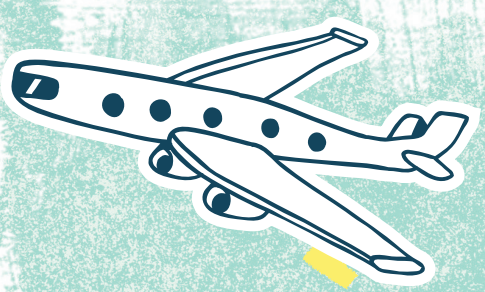


The Amazing Adventures of

(write your name here)

A guided journal to my international move

FSI
FOREIGN SERVICE INSTITUTE

This journal was produced by the Transition Center at the Department of State's Foreign Service Institute, with creative assistance and design from the Digital Learning Division.

Note to Kids

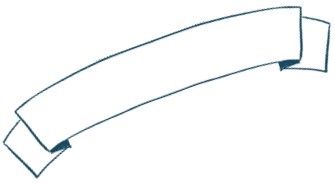
This is **YOUR** journal! Write in it, draw in it, have fun!

Note to Parents

We created this guided journal for your elementary school-age child. We encourage you to sit with your child, enjoy the process, engage in the fun, and learn together as you prepare for an upcoming move. The journal has prompts that ask the child to ask you, the parent, about a topic of importance. To further help build resilience and support your child in their adventure, please use the Parent's Companion, available through the Transition Center.

Welcome to your journal

Hi there! You probably know that you and your family are heading off on an adventure. This is big news! This journal was made just for you. What's inside?



A Call to Adventure

You've read adventure stories. You've seen adventures in movies. Now, you're about to have your own. That's right, this is your story.

Fun Facts

Read some fun and amazing facts about different countries around the world.

Quotes from Real Kids

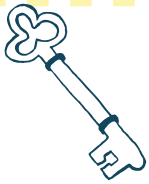
Many other kids have moved overseas with their families. Learn from what they have to say about their experiences.

Ask

These are things you may want to ask your parent.

Activity

Write and draw your thoughts and feelings.
Answer questions, doodle, have fun!



Find the Keys

Keys are hidden in every chapter of this journal!
Circle the keys you find.

MY JOURNAL

Let's get started. Fill in the boxes below.

Name:

Age:

Where I am moving:

Picture of Me:

(draw your picture or paste your photo)

When I am moving:

Not sure about where you're moving and when? Ask your parent.

All done? Great! Turn the page.

THE ROAD TO ADVENTURE

START

corn maze
of curiosity

FAMILY & FRIENDS

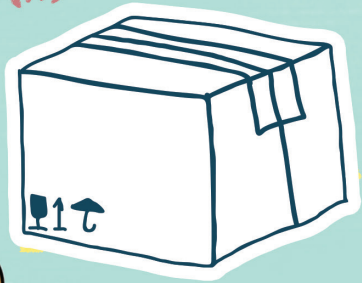
forest
of friendship

SAYING GOODBYE

groves of
good-byes

seas of
"see-ya later"

prairies
of preparation



READY TO GO

HOST COUNTRY
plains of possibilities
woods of words
fields of flavor
NEW HOME
SCHOOL
NEW SCHOOL & NEW FRIENDS
isle of intelligence
lake of learning
NEW CHALLENGES
trails of trials
destination of discovery
FINISH

CHAPTER 1

YOU'RE GOING ON AN ADVENTURE

Changes are coming your way.

Setting out on an adventure is exciting...and maybe a little bit scary. Just remember: it's going to be okay!

Do you know much about adventures? Been on one before? Read about one in a book? Seen one in a movie? Well, this is your adventure.

What are you going to discover? A new country, a new language, new friends, and more!

ABOUT ME

What are some things you like to do?

Other kids would answer these questions differently. ***Only you are you!***

Ask your parent about the hardest thing they have ever done.

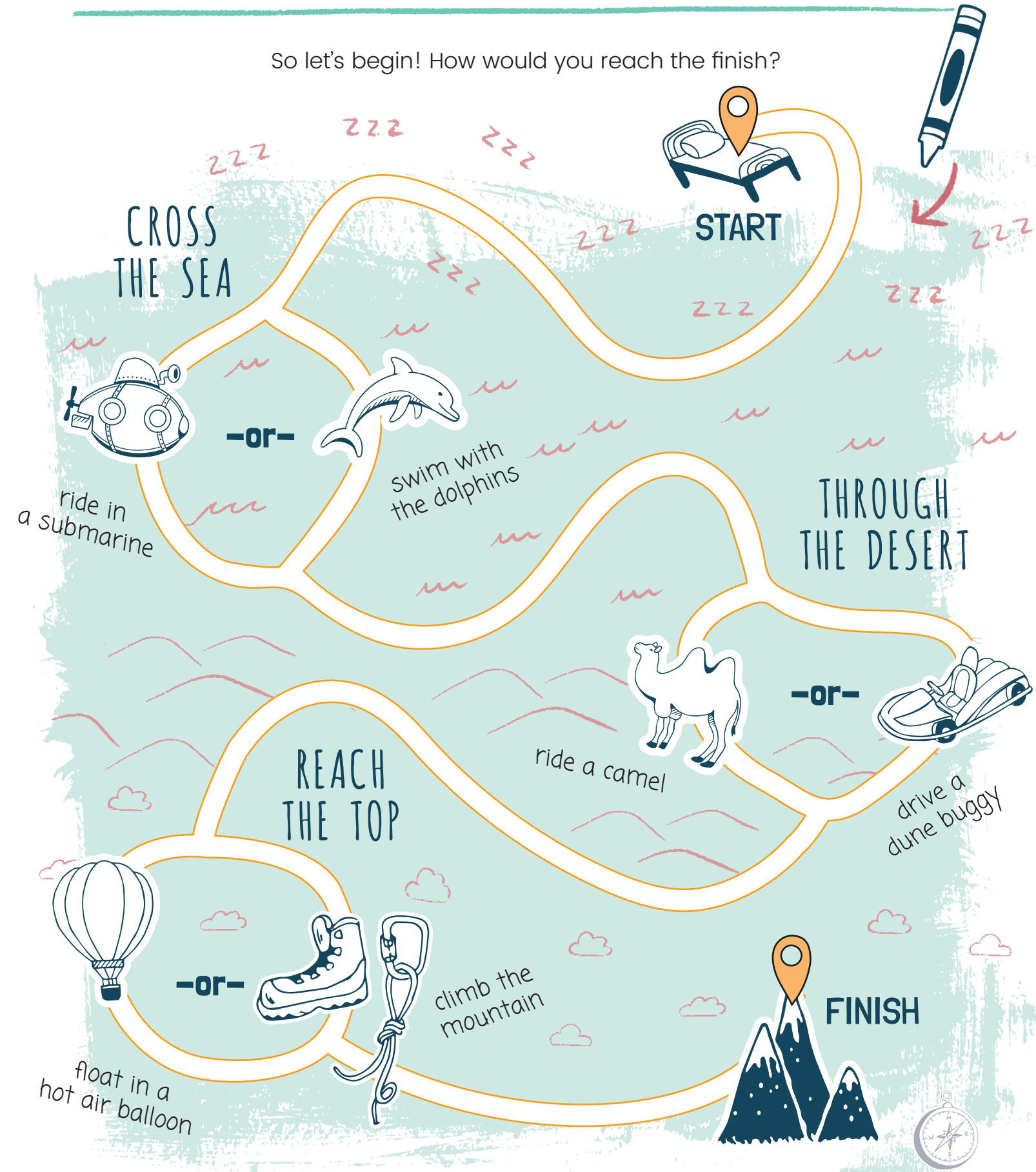
MY DREAM SKILLS

On this adventure you get to learn new things.
Which of these can you already do?

	Great at this -or-	Working on it
Play a musical instrument (like a pro)	☐	☐
Get really good at a sport (all-star status)	☐	☐
Make amazing art (paint, draw, film, sculpt)	☐	☐
Write an amazing story (as good as the books you read)	☐	☐
_____ (write your own here)	☐	☐
_____ (write your own here)	☐	☐

LEAVING YOUR COMFORT ZONE

So let's begin! How would you reach the finish?



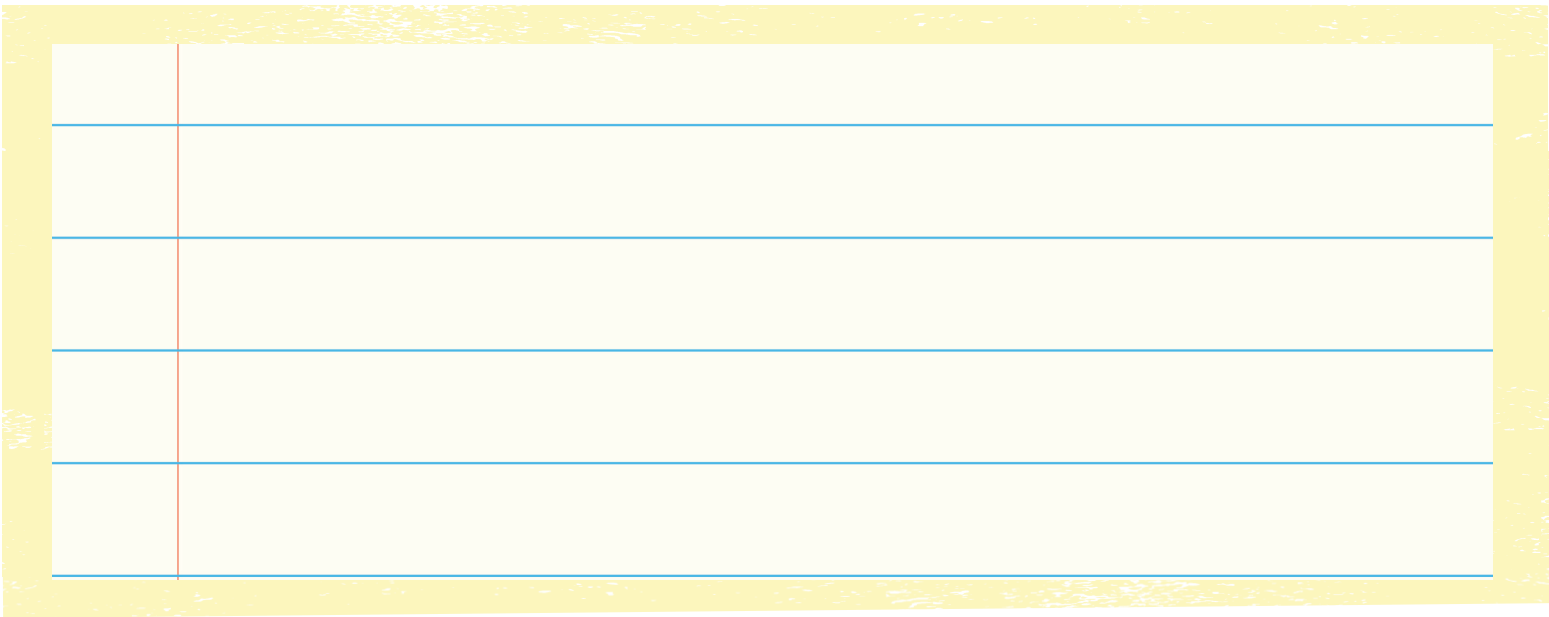
MY FEELINGS

You're going to be moving soon. How do you feel about that?

Circle the faces that best show how you feel.

Afraid Nervous Sad Hopeful Confident Happy Excited

Anything else?



How many keys did you find in chapter 1?

Hint: page 6, 8

CHAPTER 2

FAMILY & FRIENDS

The most important people are by your side.

Your family will support you on this journey. Remember: it's an adventure for them as well.

Are you the brave one in your family? The funny one? The quiet one? Are you all these things?

The people in your life have a role to play in your adventure. Let's explore your friends and family.

CAMPING ADVENTURE

Imagine your family and some friends are going camping.
In the boxes below, write who would help you.

When we hiked to our campsite, _____ held the map and led the way. I set up the tent,

(name of friend or family)

but then it blew over. Luckily, _____ was there and helped me put it back up. During the night

(name of friend or family)

I thought I heard a bear! _____ was very brave and grabbed a flashlight and went

(name of friend or family)

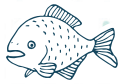
to check it out. Good news! It wasn't a bear, BUT...it was a skunk. _____ took care of it in no time.

(name of friend or family)

Who knew tomato juice could clean off skunk spray?!

WHO'S IN YOUR FAMILY?

Draw a picture of each person in your family.



(Don't forget your family pet!)

Ask your parent: "Tell me about a time you helped me." and "Tell me about a time that I helped you."

MY PERFECT DAY WITH MY FAMILY

Plan out a perfect day with your family.

morning

noon

night

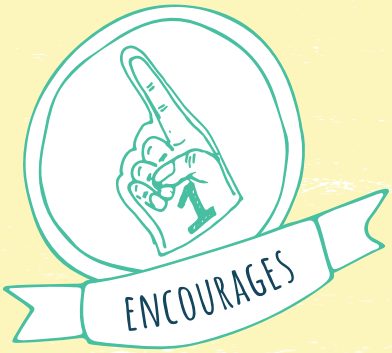
Talk to your parent about your perfect day and ask if you can still do these things in your new country.

WHO ARE YOUR FRIENDS?

Your friends can help you out as you get ready for your journey.

My friend who is super funny:

(write friend's name here)



My friend who helps me when I am sad:

(write friend's name here)

My friend who is a good listener:

(write friend's name here)

CHAPTER 3

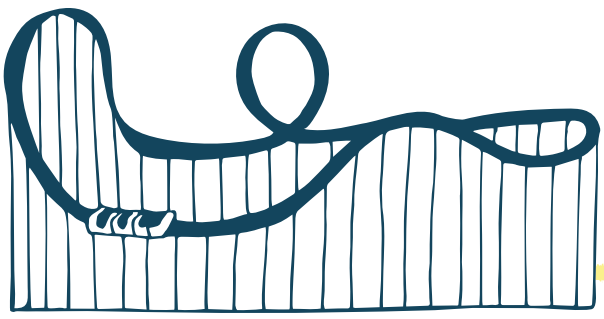
SAYING GOODBYE

...is more like "See you later!"

When you leave on your adventure, you will not live close to the same friends and family. Saying goodbye to people you care about is important. To help you out, let's think about ways to remember the people, places, and things you love now.

Pop quiz: What do all adventures have in common?
Answer: They all start with leaving home.

You are stepping out of your comfort zone into something new. This means leaving people and places that are familiar and saying goodbye.



FIND HOW YOU FEEL

Adventures can be exciting, sad, happy, scary, and fun all at the same time. Having lots of feelings is okay.

Sometimes there are so many feelings it feels like you are on a rollercoaster with ups and downs.

Let's look at some of the feelings you may encounter on your adventure.

Feelings Word Search

U	E	A	Y	D	H	C	I	O	B
G	R	W	F	E	A	D	S	N	P
L	U	E	D	I	P	E	C	L	E
A	S	X	R	R	P	S	D	T	A
D	N	C	O	R	Y	S	A	P	G
J	U	I	R	O	L	E	P	D	E
B	X	T	T	W	X	R	K	B	R
O	L	E	P	T	J	T	N	M	Y
X	Y	D	Q	K	K	S	W	A	T
S	U	O	V	R	E	N	S	D	E

GLAD
NERVOUS
STRESSED
EAGER
HAPPY
SAD
UNSURE
EXCITED
MAD

Parents have to say goodbye too. Ask them how they feel about it.

PEOPLE I WILL MISS

When you move to your new country you will not live near the same friends and family. You may miss them, but there are still a lot of ways to stay close.

Draw or list the people you want to stay close to after you move.

Talk to a parent about ways you can stay in touch.

150 years ago people used pigeons to send notes! They would tie a note to the ankle of a carrier pigeon, and the pigeon would deliver the message.

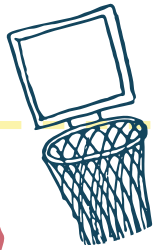
PLACES & THINGS I WILL MISS

What are some of the places or things you want to remember?

Bedroom ☐

Favorite Restaurant ☐

School ☐



Favorite Park or Playground ☐

_____ ☐

(write your own here)

There may be a few things that you will not miss. You can write some of those things down if you want to. If you don't want to write anything down, it might still help to think about it.

_____

(write your own here)

HOW TO SAY GOODBYE

There are lots of ways you can say goodbye to your home, friends, and family as you prepare for your adventure.

What are some ways you can say goodbye?

Ways to say goodbye

Take tons of photos or videos of my home, friends, family, and neighbors.

(write your own here)

(write your own here)

Plan a goodbye party.

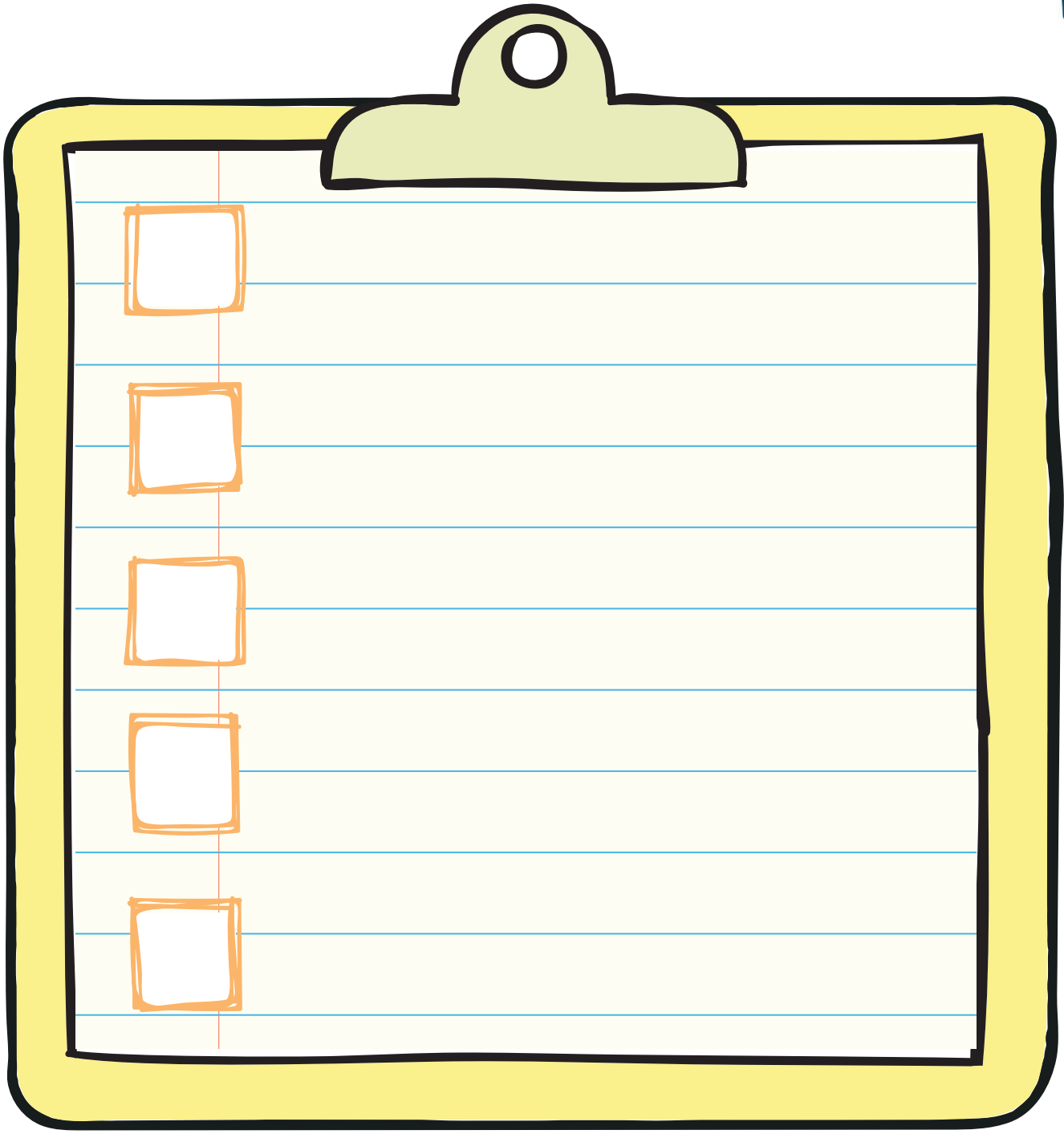
(write your own here)

Have my friends sign a book, shirt, uniform, or pillowcase.

(write your own here)

GOODBYE WISH LIST

List some of the places, things, and people you and your family want to visit before you leave.



Talk with your parent to make a plan.

MY FEELINGS

How are you feeling about saying goodbye?

Circle the faces that best show how you feel.

Afraid Nervous Sad Hopeful Confident Happy Excited

Anything else?

How many keys did you find in chapters 2 and 3?

Hint: page 12, 13, 17, 18

CHAPTER 4

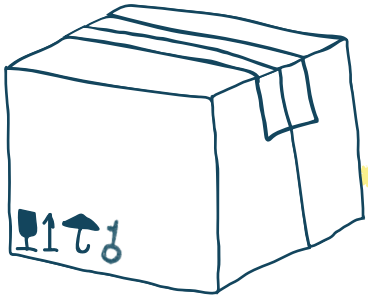
READY TO GO!

Your stuff's coming too!

Another thing about adventures: You can't take **everything** with you. It would slow you down. So you have to choose carefully. What are the things you are going to need?

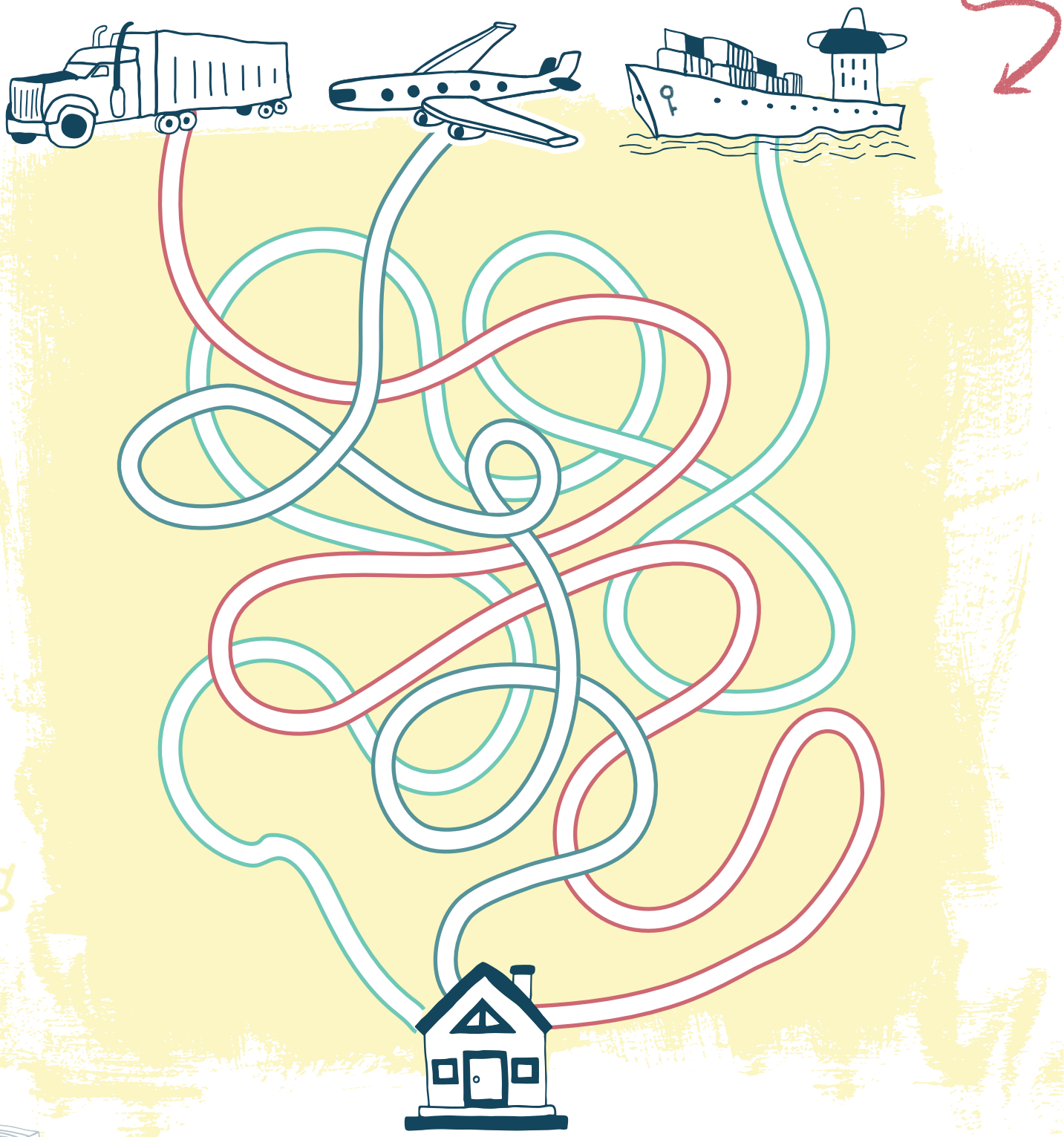
What is something special to you? The one toy, one book, one ANYTHING that you always want to have with you?

Good news! It can come too.



It All Gets to You

Help your stuff find its way to you in your new country.



MOVING MANY WAYS

Your things will be traveling all over the world at different speeds.

Suitcase and backpack

These are your prized items. Best socks, special toy, and things you need right away.

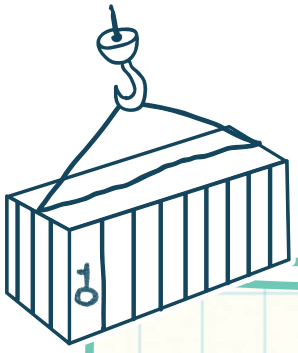
(supersonic cheetah speed!)

Air freight

Sometimes we call this Unaccompanied Air Baggage or UAB. This stuff goes on an airplane. It will arrive shortly after you do.

(speedy like a rabbit)

Ask your parent about how much stuff goes in each shipment.



Household Effects

HHE stands for Household Effects... which is a mouthful! So we say HHE. This is reliable but not fast. Your stuff cruises the oceans until it gets to you.

(slower, like a turtle)

Storage

This stuff will be safely waiting for you while you are overseas.

(hibernate, like a bear)

It may be time to pass along some of your old toys, books, and clothes. Talk to your parents about how long you will be away, and what things you may want to give to friends or donate to charity.

CHAPTER 5

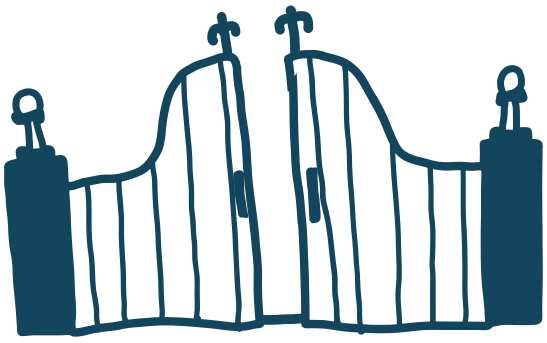
NEW COUNTRY

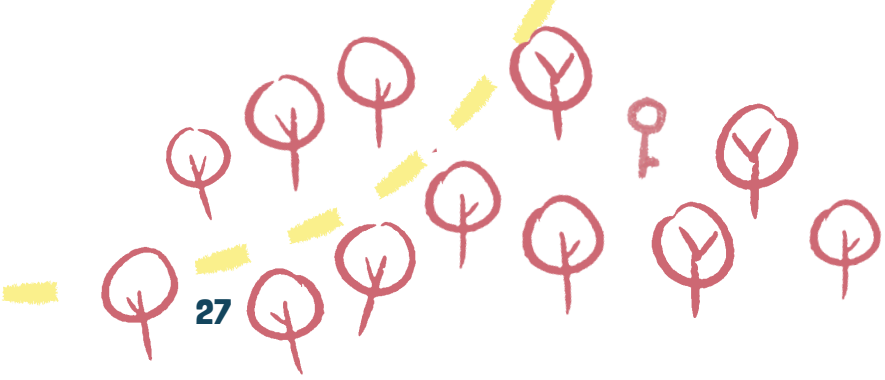
Finding home in a foreign land.

When you step off the plane in a new country...THAT'S when the adventure really starts.

What are you most excited about? Speaking a new language? Trying new foods? Meeting new friends?

People all around the world have a lot in common. In fact, the stuff that seems strange at first might become your new favorite things!





NEW POST! NEW COUNTRY!

Name of my new country:

Find your new country on the map and draw a star. Then draw a line from where you live now to your new country.

Ask your parents! They can join you in learning things about your new country.

TELL A FRIEND ABOUT YOUR NEW COUNTRY

After you have learned a bit about your new country, fill in the blanks with things you might tell a friend.

Did you hear that I'm moving to _____ ?
(name of country)

I've been learning all about it.

People there like to _____ .
(name of activity)

The weather there is usually _____ .
(type of weather)

If you come to visit, I will take you to _____ .
(name of place)

When we get hungry, we will eat lots of _____ .
(name of food)

NEW LANGUAGE

Just like at home, it is helpful to use kind words when talking to people. Let's try out a few words.

English	Your new country's language
HELLO =	(write "hello" in your new country's language)
PLEASE =	(write "please" in your new country's language)
THANK YOU =	(write "thank you" in your new country's language)
GOODBYE =	(write "goodbye" in your new country's language)

What sound does a dog make? In the U.S., we say that dogs go "woof!" In Japan, it's "wan-wan." In Sweden, it's "yoff-yoff." And in Indonesia, it's "guk-guk."

NEW FOOD

No matter where you are heading, there will be some new foods to try. You might find it's not so different from the food you already like. For example...

If you like	Then you might like
Breakfast Burritos	**Rolex** In Uganda, a rolex is an egg omelet and vegetables wrapped in flatbread.
Chicken Noodle Soup	**Laksa** In Southeast Asia, a popular dish is laksa, a spicy noodle soup with chicken, prawns, or fish.
Pizza	**Khachapuri** Khachapuri is a traditional dish of Georgia, made of cheese-filled bread, topped with an egg.
Doughnuts	**Gulab Jamun** Gulab jamun is a type of doughnut popular in India that is soaked in rose water-scented syrup.

Have you already tried food from your new country?

If so, what did you think?

(write your own here)

(Color in the stars. 5=loved it. 1=not for me.)

REAL TALK! REAL KIDS! REAL QUOTES!

There are plenty of new things to see, do, and try in your new country. Here's what some real kids have to say.

No visit to Iceland is complete without a visit to the Blue Lagoon. It's a geothermal spot with water that is hot and milky. There are pots of white clay that you can put on your face that are supposed to be good for your skin.

-Reykjavik, Iceland

There are many things for kids to do in the embassy compound. There are two playgrounds, tennis courts, a basketball court, and various fields between the apartment buildings.

-Frankfurt, Germany

One popular treat here is the grilled cheese. It's literally a grilled stick of cheese. They grill all the sides and put it on a stick for you to enjoy.

-Recife, Brazil

The mud volcanos are a very good place to visit when coming to Baku... it is entertaining to see the mud bubble and pop. But just remember to bring your boots! -Baku, Azerbaijan

MY FEELINGS

How are you feeling about your new country?

Circle the faces that best show how you feel.

Afraid Nervous Sad Hopeful Confident Happy Excited

Anything else?

How many keys did you find in chapters 4 and 5?

Hint: Pages 24, 27, 29, 30, 32

CHAPTER 6

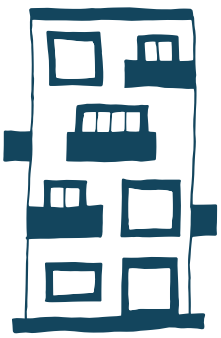
NEW HOME

My stuff, new room

On this adventure, your family will move to a new house or a new apartment. You will have a new bedroom and you can spend some time making this space your own.

Ever have a rough day? Doesn't it make you feel better to come home to a friendly space and a friendly face?

Figuring out how to feel at home in a new place is an important part of this adventure. How you make your room your own is the fun part!



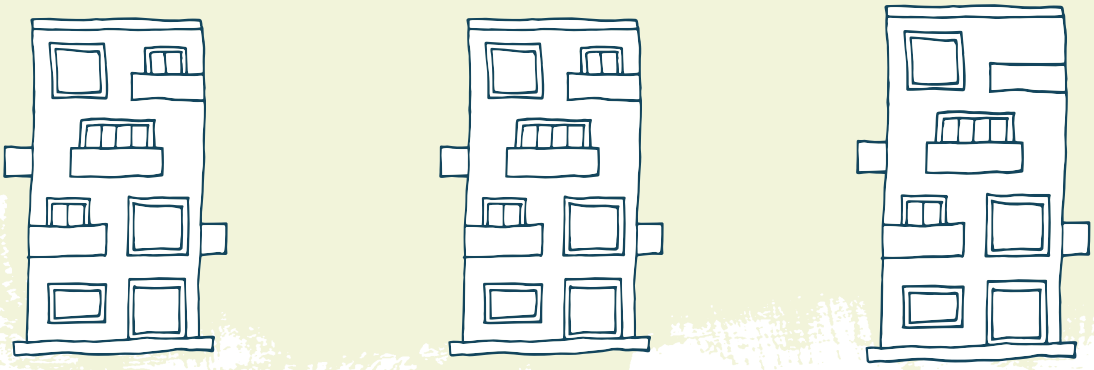
WHAT'S THE DIFFERENCE?

All around the world, people live in different types of homes. In your new home, some things may seem familiar and some things may be a bit different.

Circle which townhouse building is different from the others.

Which house is different from the others?

Which apartment building is different from the others?



There are some questions you can ask your parents about your new home. Will it be a house? An apartment? On a compound?

YOUR ROOM

Draw a picture of your room now.

What have you done to make it special? Got any:

- ☐ Posters
- ☐ Art that you made
- ☐ Favorite books
- ☐ Favorite toys
- ☐ _____ (write your own here)

YOUR DREAM ROOM

How will you set up your new room? Some kids like to make their room the same way and others like to create something new. What do you want to do?

What are some ways to make your space special?

Ways to decorate a room

Pile pillows and blankets in a corner and make a reading nook.

(write your own here)

Sort my books by color.

Put my best paintings up.

Set up my desk with colorful pencils and pens.

(write your own here)

MY FEELINGS

How are you feeling about moving to a new home?

Circle the faces that best show how you feel.

Afraid Nervous Sad Hopeful Confident Happy Excited

Anything else?

How many keys did you find in chapter 6?

Hint: pages 34, 37

CHAPTER 7

NEW SCHOOL NEW FRIENDS

So much to learn!

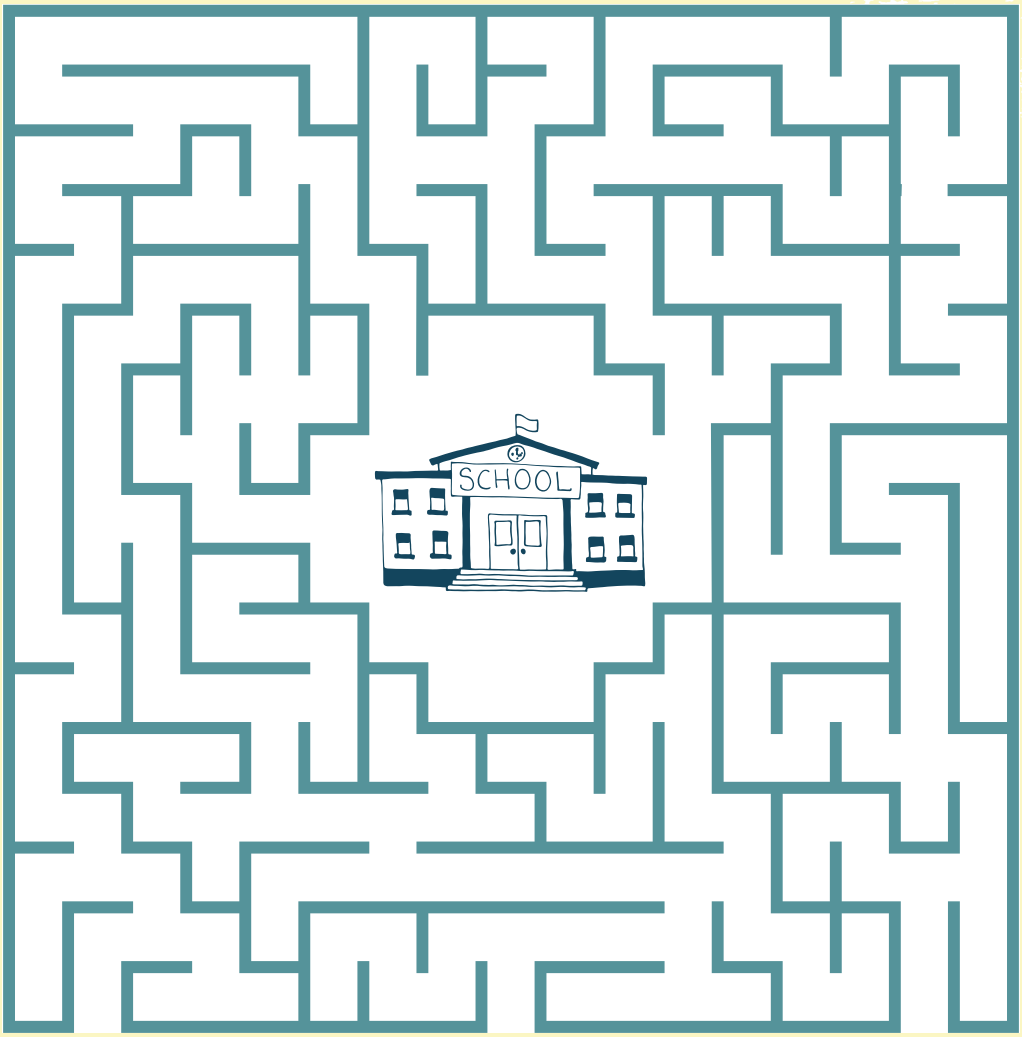
You will go to a new school. Maybe it will have outdoor hallways. Maybe you will be homeschooled. Maybe you'll be at an international school and will share adventures with other kids.

What do kids around the world do pretty much every day? They wake up and get ready for school.

No matter what type of school you're going to, this is part of the adventure.

GETTING TO SCHOOL

Just like you, kids around the world go to school.
How they get to school can be a little different.



Ask your parent how you will get to your new school.

REAL TALK! REAL KIDS! REAL QUOTES!

Here's what some real kids have to say about their new school:

There are around ten people in each elementary class. Having a smaller class means you get to know everybody a little bit better, including students and teachers.
-Baku, Azerbaijan

We have shorter summers than most schools in the States, but we make up for the time with many breaks...even ski break! These breaks can even get as long as three weeks.
-Frankfurt, Germany

Our school is one of the best schools in Africa, offering trips with school sports teams in countries such as Kenya, Tanzania, South Africa, Zimbabwe, and Mozambique and many more!
-Addis Ababa, Ethiopia

YOUR SCHOOL

What will you remember about the school you go to now? What does your school smell like? What sounds do you hear when you walk inside?

Draw things that you love about the school you go to now. Then, draw or write some things you are excited to try or do.

Talk to your parent about your new school.

MAKING NEW FRIENDS IN YOUR NEW COUNTRY

A great way to get started is by asking questions.

What other questions will you ask the kids that you meet?

WHAT MAKES A GOOD FRIEND?

You're going to meet new people. Some of them will become your friends. This means you have even more friends than you did before. Hooray! What makes a person a good friend? What do you think your friends like best about you?

Circle the ones that are important to you. Then pick a different color and circle the ones you think your friends would pick to describe you.

Laughs at my jokes	Doesn't make fun of me	Has ideas for fun things to do
Will forgive me if I get mad	Can keep a secret	Makes me laugh
Shares stuff (toys, books)	Lets me pick the movie we watch	Sticks up for me if someone is being mean
Likes the stuff I like	_____ (write your own here)	_____ (write your own here)

HOW TO MAKE NEW FRIENDS

Going to a new school and making new friends is part of your adventure. Below is a list of ideas to help you meet new people and make new friends.

Think about the ideas below and add your own.

Join a club or a sport at my new school and meet kids who like similar things.

(write your own here)

Ways to make new friends

Plan a moving-in party

(write your own here)

Invite people I meet over for a playdate.

(Ask your parent to help plan this)

Say 'hi' to people and ask them questions.

MY FEELINGS

How are you feeling about starting a new school and making new friends?

Circle the faces that best show how you feel.

Afraid Nervous Sad Hopeful Confident Happy Excited

Anything else?

How many keys did you find in chapter 7?

Hint: Page 39, 40, 44, 45.

CHAPTER 8

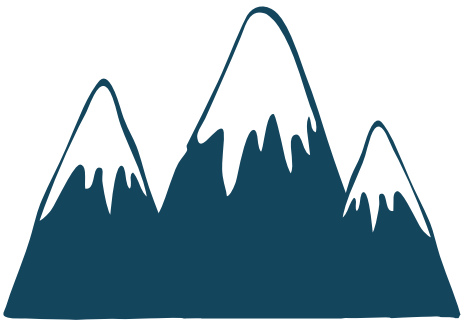
LEARNING & DISCOVERY

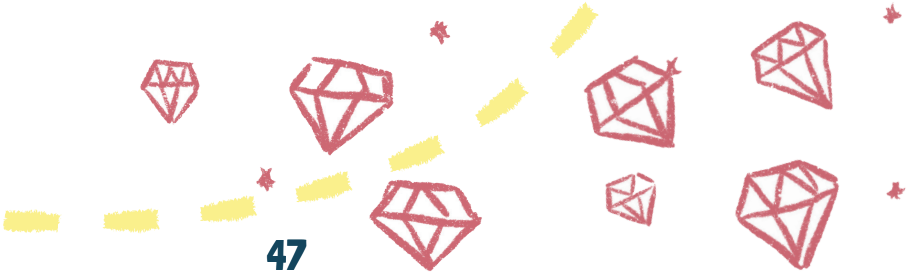
New faces, new experiences, and a new place to grow.

There'll be a few challenges along the way. That's all part of the adventure.

Ever hear of an adventure where everything was easy?

When we take a close look at some of the challenges you might face, they might not seem so scary. And remember: You are not going on this adventure alone!





CONNECT THE DOTS

By researching my new country, I will _ _ _ _ some things before I get there.

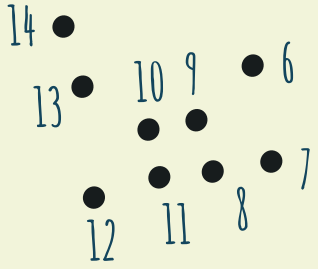
W K O N

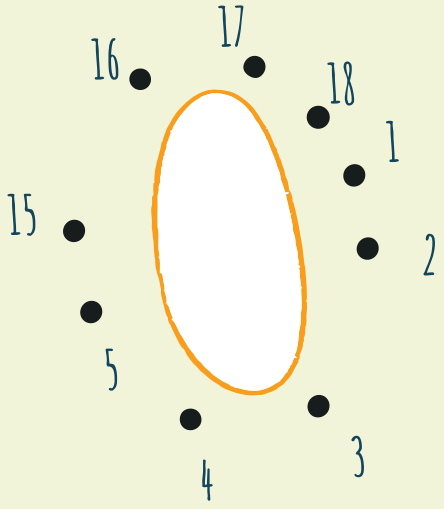
It is okay if I have lots of different _ _ _ _ _ _ _ about this move.

G N F E L E I S

My friends and _ _ _ _ _ will help me as I get ready for my new adventure.

I L Y A F M





Facing and conquering challenges is the _____ to self-discovery.

(what shape did you make? write it here)

REAL TALK! REAL KIDS! REAL QUOTES!

No one moves to a new country without some thoughts on the adventure!

When we first moved here it was really hard on me because everything feels like it's not going your way. But I think that once we were past the two-month mark, I really found it easier and I started feeling more at home and that I really belonged here. -Bridgetown, Barbados

In Ethiopia, many of the roads are not quite fully developed. Many of the sidewalks are being repaired and many of the roads have fractures in the asphalt. A good alternative to this is riding my bike around my compound. -Addis Ababa, Ethiopia

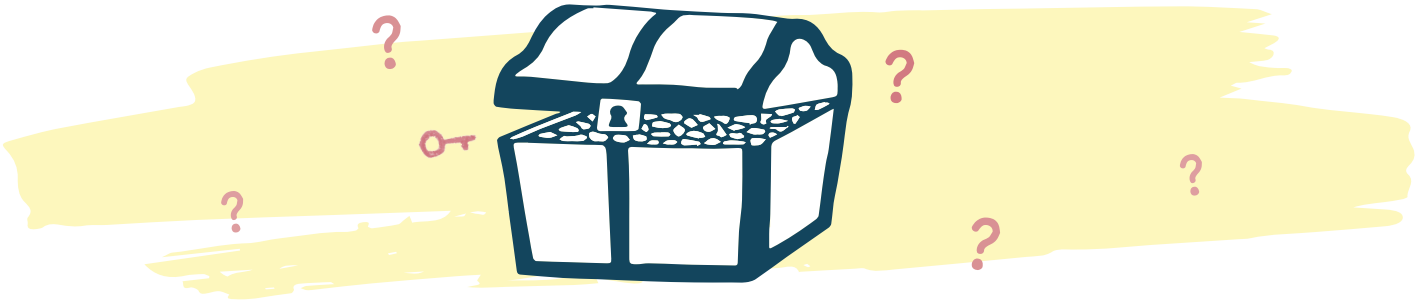
To be honest, I had a rough time the first year because of the isolation. ... None of my friends' parents on the other side of the border let their kids come to my house. ... Even though its been hard, I've learned a lot about this area of the world.

-Matamoros, Mexico

DISCOVERY

Being curious can help you discover new things. Being open to change can help you feel at home wherever you are. Think about what you hope to get out of this adventure.

So what's in the treasure chest at the end of the adventure?



That's up to you.

Talk to your family

Have a chat with your family about your adventure. Some things you can discuss:

How do you hope this adventure will turn out?

What do you hope to do?

What do you hope to learn?

If things are hard, who will help you?

MY FEELINGS

There will likely be some obstacles on this adventure. How are you feeling about that?

Circle the faces that best show how you feel.

Afraid Nervous Sad Hopeful Confident Happy Excited

Anything else?

How many keys did you find in chapter 8?

Hint: Page 48, 50

A POSTCARD TO ME

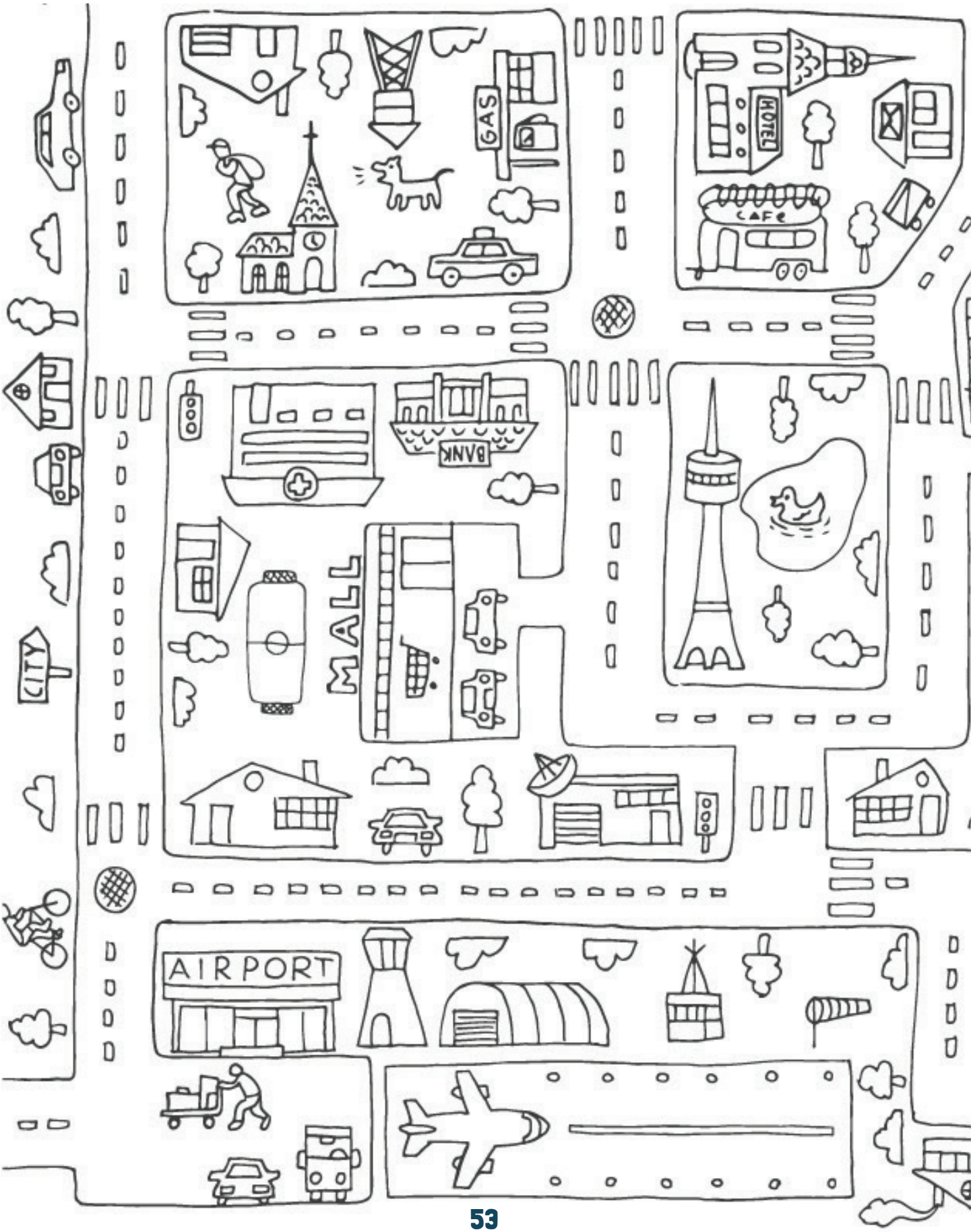
Write a letter to yourself. Imagine that you will read this later after you have been living in your new home for a year.

Dear Me,

Sincerely,
Me

Ask your parent to save this page or to take a photo of it so you can read it after you are well into your adventure.

BONUS COLORING PAGE



NOTES

PASSPORT
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