

My Moving Journal

This journal belongs to:



Dear child and parents,

I would like to introduce you to *The Moving Journal*. It is a tool based on the systemic approach to prepare your child for the move and to help you understand and know the new elements that will have an influence on him.

What is the systemic approach?

According to the systemic approach, the individual is unconsciously influenced by different systems of which he is a part. Therefore, the child is unconsciously influenced by his family system, his environmental system and his school system. It is therefore important to pay special attention to them since they have an impact on the child. The Moving Journal is designed to prepare your child for the new environment and to teach you about the new systems that will impact your child during and after the move.

To learn more about what to do when the move is announced, how to manage the child's reaction and how to facilitate the adaptation once moved, consult the TES capsule "The mutation" by using the following link:

FR: <https://crfmmfrcmtl.ca/fr/intervention-et-soutien-a-la-parentalite/education-specialisee/journal-de-demenagement>

AN: <https://crfmmfrcmtl.ca/en/intervention-and-parental-support/special-care-counselling/moving-journal>

To obtain tips and tricks or activities to manage stress in your child, download the document "My anti-stress workbook" by using the following link: <https://apprendreaeduquer.fr/mon-cahier-anti-stress-enfant/>

EVERYTHING ABOUT ME

My full name : _____

My age : _____

Ma birth date: _____

Mon favorite animal : _____

My favourite meal : _____

My favourite colors : _____

Mon favorite sport : _____

Mon favourite movie : _____

My best quality : _____

Mon plus grand défaut : _____

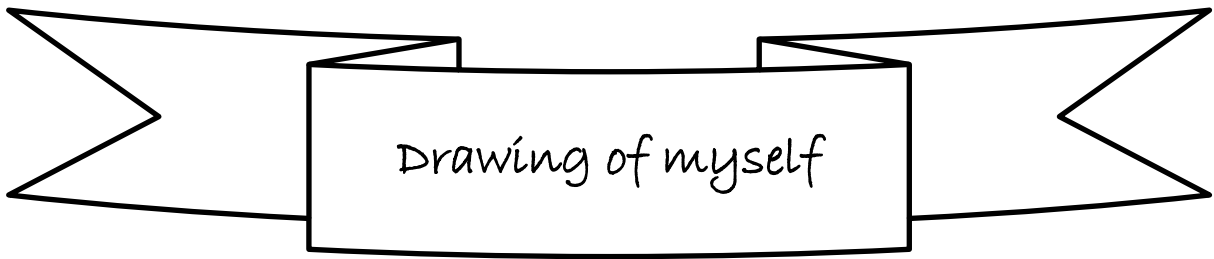
My greatest flaw : _____

My favourite game : _____

My favourite person: _____

I FEEL :





Draw a picture of yourself playing your favourite sport, doing your favourite activity or whatever you want that represents you

Remember that it is important to express your preoccupations, fears and anxieties to someone you trust. Your parents, for example.

EVERYTHING ABOUT MY FAMILY

The name of my parent : _____

The name of my 2nd parent : _____

The names of my brothers and sisters : _____

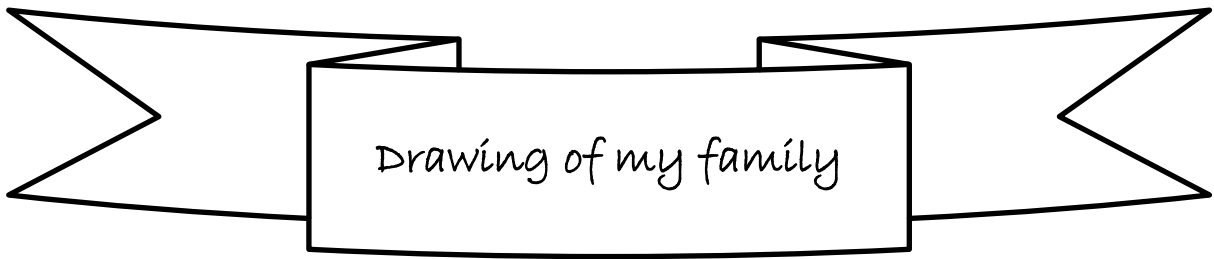
If I have brothers and sisters, how old are they? :

My favourite family activities : _____

My pet(s) : _____

I FEEL :





Draw your family and yourself.

Remember that, no matter where you will live, your family will always be there for you.

EVERYTHING ABOUT MY NEW HOME

In what neighbourhood my NEW home is located :

The colour of my NEW home : _____

The number of rooms : _____

The colour my room will be painted : _____

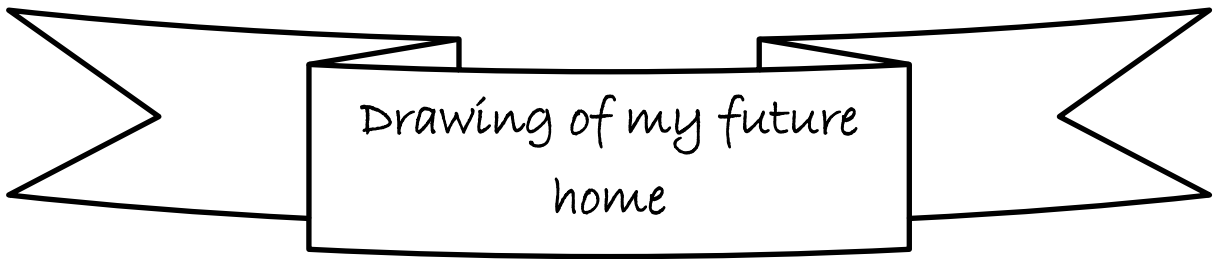
Do I have a theme in mind for it? If so, which one? :

Is there :

- A swimming pool.....Yes or..... No
- A backyard..... Yes or..... No
- A garage.....Yes or..... No
- A space for outdoor games...Yes or.....No
- A playroom.....Yes or.....No

I FEEL :





Draw your future home or paste a photo of it.

Remember that no matter what house you live in,
you can make it your home with love and me-
mories.

EVERYTHING ABOUT MY FUTURE SCHOOL

The name of my new school : _____

The name of my new teacher : _____

In which year I am at school : _____

In what neighbourhood my school is : _____

Is it an English or a French school : _____

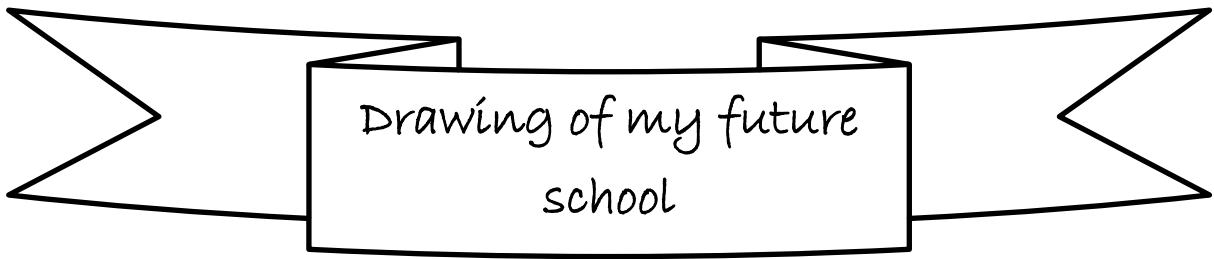
My favourite subject : _____

My least favourite subject : _____

What games I prefer to play at recess : _____

I FEEL :





Draw your future school or paste a photo of it.

EVERYTHING ABOUT MY NEW CITY

Name of my city : _____

In which province it is located : _____

How many residents live in this city : _____

What language is commonly spoken there : _____

My city is known for : _____

What's fun in my city (ex: cinema, park, museum, shop, restaurant) :

I FEEL:





Draw the new city or paste a photo of it.



Draw the people who are important to you or paste
their photos

Remember that no matter where you
will live, these people will be there for
you.