

# Off We Go

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



By Hwai-Bing Pwee &  
Polly Ho

OMF Hong Kong  
January 2003

HELLO, welcome to a whole new experience, the adventure of moving to a new country. Moving to a place where you have never lived before is just like an adventure. When you move, it is not easy to just leave your friends and relatives, your house and even your pets and toys behind. As you work on the activities in this book, we hope that you will feel better and be more prepared for your move. Soon, you will discover how much fun your adventure is going to be!


You can take as long as you wish to work on these activities, and you may even want to do some of the activities more than once!


HAVE FUN !!!

For Parents!

Making transitions can be difficult for children. This activity book, designed for children aged between 3 and 8, aims to prepare your child for transitions and make the experience a positive one. The first chapter aims to help strengthen your child's resilience in transitions. The second chapter will encourage your child to talk out feelings and experience positive closure before his/her move. The last chapter aims to help your child set realistic expectations concerning the new place where your child is going to live.

We encourage parents to work with their child when he/she works on each activity. Extended activities and advice for parents are included in some of the activities. Parents may also use this activity book as a journal to record this significant phase of your child's life.

 Extended Activity

 Tips for Parents

# Contents

## Chapter



## YOU ARE CHOSEN

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

## Chapter



## GETTING READY TO GO

- 2.1 Saying Goodbye to Grandpa and Aunties
- 2.2 Saying Goodbye to My Best Buddies
- 2.3 Saying Goodbye to Favourite Places
- 2.4 Saying Goodbye to Rover
- 2.5 Packing for the Adventure
- 2.6 How Do I Feel?
- 2.7 A Farewell Party
- 2.8 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 Making New Friends

## ACTIVITIES UPON ARRIVAL

## REFERENCES



## 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. Stick your photo in the box below and fill in the spaces.



<p><b>PASSPORT</b></p> 	<p>Valid till _____</p>  <p>Signature/Thumbprint</p>
 <p>Photo</p> <p>Name: _____</p> <p>Birthday: _____ Sex: _____</p> <p>Country I come from: _____</p> <p>Country I am going to: _____</p>	<p>Ideas for cheering me up during the trip:</p> <p>My favourite food: _____</p> <p>My favourite toy(s): _____</p> <p>Things that make me smile: _____</p> <p>Person(s) I like to talk with when I am sad: _____</p>



# Activity 1.2 My Family

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

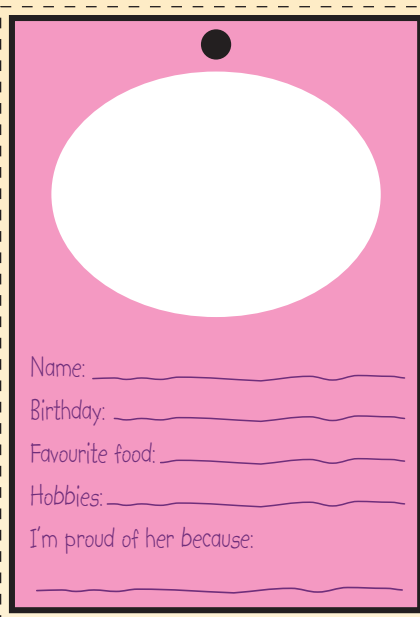
How many people are there in your family?  
Draw their faces in the frames below and fill in their names and particulars.

Me:



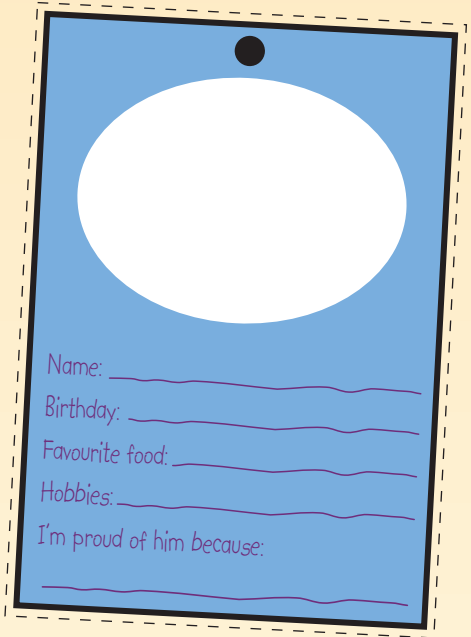
Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Favourite food: \_\_\_\_\_  
 Hobbies: \_\_\_\_\_  
 I'm proud of myself because: \_\_\_\_\_

Mom:



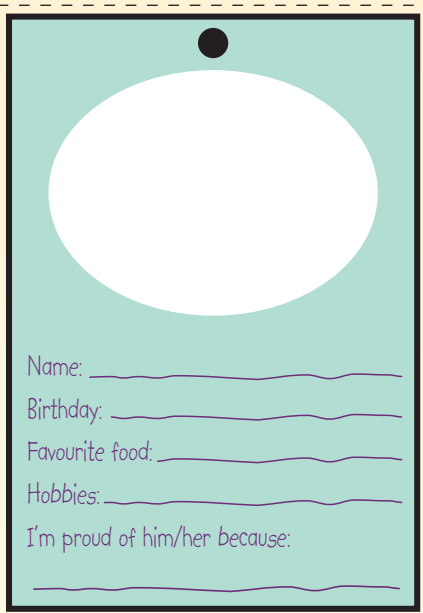
Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Favourite food: \_\_\_\_\_  
 Hobbies: \_\_\_\_\_  
 I'm proud of her because: \_\_\_\_\_

Dad:



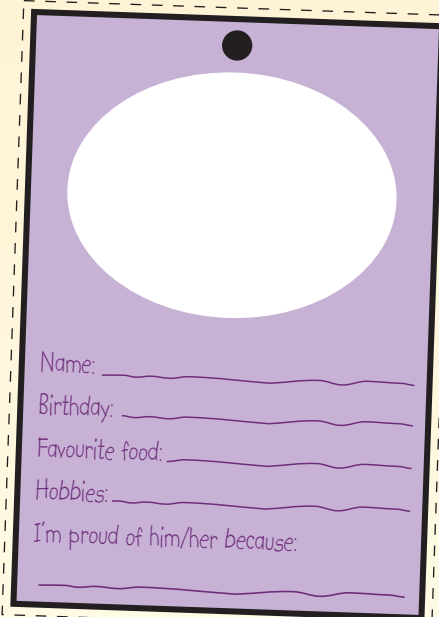
Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Favourite food: \_\_\_\_\_  
 Hobbies: \_\_\_\_\_  
 I'm proud of him because: \_\_\_\_\_

Brother/Sister:



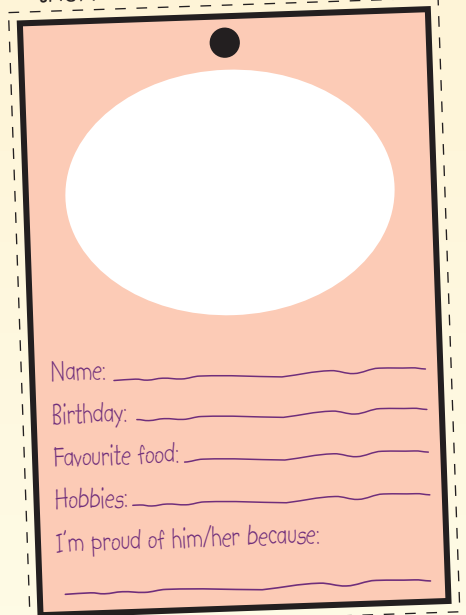
Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Favourite food: \_\_\_\_\_  
 Hobbies: \_\_\_\_\_  
 I'm proud of him/her because: \_\_\_\_\_

Brother/Sister:



Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Favourite food: \_\_\_\_\_  
 Hobbies: \_\_\_\_\_  
 I'm proud of him/her because: \_\_\_\_\_

Other:



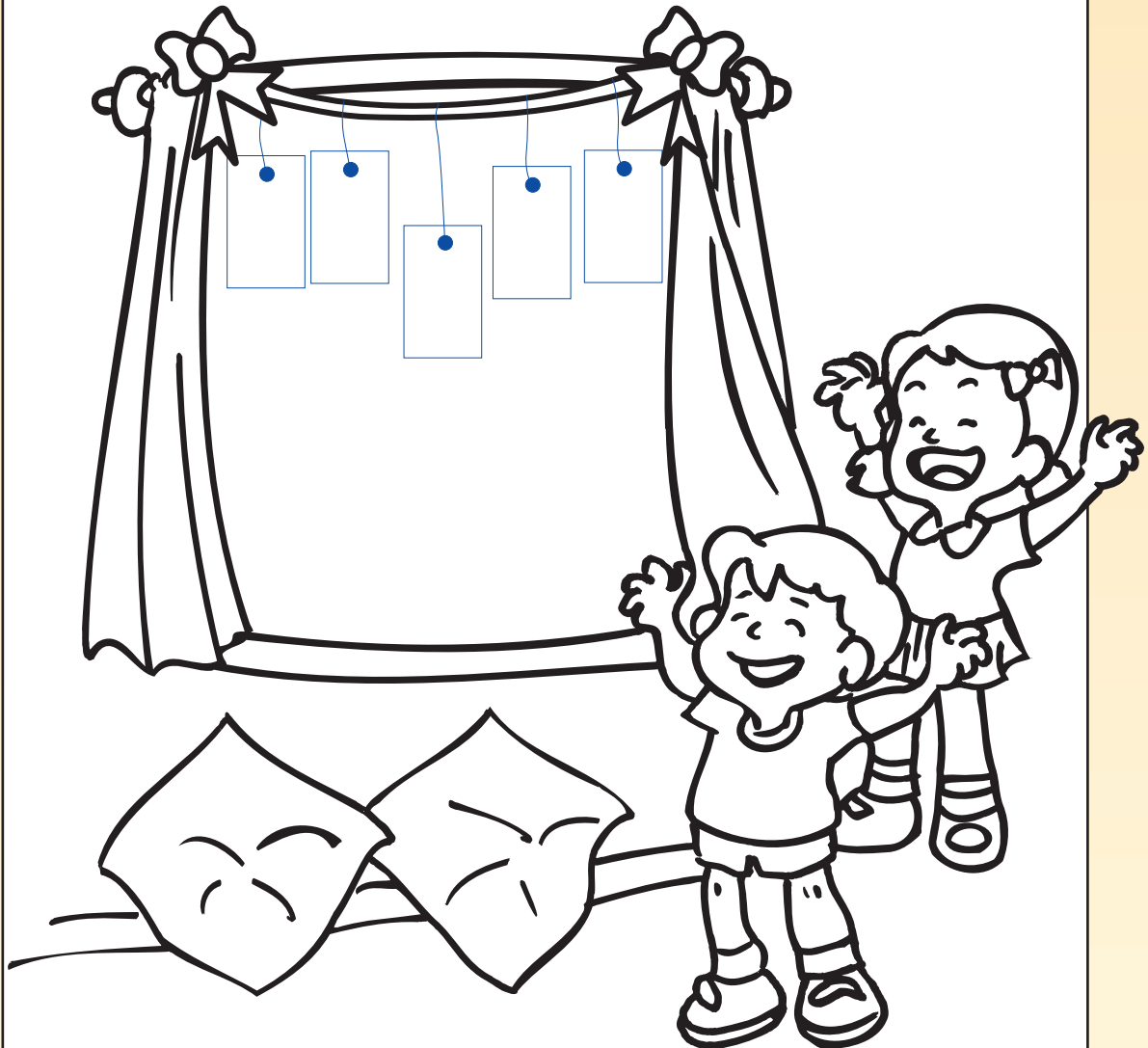
Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Favourite food: \_\_\_\_\_  
 Hobbies: \_\_\_\_\_  
 I'm proud of him/her because: \_\_\_\_\_





## My "family tree"

Cut out each of the frames and punch a hole near the top. Use string to tie each card to ribbon like this:



What you will need:

- a pair of scissors
- a hole puncher
- coloured pencils
- pen/pencil
- some string
- a piece of ribbon (at least half a metre)

Hang your "family tree" in the sitting room to remind everyone in the family that you are together in this adventure.





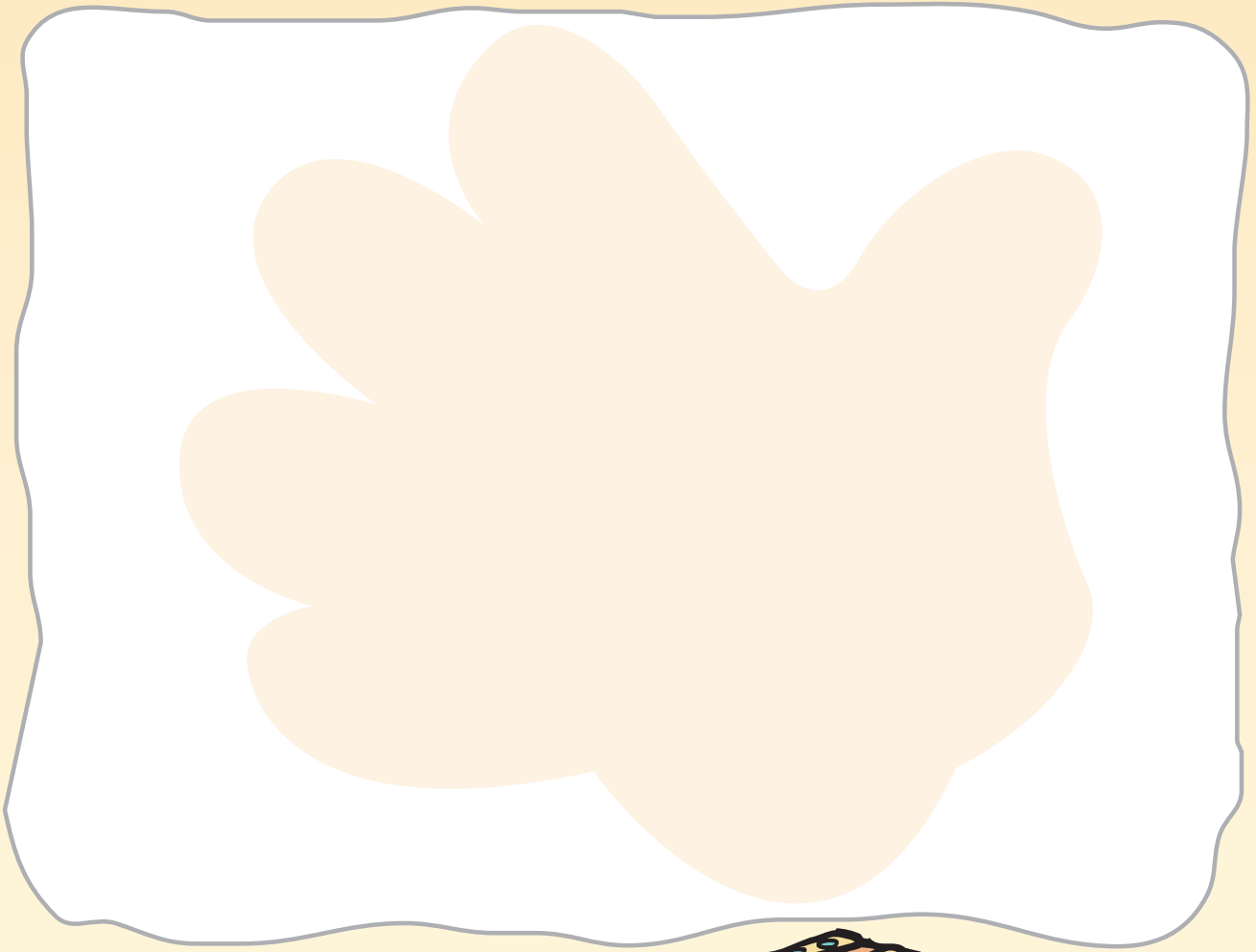
# I am Special

"... 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 very unique and special!

Put your hand on this page and use a pen or pencil to trace around it .



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



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



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







## Activity 1.4

## I Can Take Care of Myself

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

Colour 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 three boxes with your own tasks.

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_



3. I can help to set the table.



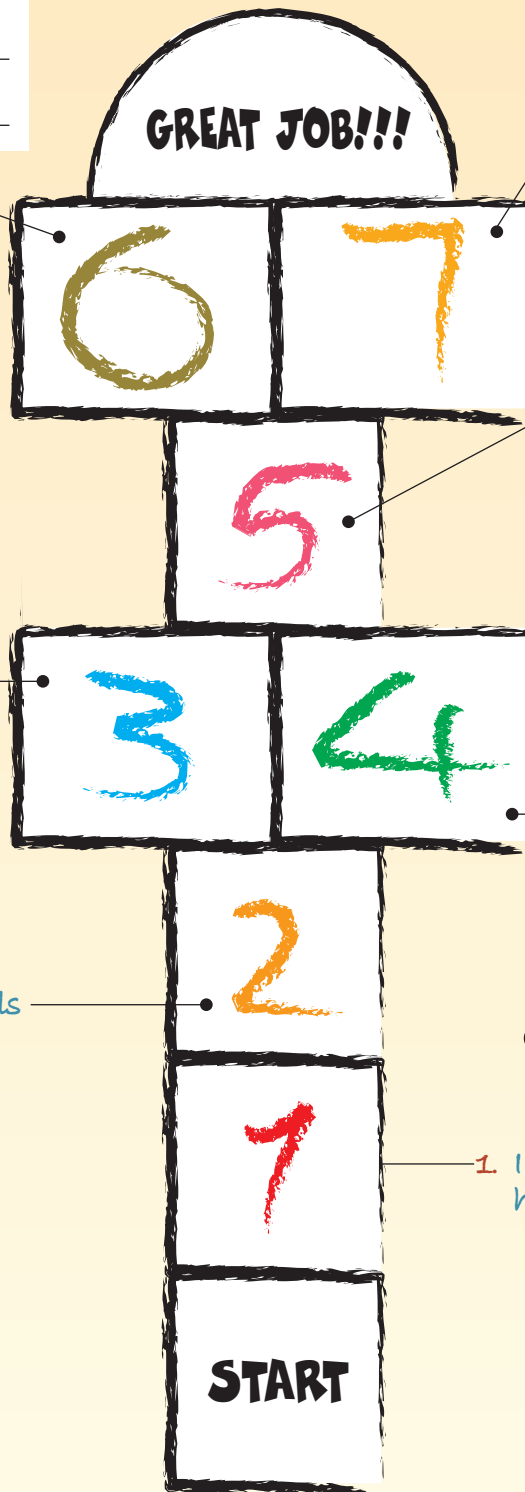
2. I can eat my meals without fuss.



4. I can play nicely with other children.



1. I can wash my hands by myself.





## Activity 1.5

## Fun as a Family

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

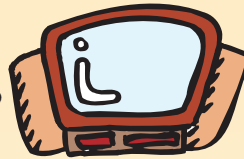
Colour the heart beside each activity you enjoy doing together with your family. Write down or draw some more activities that you all enjoy doing.



Reading a book



Watching TV/video



Playing in the playground



Eating an ice-cream



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



Hiking



Doing jigsaw puzzles



Swimming/ going to the beach





## Activity 2.1

# Saying Goodbye to Grandpa and Aunties

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

You will be going away for quite some time. Complete the family photo below. Draw the faces of the relatives you will miss and write their names on their clothes.



Choose three relatives you will miss most and write/draw each of them a card.





## Activity 2.2

# Saying Goodbye to My Best Buddies

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

Who are your good friends? Stick their photos or draw their faces below. Write something special about them or say what you like about them.

Name : \_\_\_\_\_

Birthday : \_\_\_\_\_

He/She is special because : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name : \_\_\_\_\_

Birthday : \_\_\_\_\_

I like him/her because : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name : \_\_\_\_\_

Birthday : \_\_\_\_\_

He/She is special because : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name : \_\_\_\_\_

Birthday : \_\_\_\_\_

I like him/her because : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name : \_\_\_\_\_

Birthday : \_\_\_\_\_

He/She is special because : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name : \_\_\_\_\_

Birthday : \_\_\_\_\_

I like him/her because : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Before you leave, help your child to email all his/her friends/relatives (if they can get access to emails) and remind them to keep in touch.

Prepare postcards and self-addressed envelopes for your child to give out to friends.



Tell your child that although he/she will not be able to see them as often as before, they can still be good friends.





## Activity 2.3

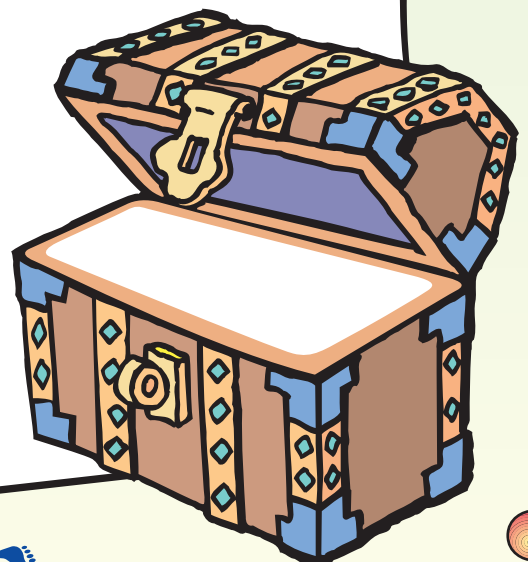
# Saying Goodbye to Favourite Places

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

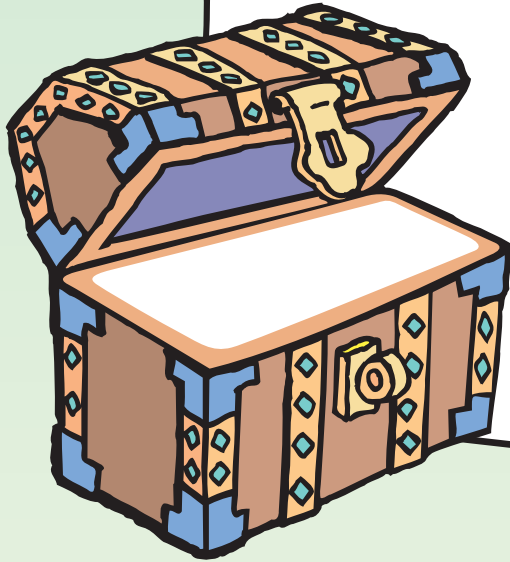
What places do you like going to? Choose THREE of them and ask your parents to take you there for a visit before you leave. Remember to take a camera when you go.

Stick a photo/draw a picture of each of these places below. Collect something special from each place and stick it on the treasure chest next to your picture. (e.g. a pamphlet, an admission ticket, a leaf, a flower, a stone, ...)

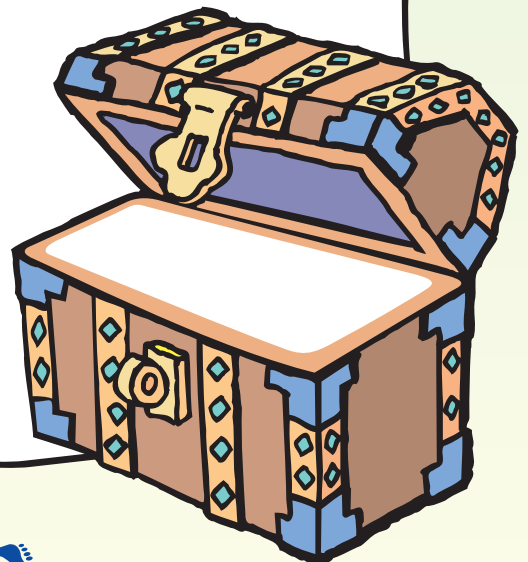
Place : \_\_\_\_\_



Place : \_\_\_\_\_



Place : \_\_\_\_\_





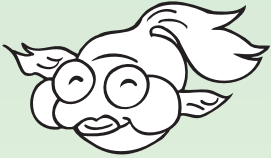


## Activity 2.4

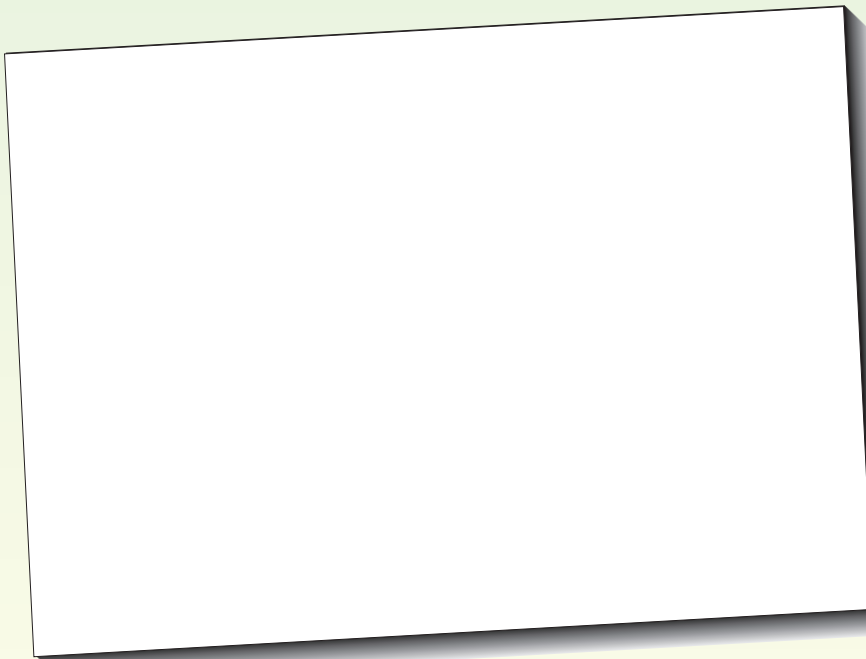
# Saying Goodbye to Rover

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

A) Can you find a home for each of these animals? Draw lines to bring them back to their home.



B) Do you have a pet yourself? If you do, can you draw a picture or stick a photo of your pet in the box below.



Sorry that you may not be able to take your pet on this adventure.

Discuss with your parents and suggest a few ways how your pet can be well taken care of when you are gone.

Sometimes, children may be extremely attached to their pets. Assure your child that his/her pets will be well looked after. This will help to reduce any anxiety in separation.





## Activity 2.5

# Packing for the Adventure

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

You will not be able to bring all your things on this adventure. Colour the things that you can/will bring. Join the dots to see where you will put them.



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





# How Do I Feel?

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

How do you feel about going on this adventure? Do you feel excited sometimes, but afraid other times? Colour the picture(s) that show your feelings. You may want to colour more than one.



Share with your child your own fears and excitement about moving to a new country. Your child will appreciate your honesty and this will help him/her feel better.





# A Farewell Party

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

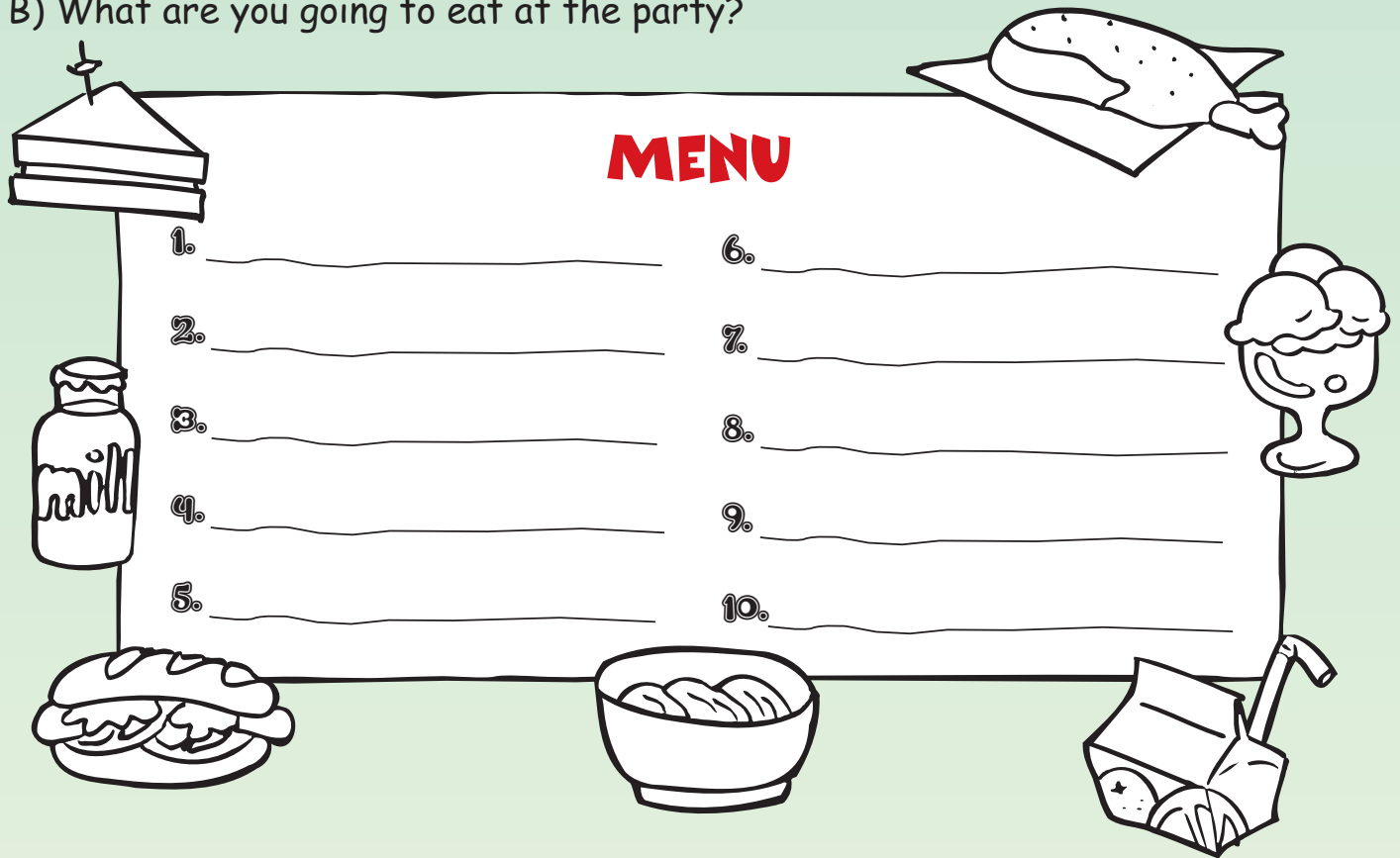
As you go on this adventure, it will be quite a long time before you can see your friends and relatives again. Plan a farewell party to say goodbye to them.

Below are some suggestions:

A) Who are you inviting:

1 _____	11 _____
2 _____	12 _____
3 _____	13 _____
4 _____	14 _____
5 _____	15 _____
6 _____	16 _____
7 _____	17 _____
8 _____	18 _____
9 _____	19 _____
10 _____	20 _____

B) What are you going to eat at the party?



A central white rectangular form with the word **MENU** in red at the top. It contains ten numbered lines for writing: 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_, 6. \_\_\_\_\_, 7. \_\_\_\_\_, 8. \_\_\_\_\_, 9. \_\_\_\_\_, 10. \_\_\_\_\_. The form is decorated with various food items: a slice of cake with a candle at the top left, a bottle of milk at the middle left, a sandwich at the bottom left, a bowl of dumplings at the bottom center, a hot dog on a napkin at the top right, an ice cream cone at the middle right, and a juice carton with a straw at the bottom right.

C) What are you going to do at the party?




A series of five horizontal, wavy-edged boxes for writing, each preceded by a cartoon piggy bank icon. The boxes are colored: light green, yellow, pink, orange, and light blue. Each box contains two horizontal lines for writing.



Make a farewell keep-in-touch package to be given to your friends at the party. You can choose to make one or both of the following gifts.

## 1. Make your own name card: (3" x 5" card)

Name : _____ Birthday : _____ New home / Mailing address : _____ _____ Email : _____ New tel. : ( if you know ) _____ _____	 <i>Missing You</i> <i>"A friend loves at all times."</i> <i>Proverbs 17:17a</i>
---	---

(sample)

## 2. Make a photo frame :

What you will need:

- a pair of scissors
- your favourite personal/family photo
- 4 craft sticks
- coloured pencils
- stickers
- glue
- cellophane tape
- string



Steps:

1. Choose your favourite photo.
2. Glue the four craft sticks together to make a frame. Colour the sticks or put stickers on to make the frame colourful.
3. Make a small loop with the string and tape it on the back of the photo.
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 him/her recognize the reality of having to leave soon. The gift is a means to show appreciation for these friendships.







# 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 people around us. But, very often, we forget to say "sorry".

If you need to say "sorry" to someone, write their names below. Draw a "I'm Sorry" card and give it to each one of them. Colour the smiling face beside your friend's name when you have done so.



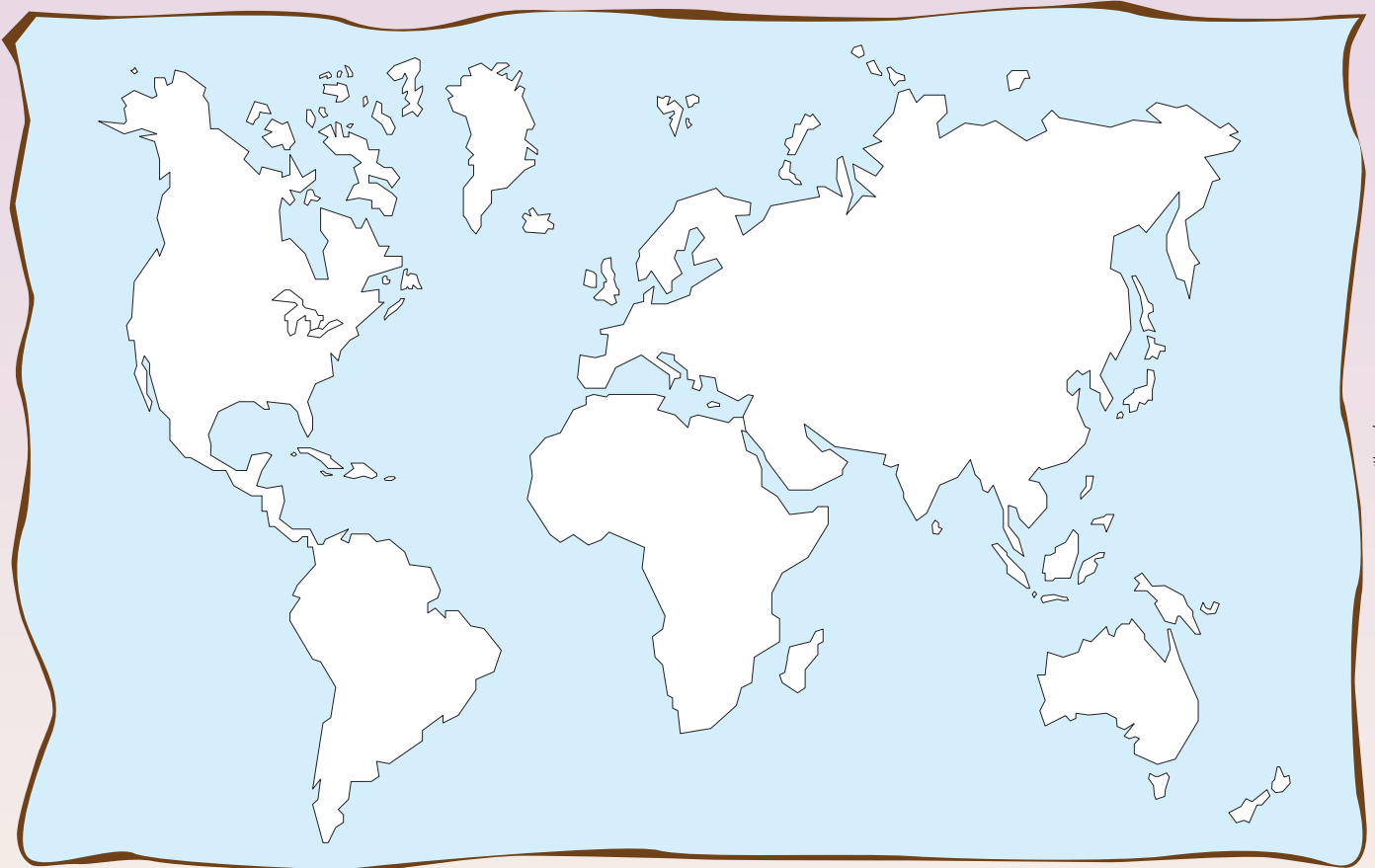
Encourage your child to invite these friends to the farewell party.



# Check the Map!

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

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



- 1) Use GREEN to mark an "X" on the country you come from.
- 2) Use RED to put a "#" on all the places you have been.
- 3) Use ORANGE to circle and colour the country where you are going to.
- 4) Use BLUE to join (1) and (3) together.

Do you know how long it will take to travel from (1) to (3)? \_\_\_\_\_ hours/days

Explore the different countries your child has marked on the map and talk about each of their cultures. This will enhance an awareness of other cultures and create an excitement for the anticipated cross-cultural experience.

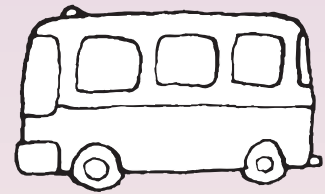
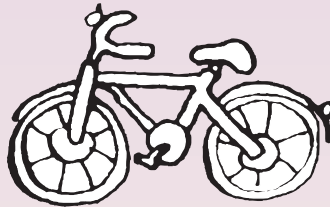
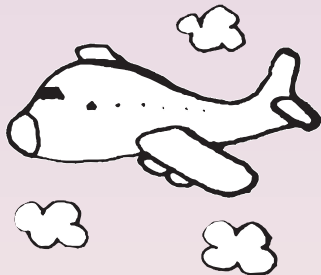
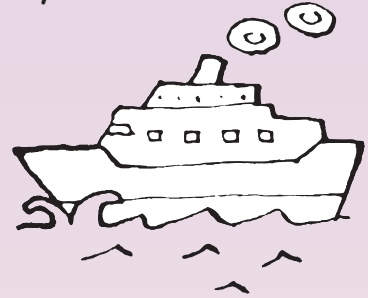
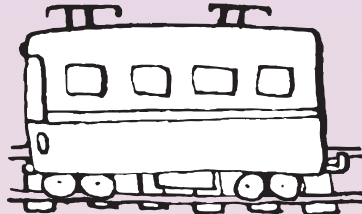




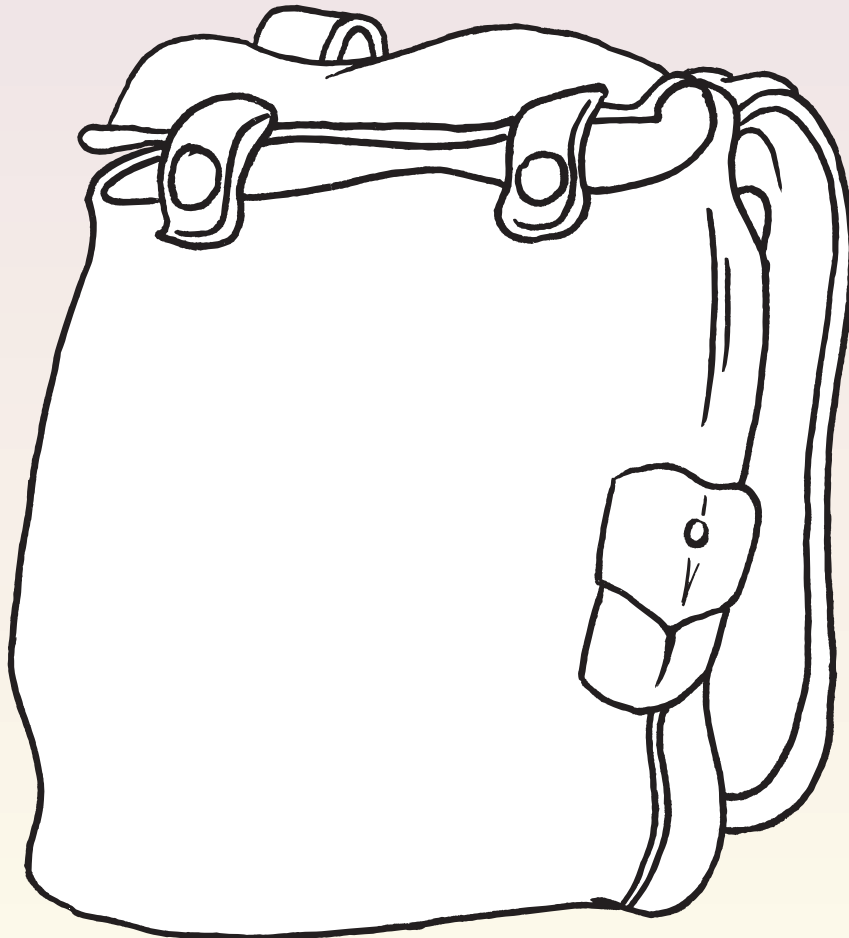
# How Are You Going?

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

A) Colour the pictures that show how you will travel to your new home.



B) The journey you are going on may be very long and sometimes boring. What can you bring to keep you happy? Draw them inside the bag.



Keep your child as happy as possible. This will make you happy too. Getting off to a good start will help to ensure a successful adventure.





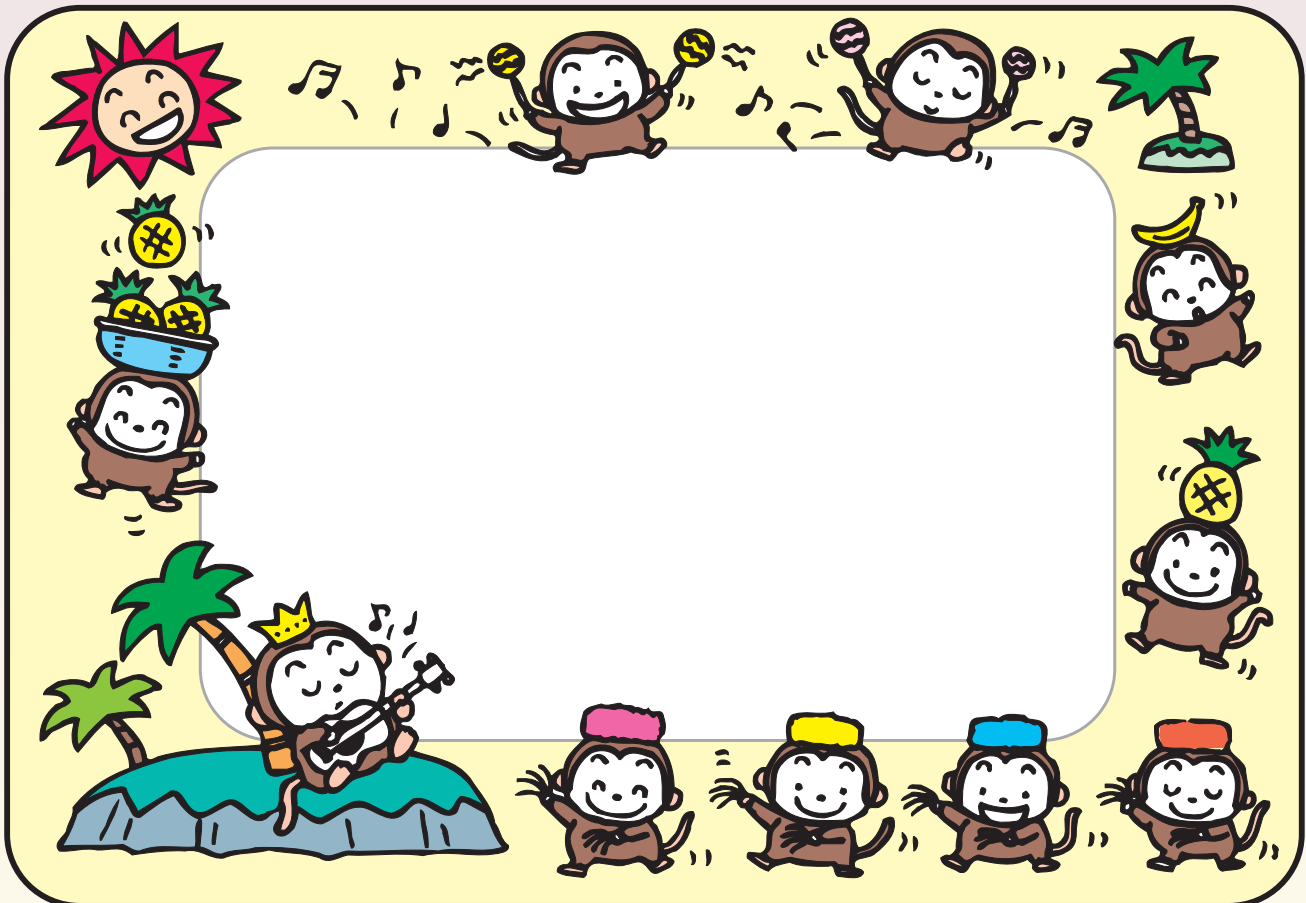
# A New Fashion

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

- A) Find out what the weather in the new country is like. Then, colour the clothes you will need to bring.



- B) Do you know if the people in the new country wear special clothing? If you can find a picture of the national costume, stick it on the frame below.

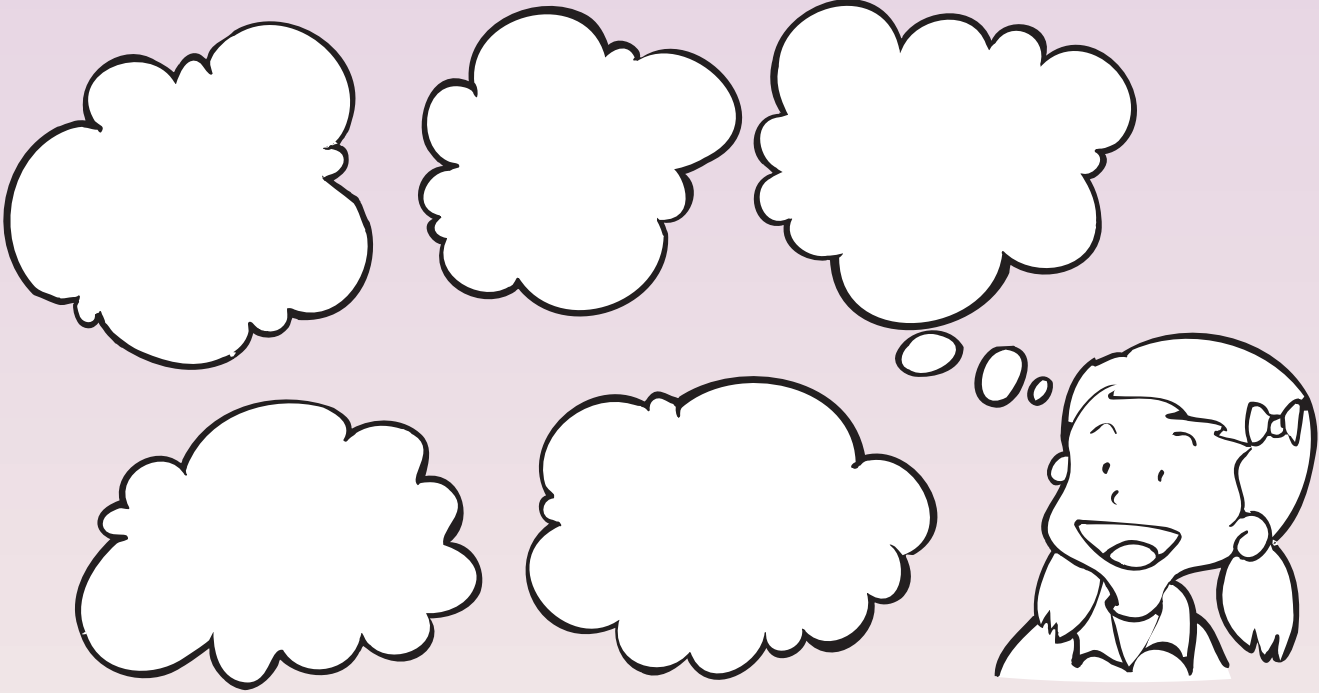




# Yummy Yum Yum

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

A) What are your favourite foods?



B) Do you know what kind of food people eat in the country where you are going? Ask Dad and/or Mom to make some of this food or take you to a restaurant so that you can try it out. Circle what you will need for this meal.



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.

Be adventurous and positive about trying new food or dishes. You will set an example for your child, and will influence how much he/she will like the new food. Remember to pack those special ingredients that you will need for cooking your child's favourite dishes upon your arrival.



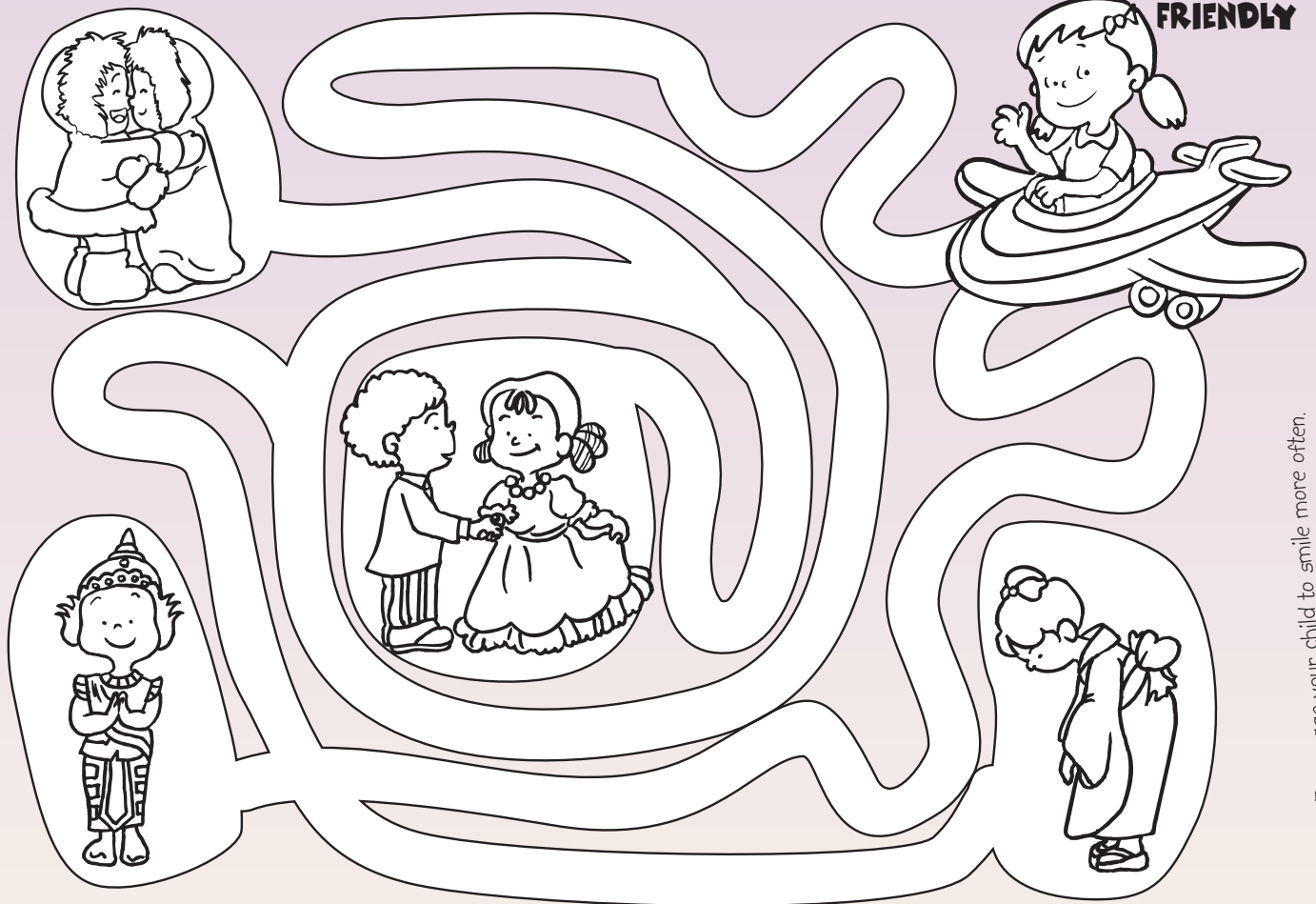


# Making New Friends

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

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

**MISS  
FRIENDLY**



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

	Your country	New country
Shake hands	☆	☆
Bow	☆	☆
Hug each other	☆	☆
Kiss on the cheeks	☆	☆
Others : _____	☆	☆



Bring some small gifts on your adventure and share them with your new friends. You can prepare things like stamps, stickers, snacks, a game to play,... This will make everyone VERY happy!

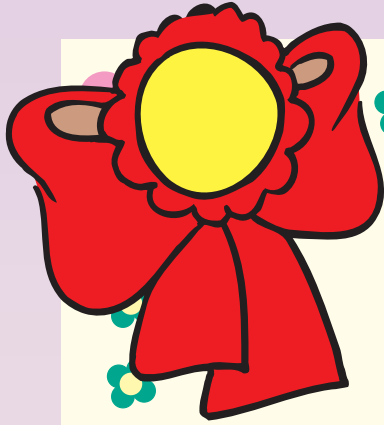
A smile costs you nothing but is the start of many new friendships. Encourage your child to smile more often.





# Congratulations!!!

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



## Certificate of completion

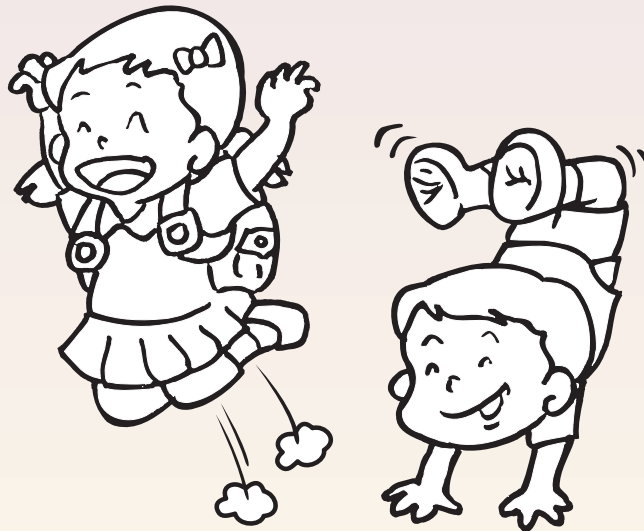
THIS IS TO CERTIFY THAT

\_\_\_\_\_ has satisfactorily completed all the activities  
on the adventure to \_\_\_\_\_.

Presented on    /    /  
\_\_\_\_\_

\_\_\_\_\_  
Dad

\_\_\_\_\_  
Mom



You are now ready for YOUR REAL ADVENTURE.  
Have Fun and ....

## OFF YOU GO!!!!

# Activities Upon Arrival

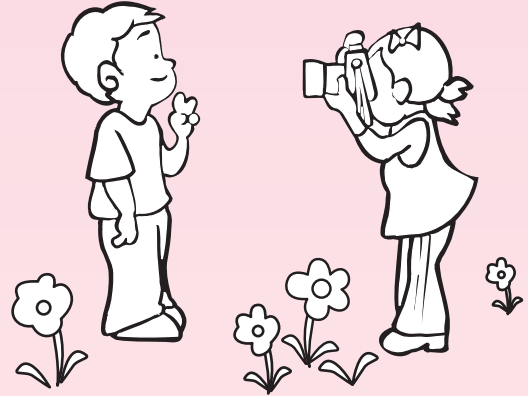


Upon your arrival in the new country, you may like to explore your neighbourhood with your family. This will help your family adjust more quickly to the new country. Explore as many places as possible.

## Suggestions:

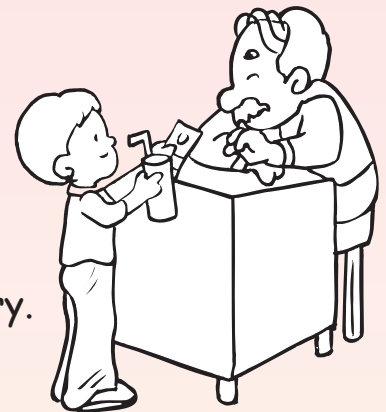
### A) Go to the nearest park/garden.....

- ☐ Take 5 pictures of the park/ garden from 5 different spots.
- ☐ Collect 4 different types of leaves.
- ☐ Collect 3 different types of flowers.
- ☐ Pick 2 stones of different colours.
- ☐ Draw a picture of something you see and like e.g. birds, benches, people, flowers, ...
- ☐ Put everything you have collected into a bag. Show them to someone you meet tomorrow.



### B) Go to the nearest shop/mall.....

- ☐ Count how many doors there are in the shop/mall.
- ☐ What is the funniest thing you can see at the shop?
- ☐ Name 5 things you can also find in your home country.
- ☐ Buy a drink and a snack. ... yum yum.
- ☐ Tell someone what the funniest thing is.



### C) Go to the nearest post office.....

- ☐ Buy 5 different types of stamps.
- ☐ Buy 4 postcards.
- ☐ Buy 3 aerograms
- ☐ Say "Bye-bye" to 2 people at the post office.
- ☐ Count the number of letterboxes at the post office.
- ☐ Use one of your new postcards to write a note to your best friend back home.



# Activities Upon Arrival

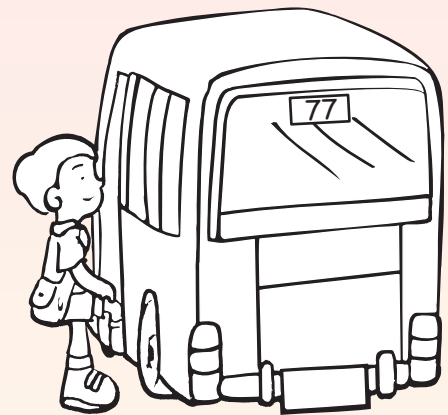
D) Go to the nearest playground.....

- ☐ Climb up and slide down the slide 5 times.
- ☐ Hold tight and swing 4 times on the swing.
- ☐ Run around the playground 3 times.
- ☐ Sit on the seesaw with 2 different people.
- ☐ Draw a picture of what you have enjoyed playing with the most.
- ☐ Show your picture to someone you meet tonight.



E) Go for a bus ride.....

- ☐ Do the buses look like those back home?
- ☐ Hop on the third bus that comes. Make sure you have enough money to pay the fare and get back again.
- ☐ Remember the bus number.
- ☐ Write down 5 places that you would like to visit again.
- ☐ Take the same bus from the opposite side of the road to get home.



# REFERENCES

Blohm, Judee. *Where in the World Are You Going?* Overseas Briefing Center, U.S. Department of State.

Dyer, Jill. *Harold and Stanley Say Goodbye.* MK Merimna, 1998.

Peters, Daniel. *Rookies: An Activity Workbook for Families Going to the Mission Field.* Link Care Center, 1985.

Pollock, David & Van Reken, Kuth. *The Third Culture Kid Experience : Growing up Among Worlds.* Intercultural Press, 1999.

## Acknowledgement

Although this "book" is not printed on paper, we hope that through the intranet and CD, it will be circulated more widely and thus more families will have access to it and benefit from it.

We would like to express our deepest gratitude for the encouragement of Barry McKessar, Diane Morris and Kathi Landdeck, as well as the support of OMF Hong Kong for the production of this "book". For comments and enquiries, please email <hk-admin@omf.net>. Thank you.

May God bless each family going overseas and enrich lives through this special experience.