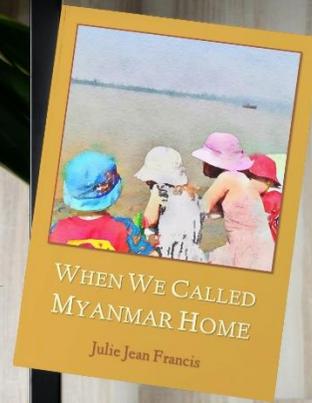


A cross-cultural journey of joy, loss, grief, and hope

Copyright © 2023 Julie Jean Francis
bringinghiswordtolife.org



Remembering past experiences is essential for TCKs to process both their joys and griefs while giving words to their feelings. If your TCK has experienced the loss of a life they knew, it is also important to process and **grieve the loss of what was normal**.

You may find the following ideas helpful as you process your cross-cultural life:

MAKING CONNECTIONS: Slowly re-read the book and make connections with your TCK on each page. How did you get clean water? Where did you buy your food? What were your favorite local food(s) to eat? What did school look like? What pet(s) did your TCK have? What types of transportation did you use? Where did you meet your friends? What do you miss?

A TYPICAL DAY: This book covers the daily routine of our life. Have your TCK write down what happens on a typical day in their life overseas. You may choose to divide the day into 7 parts: early morning, mid-morning, lunch, early afternoon, late afternoon, evening, bedtime. What usually happens at that time of day? What emotions does your TCK feel at each stage of the day?

COVID-19 LOSSES: How did the Covid-19 pandemic affect your TCK's daily routine?

- What losses did they experience to their normal?
- What "big events" or celebrations did they miss because of the pandemic?
- What positive things did they experience as a result of the Covid-19 pandemic?

TRAUMATIC EVENTS: If your TCK has experienced an evacuation or other significant traumatic event, at what time of day did they receive the news?

- What part of daily life was interrupted by it? Take time to discuss it together.
- Print out another copy of the chart and fill it in with the details of that day.
- What did you feel like when you were at the airport leaving?
- What did you feel like when you first landed in your passport country?
- What did the rest of that day look like? That week? That month?

| Time of Day | What Usually Happens | How I Feel  |
|-----------------|----------------------|---|
| Early morning | | |
| Mid-morning | | |
| Lunch | | |
| Early afternoon | | |
| Late afternoon | | |
| Evening/dinner | | |
| Bedtime | | |