

# Making Transitions

**SEL FOCUS:** SELF-MANAGEMENT

**Story Title:** ["In Quarantine With a Family I Must Leave" by Anonymous](#)

---

## **OPENING ACTIVITY — FREEWRITE AND PAIR SHARE**

(10 minutes)

**This activity helps students activate background knowledge.**

1. Explain to the group that they're going to do a Freewrite. Remind the group that this is a chance to express their thoughts and feelings without worrying about spelling and grammar. They can either write their responses on a piece of paper at home or type them in a word processing document.

2. Read the Freewrite prompt to group members:

**Transitions are defined as the process or a period of changing from one state or condition to another (e.g. students transitioning from one program to another, moving from one home to another, or adjusting to life during quarantine).**

**Name a transition that you've had to make in your life. How did you feel during that transition? What can make some transitions hard?**

3. Give group members 5 minutes to respond to this prompt.
4. After time is up, ask them to underline or highlight one sentence of their writing that they'd like to share.
5. Give each group member a moment to share their highlighted/underlined piece. Remember that passing is okay if group members do not want to share.
6. Thank group members for sharing.

## **READ AND DISCUSS THE STORY** (20 minutes)

As a group, read aloud "In Quarantine With a Family I Must Leave" by Anonymous, taking turns. Let teens pass if they don't want to read.

## **CONCEPT REVIEW AND DISCUSSION** (15 minutes)

**During this post-reading activity, students make connections, build understanding, and rehearse positive behaviors.**

1. Tell group members that William Bridges, the author of “Managing Transitions”, came up with a model known as the “Bridges Transition Model.” The model indicates that there are three stages to any transition:
  - The “endings” stage is characterized by the loss or letting go of something.
  - The “neutral zone” is where there may be confusion or distress over what one’s role is.
  - The “new beginnings” stage includes feeling reoriented and renewed by the transition that has been made.(You can learn more about this model at: <https://wmbridges.com/about/what-is-transition/> to help inform your discussion.)
2. Following this concept review, ask group members to discuss the following:
  - **What transitions do you think the writer is going through?** [She is both dealing with the transition from normal life to life in quarantine and the transition of having to leave a loving foster family.]
  - **What stage of transition do you think the writer is in? Why?** [Saphir is still dealing with loss in each transition, so she is in the “endings” stage.]
  - **What do you think it’s like to have overlapping transitions?**
  - **If you were the writer, how might you manage the upheaval of the pandemic and knowing you had to move to a different family during it?**
  - **Think about the transition you wrote about earlier in the session. What stage of that transition would you say you’re in? Why?**