

HomeFront. PROJECT *Kids*

Teach, Empower and Enjoy Your Children.

Building Healthy Relationships to Prevent Divorce Let the Consequences Follow

YOUNGER CHILDREN (4-10YR): Have you ever noticed that when you pick up one end of a stick you also pick up the other? Our choices are like sticks. There are many different sticks we could choose, but once we choose to pick up a stick we pick up both ends. The first end of the stick is the choice we can make. The second end of the stick represents the consequences of that choice. Whether in life or relationships, it is important to remember that when you make a choice, you get the consequences, too. So be certain you want - and are ready - for the consequences of each choice.

Let's try to think through a choice and the possible consequences together.

[Parents: The children can either draw pictures or write words or sentences on the worksheet, whichever they prefer.]

**Use this worksheet and/or
come up with some of
your own scenarios**



OLDER CHILDREN (9YR+):

Optional Items: Stick - to demonstrate the object lesson

Choices and consequences are in relationships. Divorce is one of these. Often, people don't fully think through the consequences of divorce or make a fully informed decision. There are many consequences to divorce that need to be considered; consequences for the married couple, their children, and even to society.

Some consequences of divorce for adults include:

- Lower physical and mental health
- Higher levels of depression
- Weaker Immune System

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OLDER CHILDREN (CONT'D):

Some consequences of divorce for children include:

- Psychological distress
- Increased illness
- Behavioral Problems
- Academic Struggles

[Parents: The children can either draw pictures or write words or sentences on the worksheet, whichever they prefer.]

An additional consequence is that children feel they are at fault for their parent's divorce or there is something they could have done differently to prevent it. However, in matters of divorce children are never the reason their parents are divorce. It is never a child's fault.

Let's think about choices and consequences like this:

Have you ever noticed that when you pick up one end of a stick you also pick up the other? Our choices are like sticks. There are many different sticks we could choose, but once we choose to pick up a stick we pick up both ends. The first end of the stick is the choice we can make. The other end of the stick represents the consequences of that choice. The consequences will always follow. When you make a choice it is important to think through the consequences to make sure that you really want the consequences of each choice.

Some choices bring good consequences. For example, if you choose to help your parents, or a friend with something, the consequences will be that you, your parents, or your friend will feel happy from your helping them.

However, other choices bring bad consequences, like if you choose not to study before a test at school, and you get a bad grade. Your choice not to study for the test resulted in the consequence of a bad grade on the test.

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How about we try to identify the consequences of different choices. Use your stick to emphasize the choices on one end and the consequences on the other.

[Parents: feel free to come up with your own examples and adjust them to be relevant to your child.]

CHOICE: You decide not to go to school today.

CONSEQUENCES: (get in trouble, get bad grades, etc.).

CHOICE: You are spending your time with friends that are not the best influence.

CONSEQUENCES: (you start making poor decisions, get in trouble, etc.).

CHOICE: You decide to help your parents with chores around the house without being asked.

CONSEQUENCES: (cleaner house, happier parents, possible reward, etc.).

CHOICE: You study for your test.

CONSEQUENCES: (do well on the test, feel confident, etc.).

CHOICE: You choose to play video games all day instead of doing your chores.

CONSEQUENCES: (get in trouble, etc.).

CHOICE: You decide to help a neighbor pull their weeds.

CONSEQUENCES: (your neighbor is happy, you feel good for helping, etc.).



Review: Whether in life or relationships, it is important to remember that when you make a choice, you get the consequences too. So be certain you want - and are ready - for the consequences connected to the choices you make.