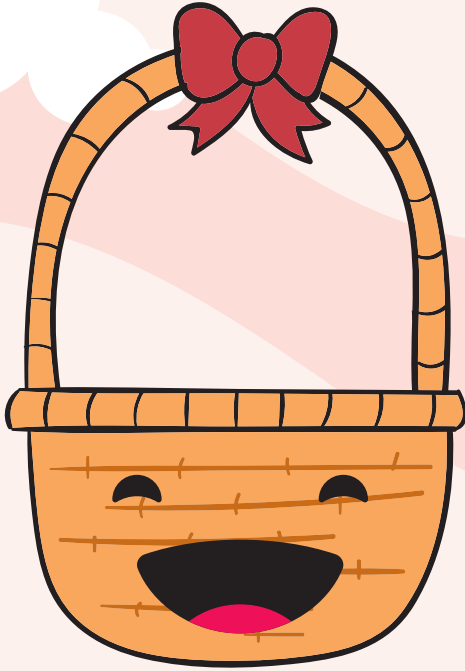
In the **stress basket**, draw things that will make you unhappy, stressed, or tired.



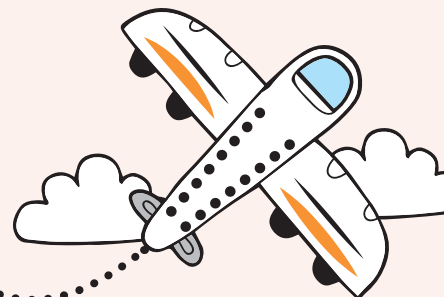
Activity 2.4 My Love and Stress Baskets 

“God is our refuge and strength...” Psalm 46:1

Color the two baskets to show how full they are. It indicates how much you feel **loved** and how **stressed** you are right now.



Listen to the child as the child shares what has made him/her happy and stressed at this time.

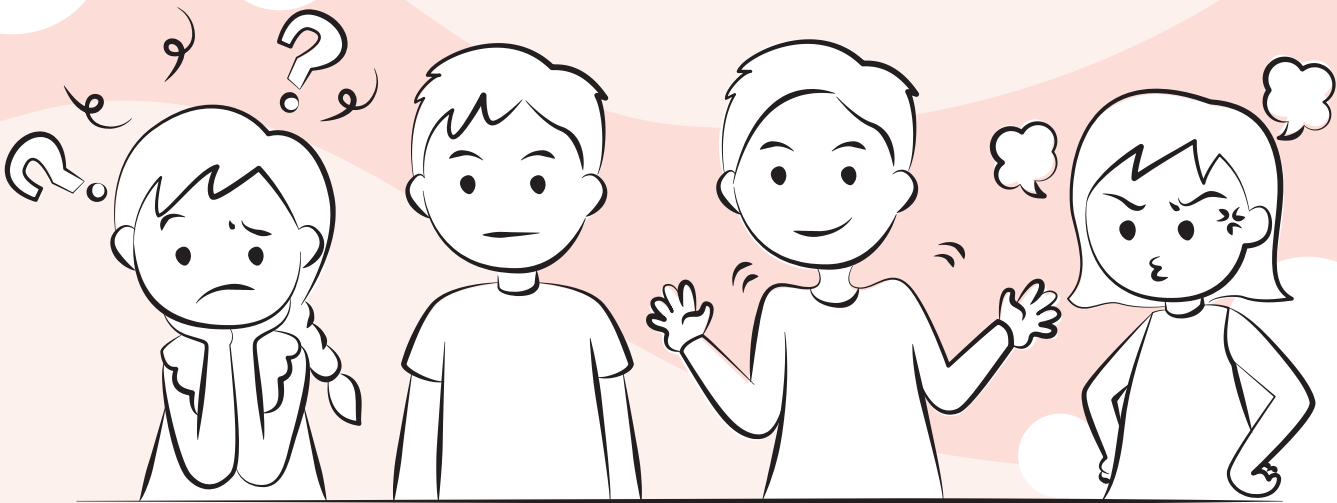


Activity 2.5 How Do I Feel?

“God is our refuge and strength...” Psalm 46:1



How do you feel about going on this adventure? Color the picture(s) that show your feelings. You may want to color more than one. It is fine to have mixed feelings.



Encourage the child to talk about why he/she is feeling that way. Parents are encouraged to share their own fears and excitement about moving to a new country. Pray together with the child.



Activity 2.6 A Farewell Party



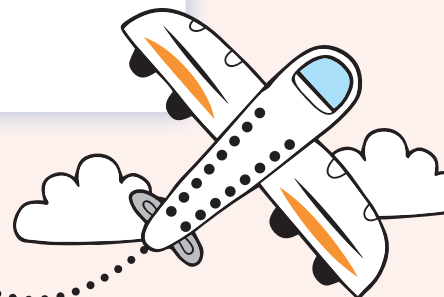
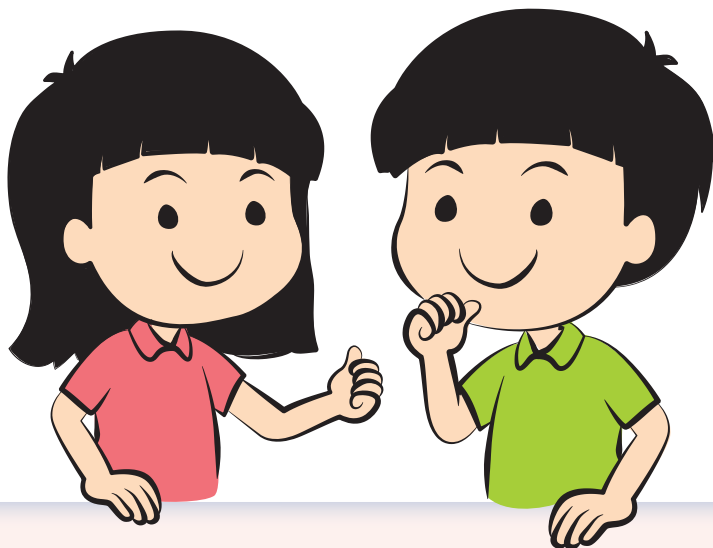
“God is our refuge and strength...” Psalm 46:1

As you go on this adventure, it will be quite a long time before you can see your friends and relatives again. Plan a farewell party to say goodbye to them.

Below are some suggestions:

Who are you inviting?

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |



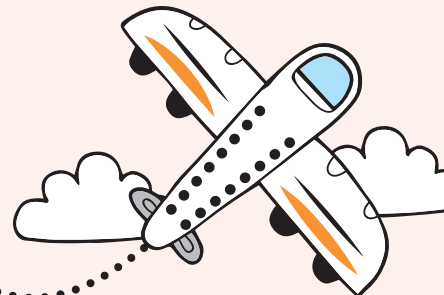
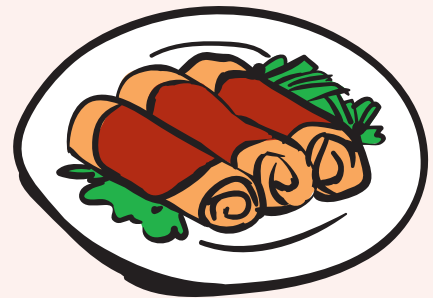
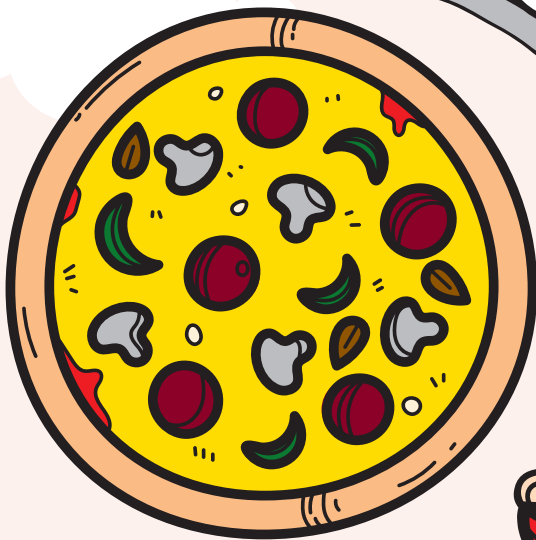
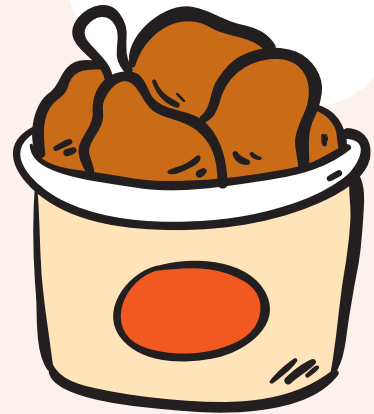
Activity 2.6 A Farewell Party

“God is our refuge and strength...” Psalm 46:1



What are you going to eat at the party?

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |



Activity 2.6 A Farewell Party

“God is our refuge and strength...” Psalm 46:1



What are you going to do at the party?



Fun Craft: Farewell Gift

Make a farewell gift to give to your friends at the party.

What you will need:

1. Your favorite personal/family photo or a photo taken together with your friend.
2. A pair of scissors
3. Four craft sticks
4. Colored pencils
5. Stickers
6. Glue
7. Cellophane tape
8. String

Steps:

1. Choose your favorite photo or family photo. Ask mom or dad to print out many copies.
2. Glue the four craft sticks together to make a frame. Color the sticks or put stickers on them to make the frame colorful.
3. Make a small loop with the string. Tape it on the back to make a loop for hanging.
4. Make enough frames for each person/family at the party.



Making the gifts and talking about the farewell party with the child will help the child recognize the reality of having to leave soon. The gift is a means to show appreciation for these relationships.



Can encourage the child to be creative and make other farewell gifts.



Activity 2.7 Saying "Sorry"

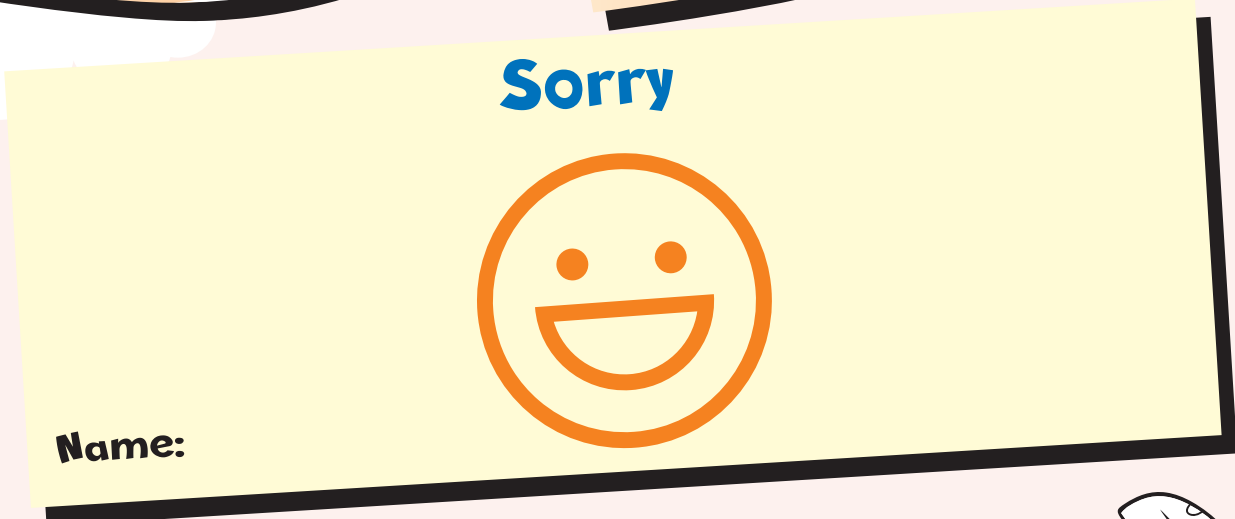


"God is our refuge and strength..." Psalm 46:1

When we are not careful, we sometimes say or do things that may upset our friends. But, very often, we forget to say "I am sorry".

- ◆ If you need to say "sorry" to someone, write their names in the box.
- ◆ Draw an "I'm Sorry" card and give it to each one of them together with a small package of candies or cookies.
- ◆ Color the smiling face beside your friend's name when you have done so.

Sorry!!!



Affirm the child of God's forgiveness and love for him/her despite wrongdoings. It may be necessary for parents to accompany their child when giving the card. Praise the child for his/her courage saying sorry.



If the child feels too embarrassed to give the "I'm Sorry" card, have the child make invitation cards and invite these friends to the farewell party.



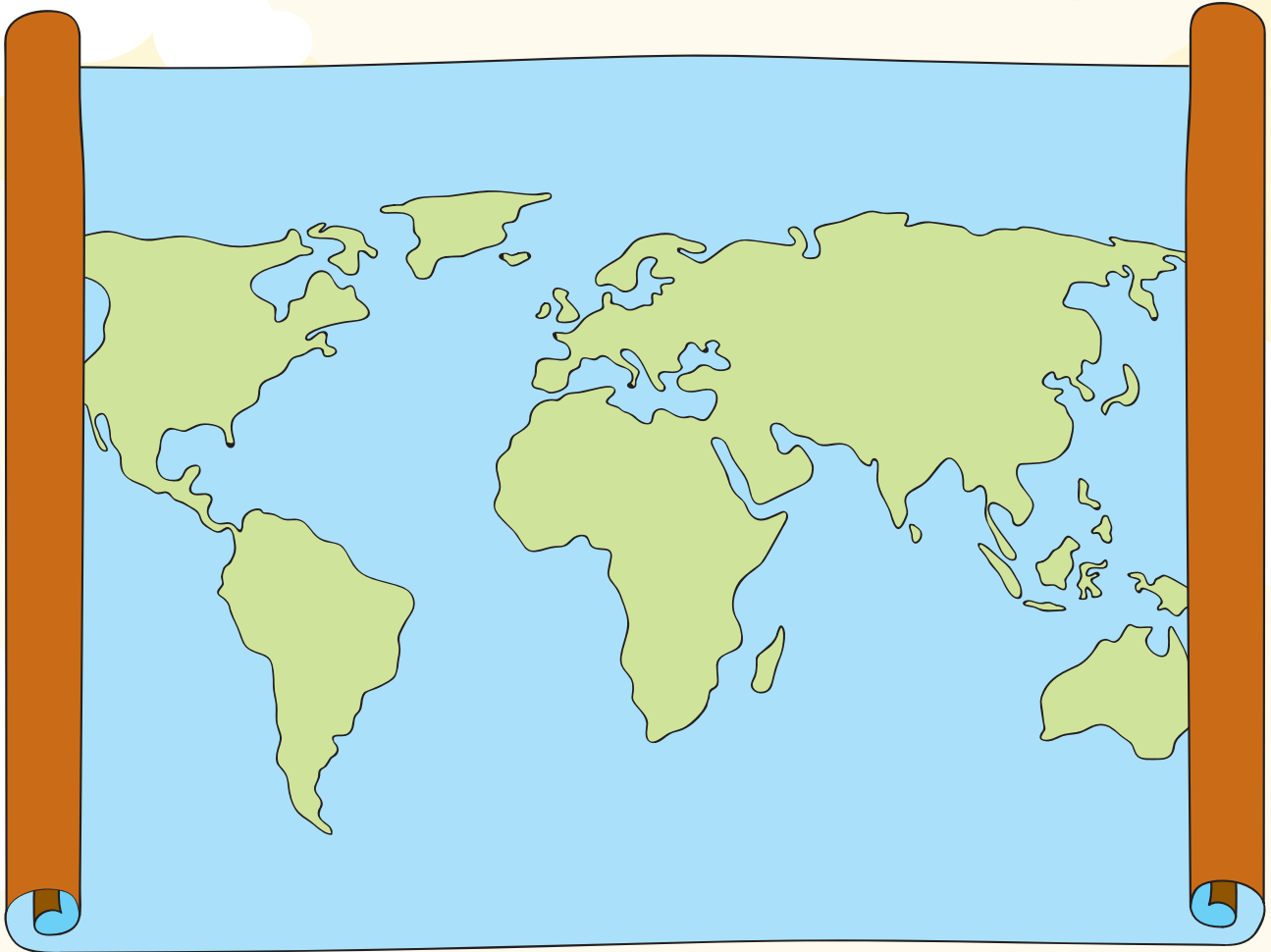


Activity 3.1 Check the Map!

“...The Lord your God will be with you wherever you go.” Joshua 1:9



When you go on an adventure, it is very useful to know how to read a map. On the map below, can you locate where you come from and where you are moving to?



1. Use GREEN to mark an "X" on the country you come from.
2. Use RED to put a "Δ" on all the places you have been.
3. Use ORANGE to circle "O" and color the country where you are going.
4. Use BLUE to join (1) and (3) together.
5. Help the child write the name of those countries on the map.

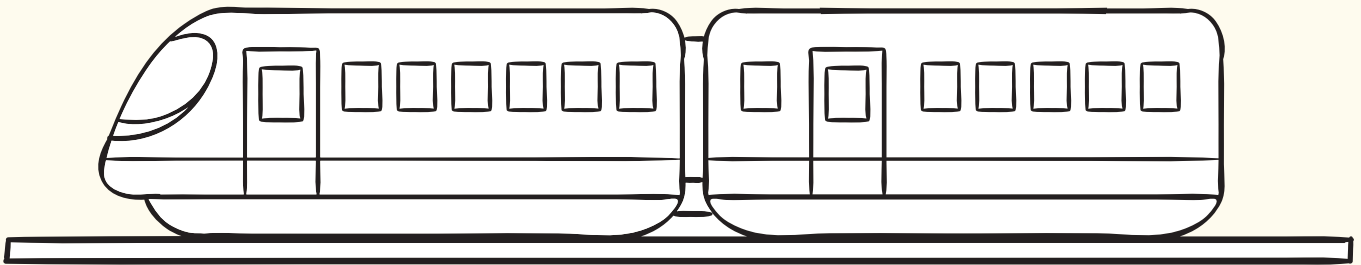
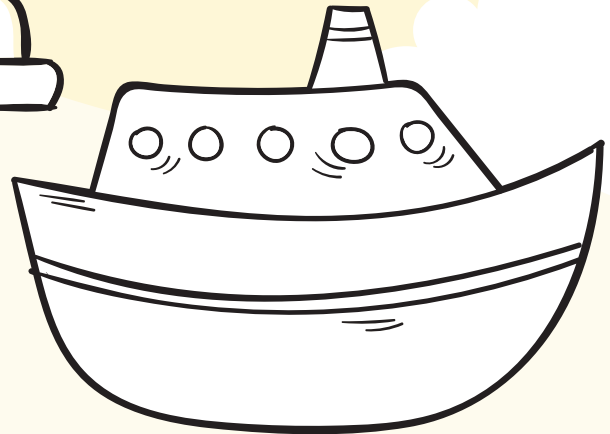
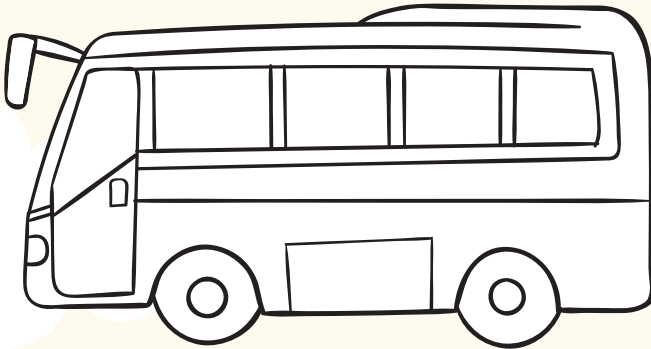
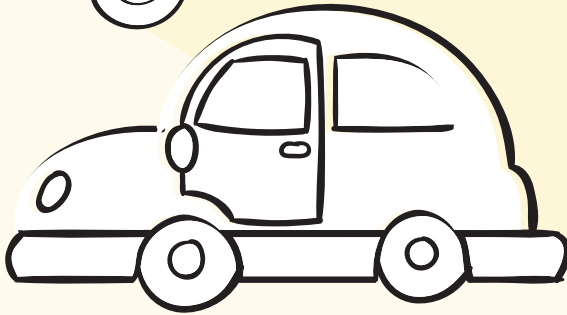
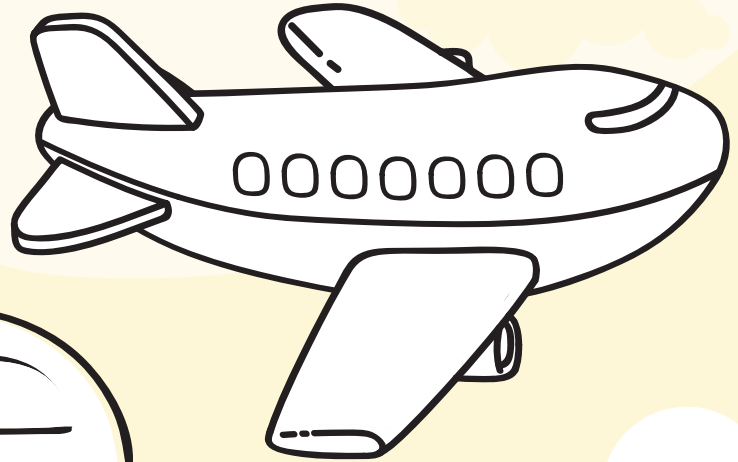
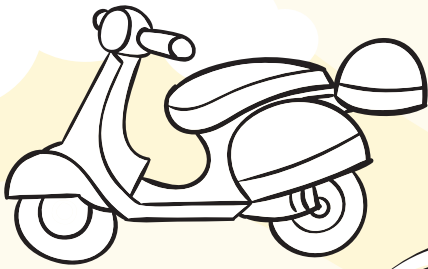
Ask the child to tell you about the countries where he/she has been, talk about the weather, food, clothing, streets, houses, etc.



Activity 3.2 How Will You Travel?

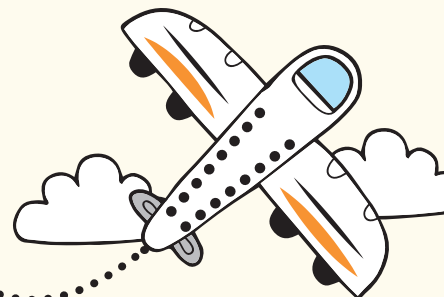
“...The Lord your God will be with you wherever you go.” Joshua 1:9 

Color the pictures that show how you will travel to the new country.



Do you know how long it will take you to get there?

_____ hours/days.



Chapter THE NEW ADVENTURE

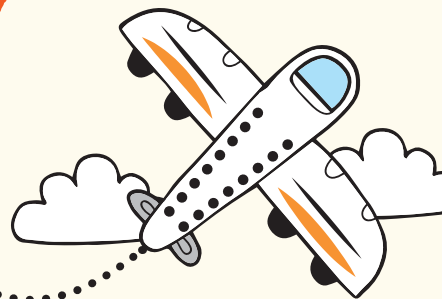
Activity 3.2 How Will You Travel?

“...The Lord your God will be with you wherever you go.” Joshua 1:9 

The journey you are going on may be very long. Sometimes, you may feel uncomfortable when you arrive in the new country. What can you bring to keep you happy in the journey and make you feel safe in the new place? Draw them inside the bag. Remember things cannot be too heavy and bulky!



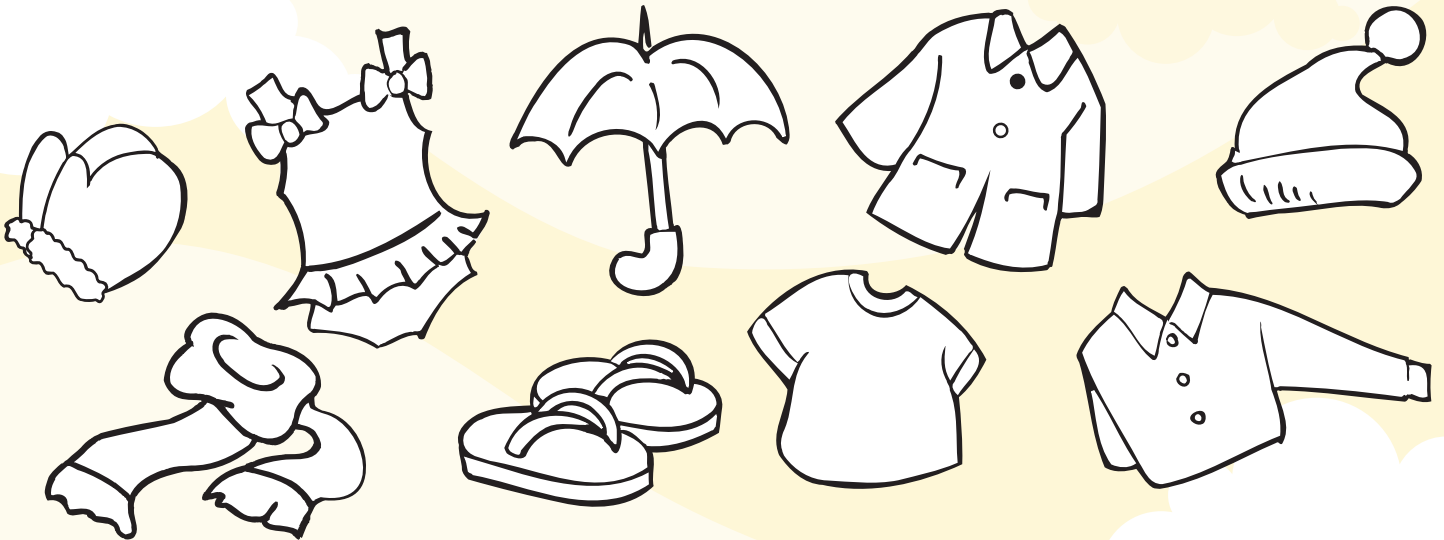
Make sure to take things that make your child feel safe, for example a stuffed toy or comfort blanket.



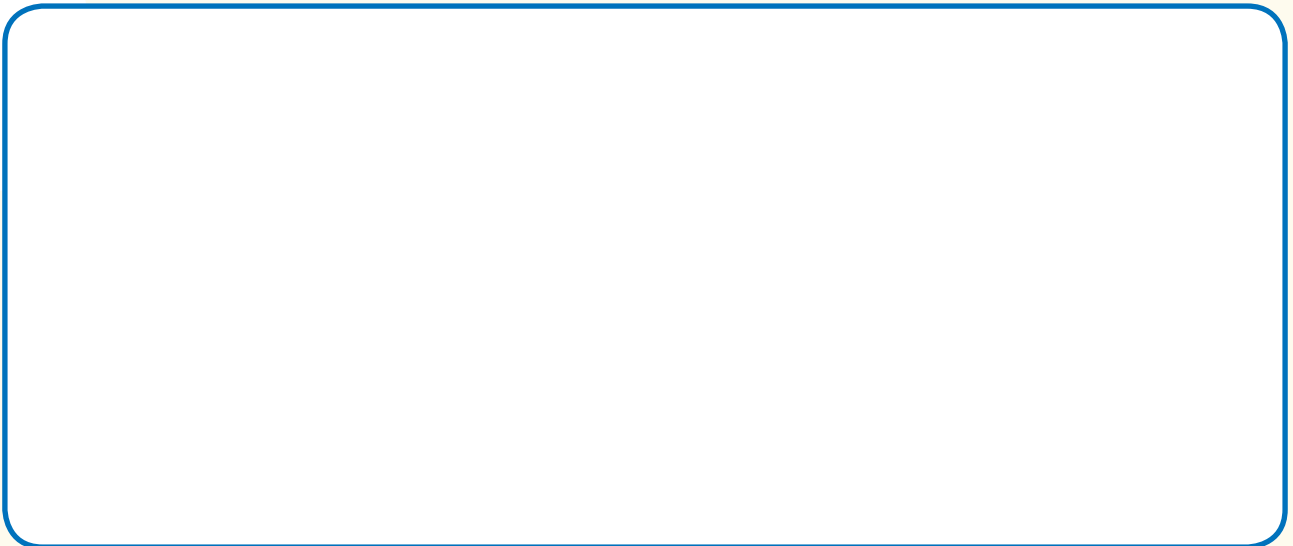
Activity 3.3 A New Fashion

“...The Lord your God will be with you wherever you go.” Joshua 1:9 

Find out what the weather in the new country/place is like. Then, color the clothes you will need to bring.



Do you know if the people in the new country wear special clothing? Ask your parents to help you go on the internet and find a picture of the national clothing of the country. Draw or print out a photo and stick it in the frame below.



Help your child find out about the people, houses, climate, clothing, food, etc., of the country where you are going to. It will reduce the child's anxieties toward the new place and will help them adjust more quickly.



Activity 3.4 Yummy Yum Yum

“...The Lord your God will be with you wherever you go.” Joshua 1:9 

What are your favorite foods?



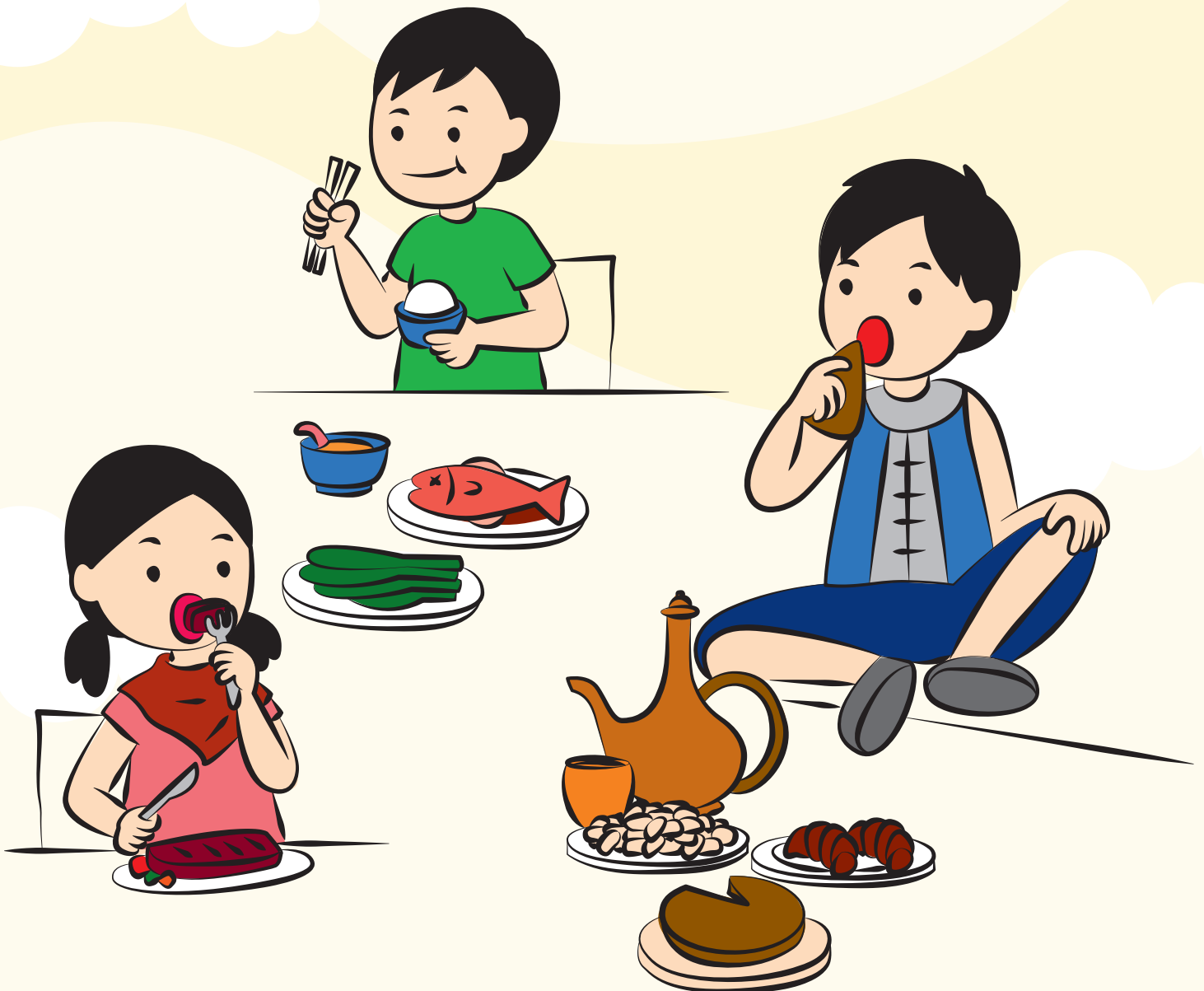
If possible, you can invite a friend from the new country or someone who has lived in that country to your home to teach you how to cook the national dishes.



Activity 3.4 Yummy Yum Yum 

“...The Lord your God will be with you wherever you go.” Joshua 1:9

Do you know what kind of food people eat in the country where you are moving to? Ask your Mom or Dad to make some of those dishes or take you to a restaurant so that you can try them out. Circle what utensils you will need for this meal.



Be adventurous and positive about trying new food or dishes. Parents are good models for their child. Also, remember to pack special ingredients that you will need for cooking your child's favorite dishes to bring to the new country.



Activity 3.5 How Can You Learn?

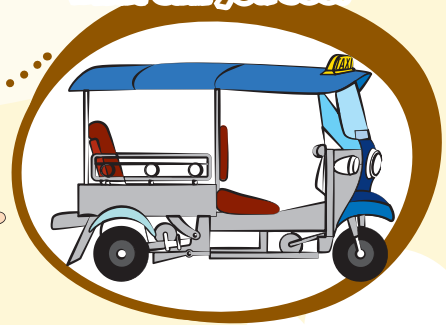
“...The Lord your God will be with you wherever you go.” Joshua 1:9 

When you arrive in the new country, there are many new things to learn. Can you guess how you can use the different parts of your body to learn?

By using your **NOSE**,
what can you smell?



By using your **EYES**,
what can you see?



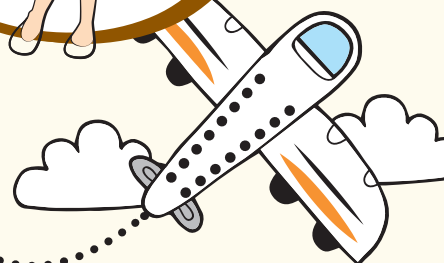
By using your **EAR**,
what can you hear?



By using your **MOUTH**, what can
you taste?
And what can you say?



By using your **HANDS** and **FEET**,
what can you touch?
And what can you do?

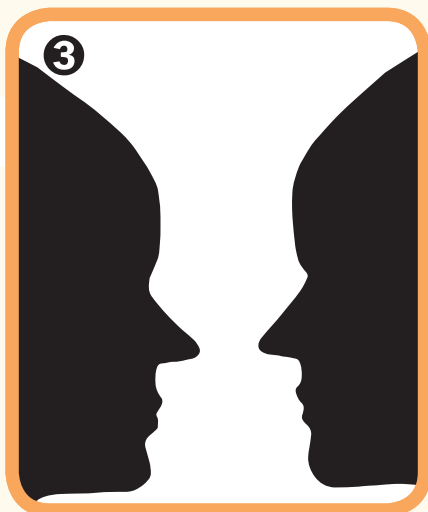
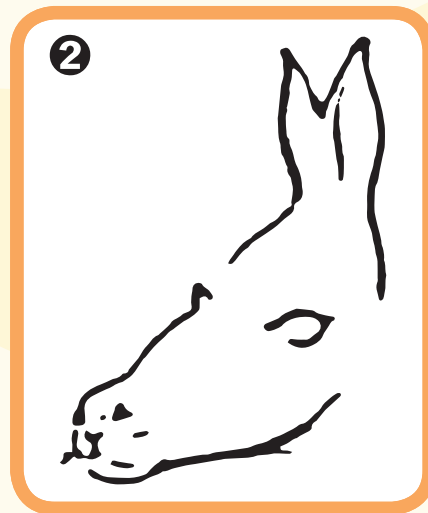
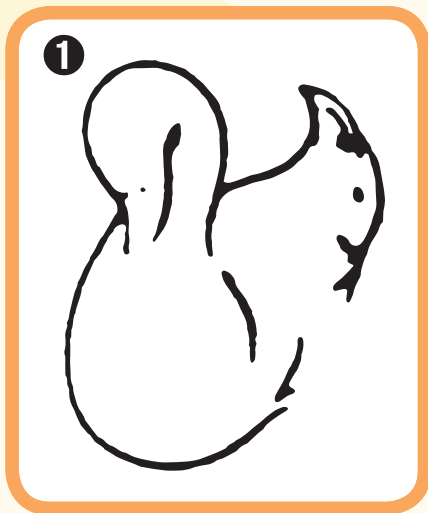


Activity 3.6 What Do You See?

“...The Lord your God will be with you wherever you go.” Joshua 1:9 

What do you see in the pictures below?

There are different ways to look at the same picture or situation. What you see depends on how you look at it. This is called perspective. In the new country, you can turn an unpleasant situation into a cultural learning experience.

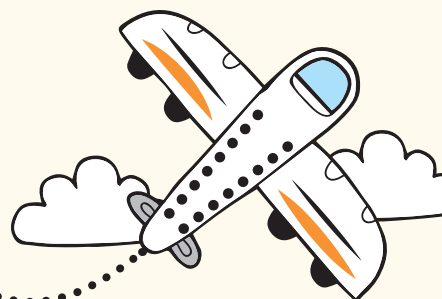


When Everything is Different: Exploring Your New Country with Panda and Jo, p.75

Reference:

- 1. Duck or Squirrel
- 2. Donkey or Seal
- 3. Vase or Two Faces
- 4. Native or Child Walking into Darkness

Answer:

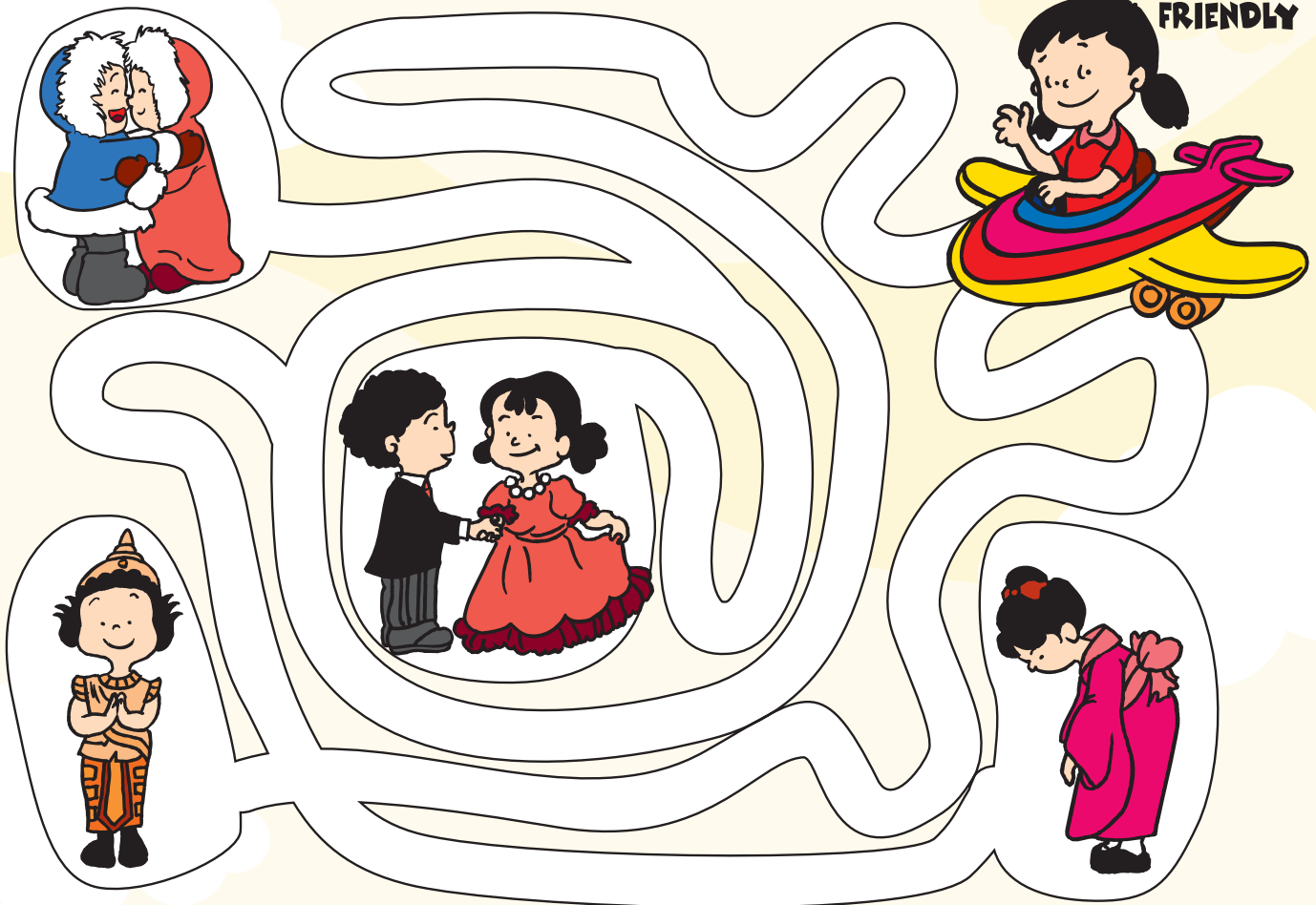


Chapter THE NEW ADVENTURE

Activity 3.7 Making New Friends

“...The Lord your God will be with you wherever you go.” Joshua 1:9 

Look at the maze below. Can you help by coloring the lines to take Miss Friendly to her new friends?



Parents can make cookies together with the child and share them with their friends. Encourage your child to invite their friends and children in the neighborhood to your child's birthday party. These are very good ways to make new friends.

In your country, how do you say "Hello" to someone? Do you know how people in the new country greet each other? Color the stars where it is suitable.

Greetings	Home	Country
Shake hands	<input type="checkbox"/>	<input type="checkbox"/>
Bow	<input type="checkbox"/>	<input type="checkbox"/>
Hug each other	<input type="checkbox"/>	<input type="checkbox"/>
Kiss on cheek	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>



Chapter KEEPING SAFE

Activity 4.1 Safety When Traveling

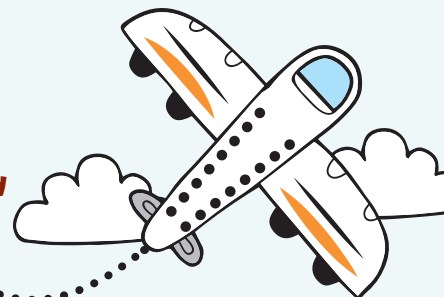
“So do not fear, for I am with you...” Isaiah 41:10

On your trip, you will go to new places and travel in different forms of transport. Put a Tick (✓) on things you should do and a Cross (X) on things you should not do on your trip.



1. Stay with your family members.
2. Keep your own things with you.
3. Talk to strangers.
4. Know your plan, flight, and gate number or the name of your hotel.
5. Have your name and a phone number in your pocket.
6. Wear clothes with your printed name on them.
7. If you need help, talk to a policeman or an airplane helper who is wearing a uniform.

Answers: All correct, except 3 and 6.



Chapter  KEEPING SAFE

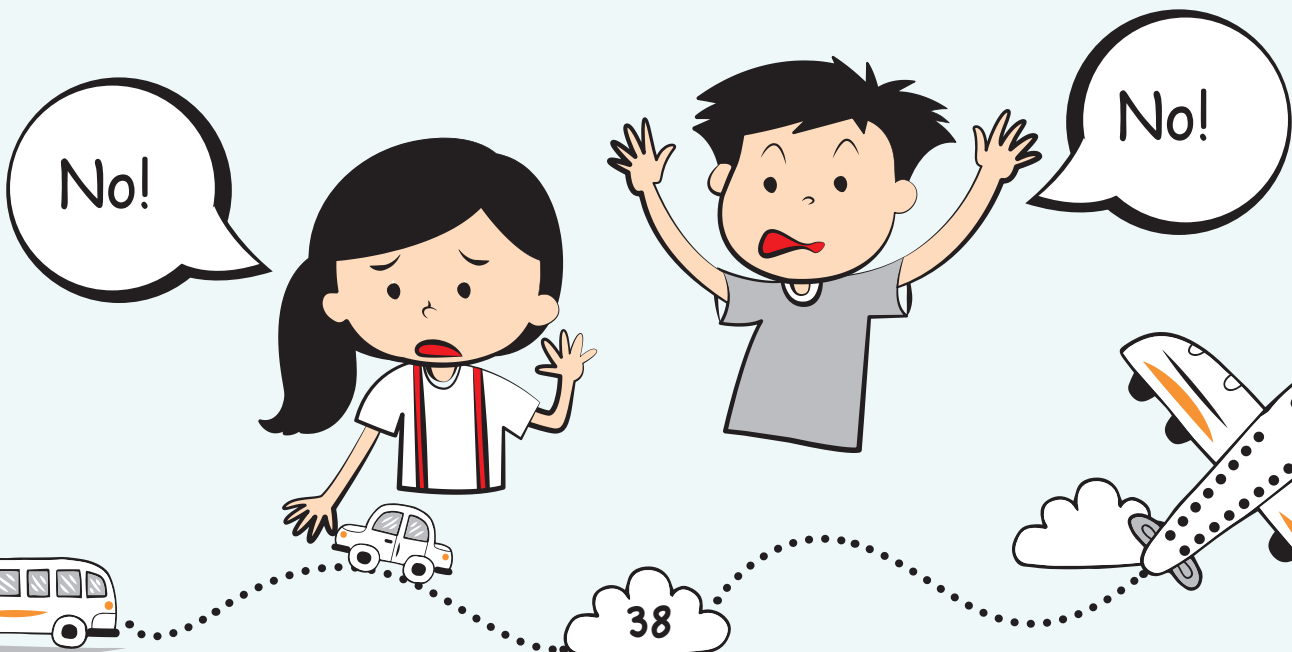
Activity 4.2 My Body Belongs to Me

“So do not fear, for I am with you...” Isaiah 41:10 

There are people you love and you will allow them to kiss or hug you. Draw those people in the bubble.



There are people you don't want to kiss or hug and do not want them to kiss or hug you. It is alright to say "No" to them! To be polite, you can wave to them or blow them a kiss. Draw these people outside the bubble.



The "No" can be the child's response for self-protection. Parents should encourage the child to have the courage to say "No" when necessary. 

Chapter KEEPING SAFE

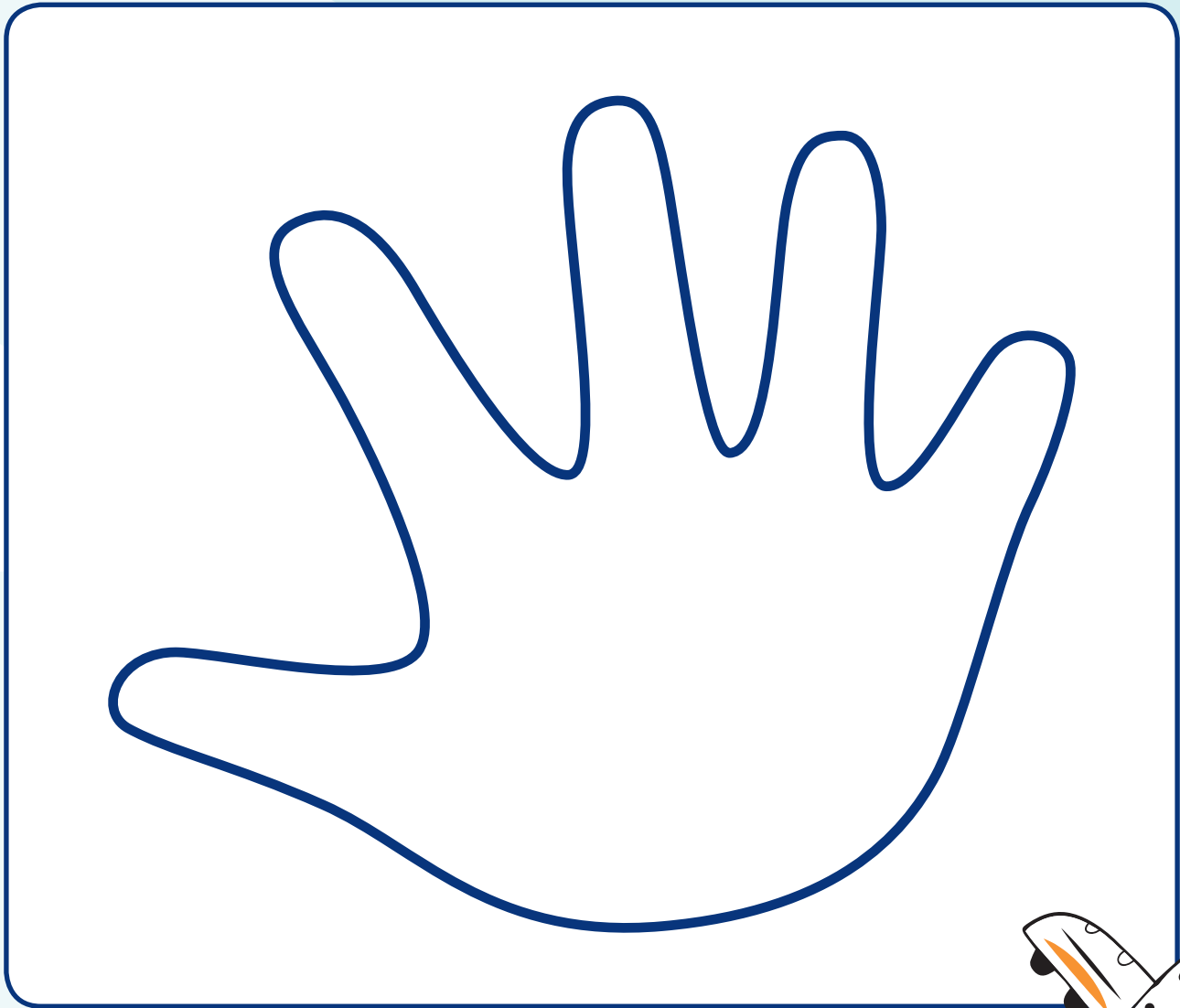
Activity 4.3 My Safety Network

“So do not fear, for I am with you...” Isaiah 41:10 

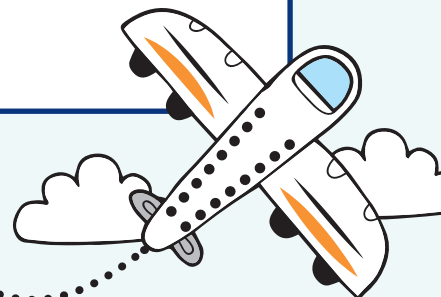
These are the five adults you trust. You can tell these people anything and they will believe you.

If you feel worried, scared, or unsure, you can tell someone in your **Safety Network** how you are feeling and why you feel this way. They can be your mom and dad, your grandma, school teacher, aunty, Sunday school teacher, etc.

Write in the fingers the names or draw the faces of these people.



In the new country, it is important to help the child develop a Safety Network. Never entrust your child to someone whom you and the child do not know well.



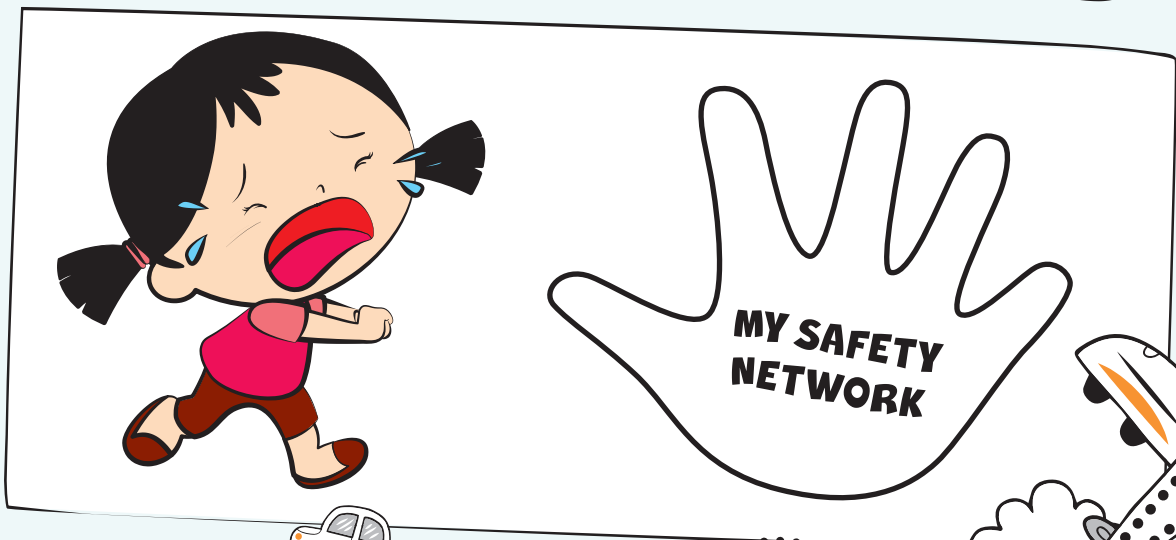
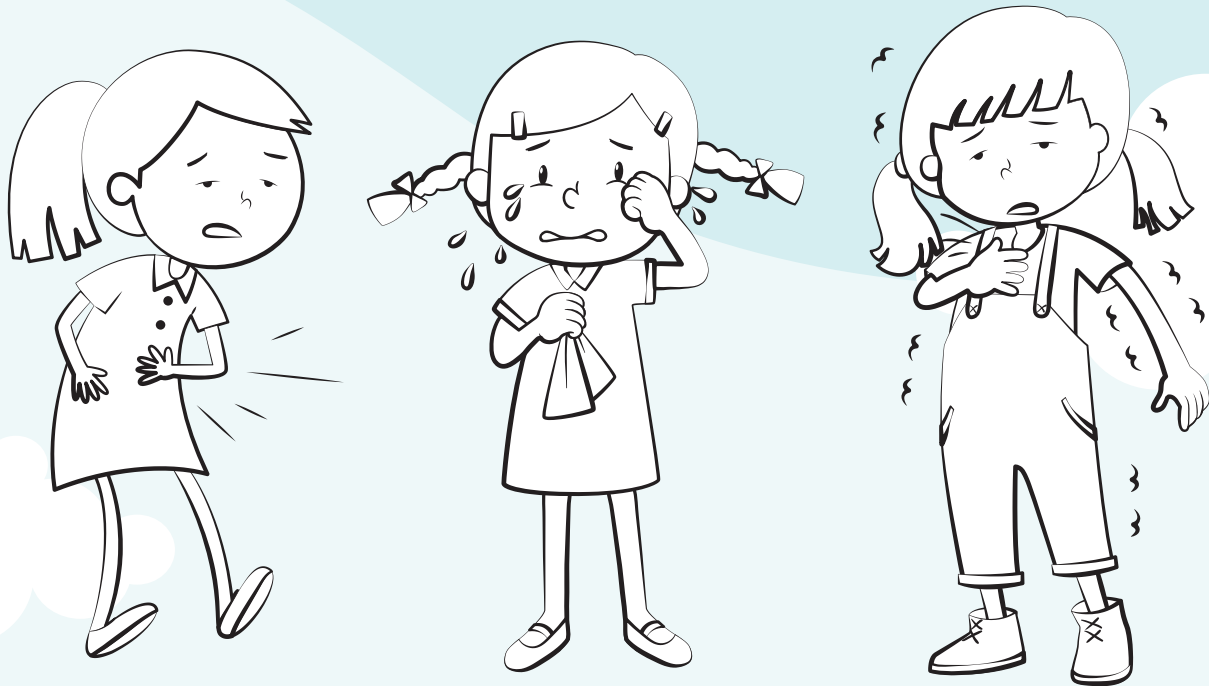
Chapter KEEPING SAFE

Activity 4.4 Early Warning Signals

“So do not fear, for I am with you...” Isaiah 41:10 

If you feel frightened or unsafe you may sweat a lot, get a sick tummy, become shaky, and your heart might beat really fast. These feelings are called my **Early Warning Signs**. If you feel this way about anything, you must tell an adult in your Safety Network straightaway.

Color the three frightened or unsafe children.



Besides talking to the adults, remind the child to pray to God for help anytime he/she needs help.



Chapter KEEPING SAFE

Activity 4.5 Secrets

“So do not fear, for I am with you...” Isaiah 41:10 

You should NEVER keep secrets that make you feel bad or uncomfortable. If someone asks you to keep a secret that makes you feel bad or unsafe, you must tell an adult in your Safety Network straightaway!

Draw in the bubbles what are other secrets that you need to tell your Safety Network.



Parents need to trust the child as the child shares the secret with you. Further investigation or actions may need to be taken after hearing the child's story. 

Activity 4.6 Private Parts

“So do not fear, for I am with you...” Isaiah 41:10 

Your private parts are the parts of your body under your swimming suit. You always call your private parts by their correct names.

Color the swimming suits.



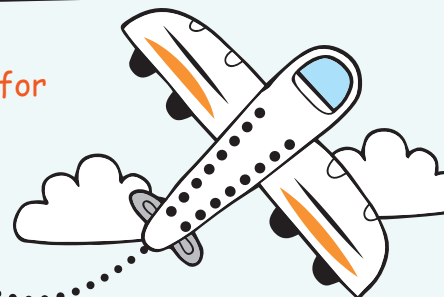
Remember:

1. No one should touch your private parts.
2. No one should ask you to touch their private parts.
3. And no one should show you pictures of private parts.

If any of these happen, you must tell a trusted adult in your Safety Network straightaway.



Parents can use a doll to teach the child proper terms for private parts.

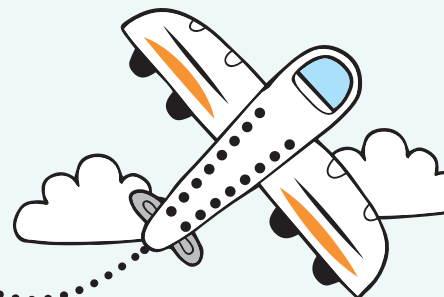
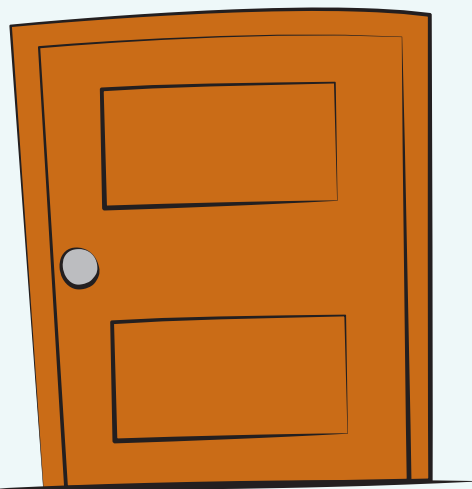


Chapter KEEPING SAFE

Activity 4.7 Don't Open the Door

“So do not fear, for I am with you...” Isaiah 41:10 

When you are in the new country, strangers may visit your home. If you are alone in the house and a stranger knocks at the door, you should NEVER open the door and you should say “No. I cannot open the door.” Let's do some practice.

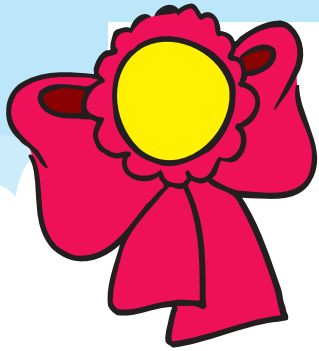


When a child is still young, parents should never leave the child alone at home. When the child gets older and parents have to leave the child at home for a short time, they should tell him/her what to do in case of an emergency.



CONGRATULATIONS!!!

You have done a great job in completing all the activities in this book.



Certificate of Completion

This is to certify that

_____ has satisfactorily completed all the activities on the adventure to _____

Date: _____

_____ Mom

_____ Dad



You are now ready for
YOUR REAL ADVENTURE.

Have fun and ...

OFF YOU GO!!!

Further Reading for Children

1. Hicks, Lesley. *Arthur's Angry!* OMF Literature Inc., 2003.
2. Ho, Polly ed. *When Everything is Different - Exploring Your New Country with Panda and Jo.* CIMI, 2010.
3. Maffini, Helen. *Sammy's Next Move.* Third Culture Kids Press, 2011.

Further Readings for Parents

1. Ernvik' Ulrika. *Third Culture Kids: A Gift to Care For.* Ulrika Ernvik published, 2019.
2. Pollock, David & Van Reken, Ruth. *Third Culture Kids: Growing Up Among Worlds.* Nicholas Brealey Publishing, 2017.

