

Activity book



**4-11
years**

This book belongs to:

.....



Frontex would like to thank IOM The Netherlands for sharing their counselling toolkit on voluntary return with children, which formed the basis for this publication.

Plac Europejski 6,
00-844 Warsaw, Poland
T +48 22 205 95 00
F +48 22 205 95 01
frontex@frontex.europa.eu
www.frontex.europa.eu

© European Border and Coast Guard Agency, 2023

Book
TT-04-23-686-EN-C
ISBN 978-92-9467-784-6
doi: 10.2819/258616

PDF
TT-04-23-686-EN-N
ISBN 978-92-9467-789-1
doi: 10.2819/345338

This publication is for informational purposes only. Neither the European Border and Coast Guard Agency (Frontex) nor any person acting on behalf of Frontex is responsible for any possible misuse of the information contained within this publication.

Note to parents / guardians

Did you arrive in Europe from another country? Is your family now returning home or leaving for another country? If so, then this book can help your children.

This move will be a big change for your children. Some parts of it might be difficult. We know that as a parent or guardian you want the best for your children and that you might be worried for their wellbeing during return. Fortunately, there are things you can do to make moving easier for your children. Often, children do better when they can prepare themselves for the move. If your children are too young to read this book on their own, you can help them and complete the suggested activities together. Be sure to explain the information in language they can understand and encourage them to ask questions and share how they feel. If they are older and can work in the book on their own, you can ask them about what they wrote, listen to how they are feeling and answer any questions they have.

This book is written for children 4-11 years.

If your children ask you questions about the return you do not know the answers to, please ask authorities. Also, remember that children do well when their family is doing well. Be sure to take care of yourself, so that you can take care of your children.





The image features a bright blue sky with several fluffy white clouds. The word "Leaving" is written in a bold, yellow, sans-serif font with a white outline, positioned in the upper-middle section of the frame. A faint, diagonal watermark with the word "FINAL" in a light blue-grey color is visible across the center of the image, partially overlapping the clouds and the main text.

Leaving

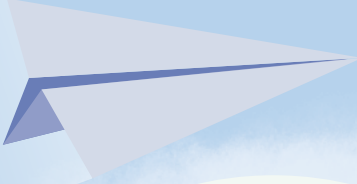
A stylized illustration of a young girl with dark skin, short black hair, and large, round blue-rimmed glasses. She is wearing a blue dress with a white zigzag pattern and red leggings. She is smiling and waving with her right hand. The background is a light blue sky with white clouds and a large yellow sun behind her.

Hi!

I heard that you will move
to a different country soon.
Perhaps this makes you excited,
or sad, or happy, or worried.

This book will
help you to prepare
for your departure. You can
write down how you feel and I
will help you with the exercises.

I'm curious
to find out more about you.
You can introduce yourself
on the next page.



My birthday
is on:

I was born in:

I am:

Post a photo
of yourself!

Or draw
a picture!

When I am
older I want to be a:

What I like to eat:

What I like to do:

CLICK!



This is
my family





Here you can draw
your family!

My friends

There is more room
on the next pages to
add contact details
of your friends



Draw pictures of your friends ...



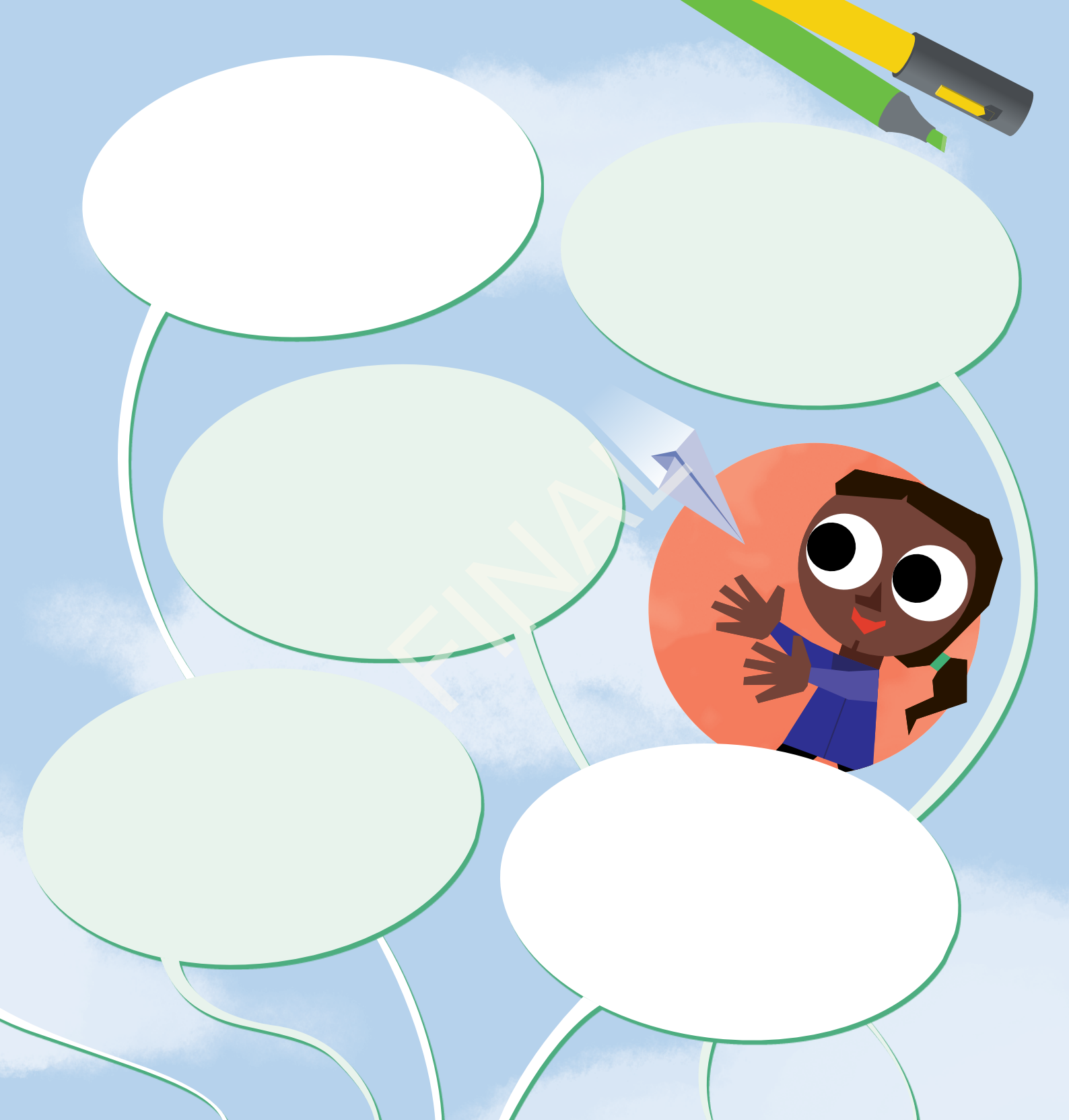


Messages from my friends



Here your friends
can leave a message
for you!





Friends I want to keep in contact with

Here you can write down the names and
contact details of your friends.



Blank lined paper for writing names and contact details of friends.

Blank lined paper for writing names and contact details of friends.



My best memories

Here you can describe
good memories
and favourite places
you visited!



FINNIX



Things I still need to do...



- ☒ Add friends to Instagram, Snapchat, Whatsapp, Facebook and/or write down their email address and phone number.
- ☒ Pack everything I want to bring.
- ☒ Take pictures with my friends, classmates and other people I care about, as well as pictures of places or things I want to remember.

☐☐☐☐☐☐

Things I want to bring with me



Sadly some things will be too big to bring with you and you will need to leave them behind. Maybe take a picture of them to remember them, sell them, or give them away to a friend who will take care of them.

FINAL

Draw a picture of
the things you want to
bring or make a list!







The journey

FINAL

The day of departure

When I
will leave:



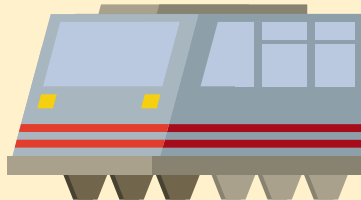
I will go to:



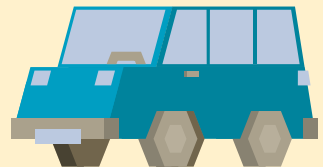
I will travel to the airport by:



Taxi



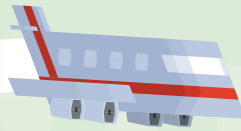
Train



Van

I will leave at

I will arrive at



The journey will take:
..... hours minutes

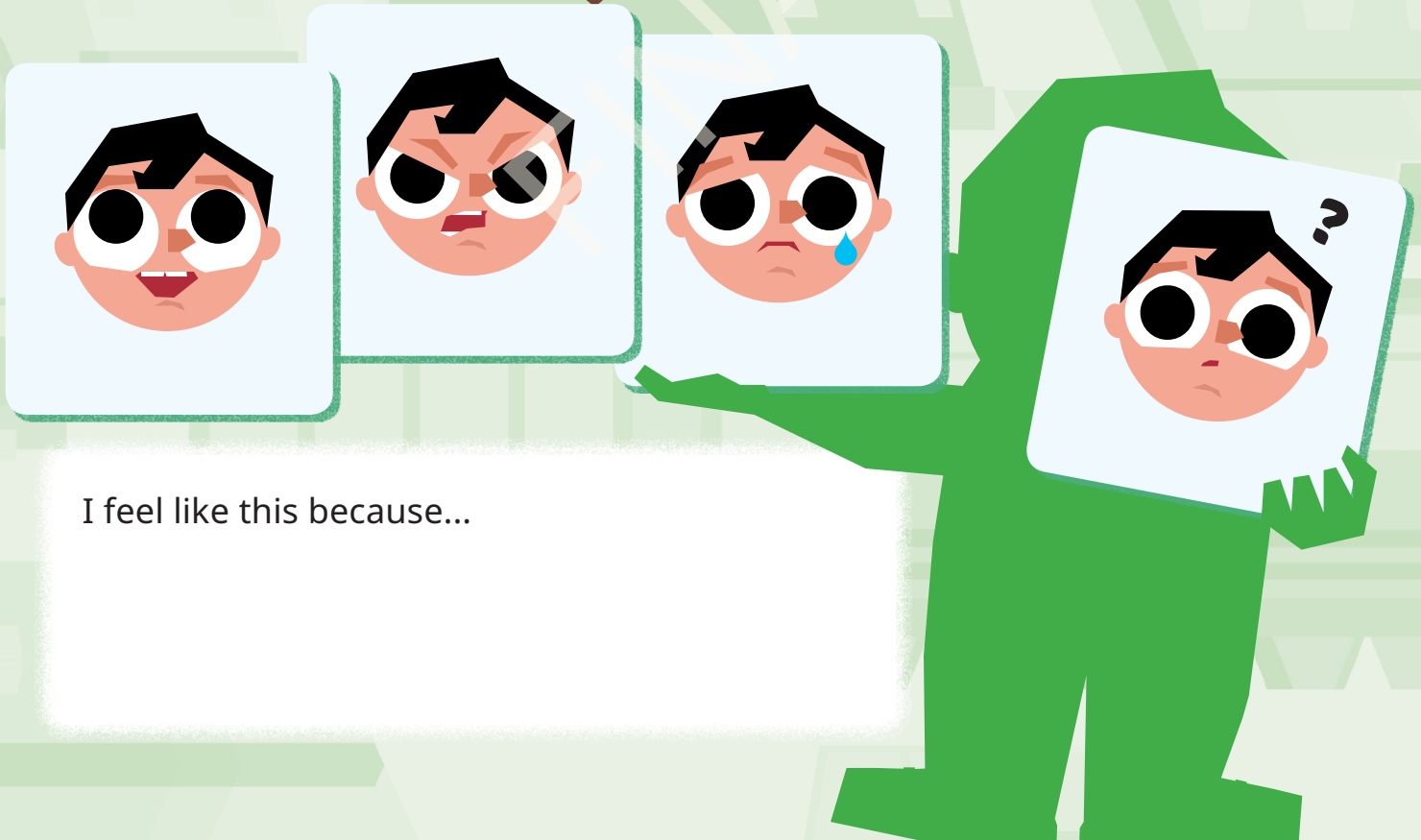
Do you know how long
your journey takes?
You can also ask your
parents or guardians.



Leaving

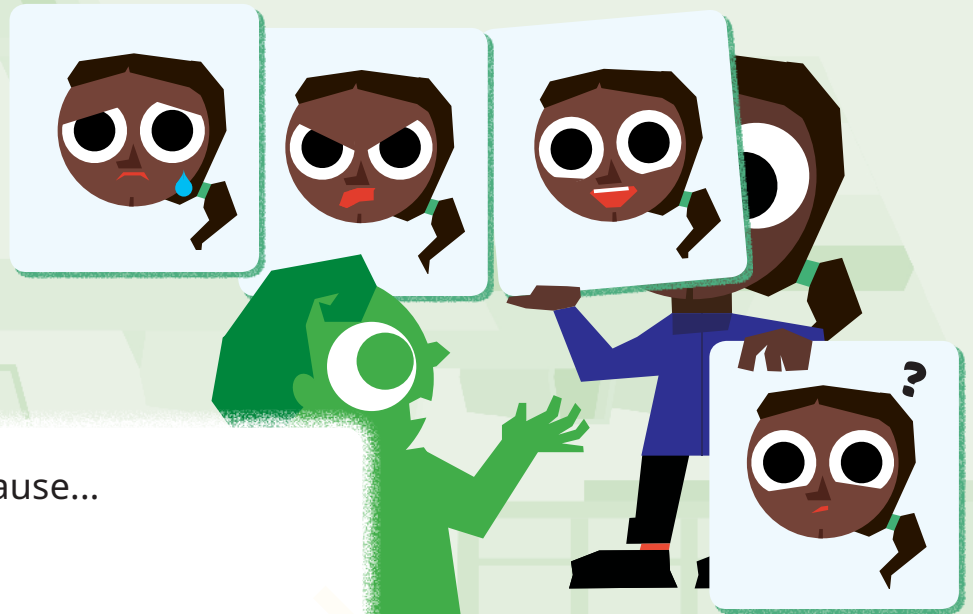


How do you feel
about leaving?



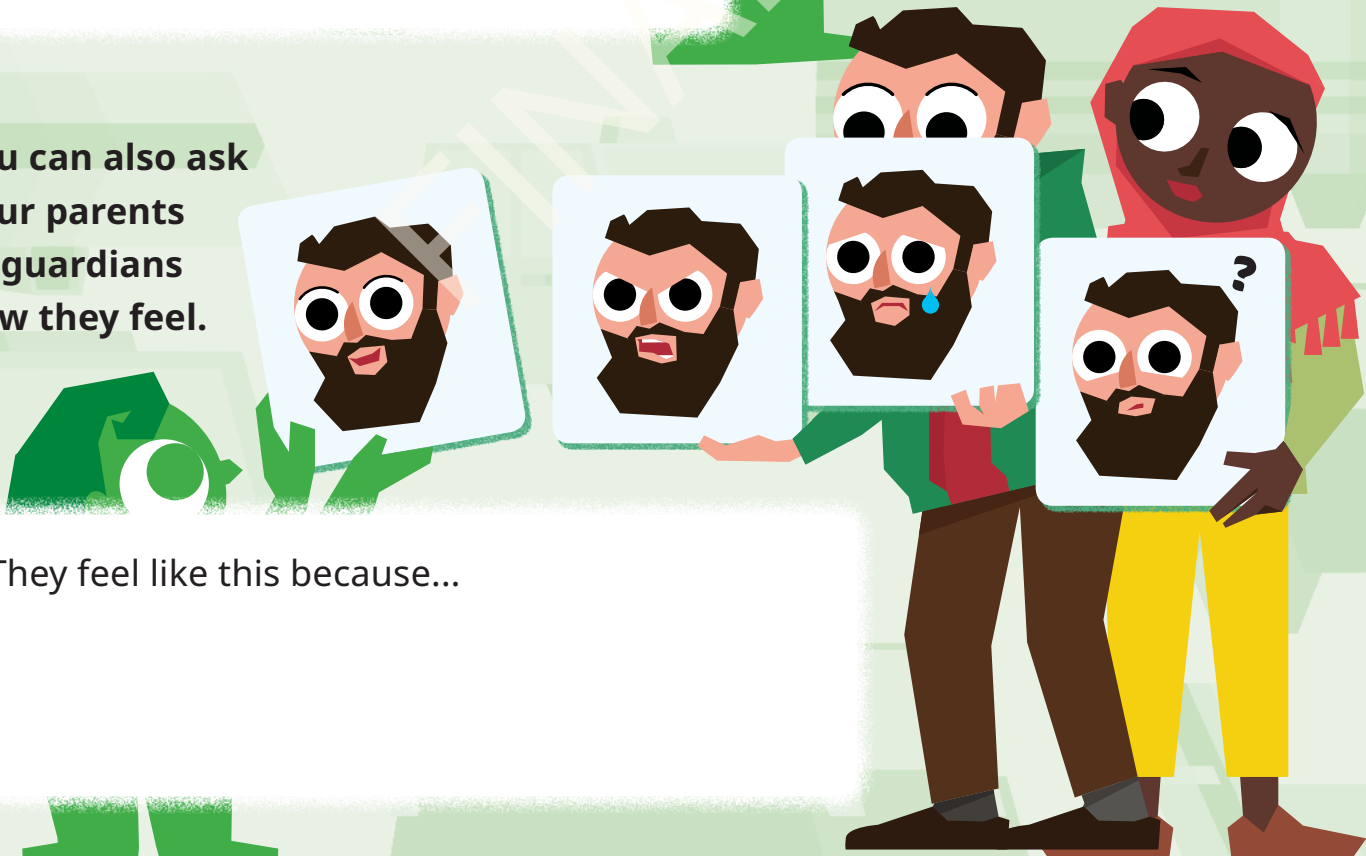
I feel like this because...

**Did you discuss
with your brother(s)
and/or sister(s)
how they feel ?
You can show here
how they feel.**



They feel like this because...

**You can also ask
your parents
or guardians
how they feel.**

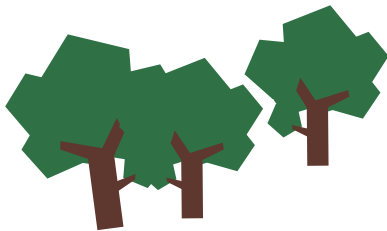


They feel like this because...

Make your own story



FINAL



FINAL

Room
to draw!





Perhaps you don't
have all the information
yet to fill in the next part.
That doesn't matter,
you can finish it when
you are there.

My new home



The country we will live in



You can also find information on the internet, or you can ask your parents or guardians.

Name of the country:

The city is called:

The language they speak here:

The name of the money is



**This is what
the flag looks like**



**These are some local foods
I would like to try**

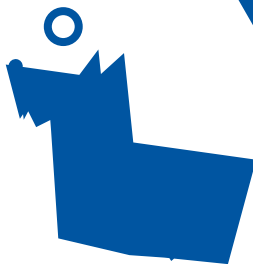
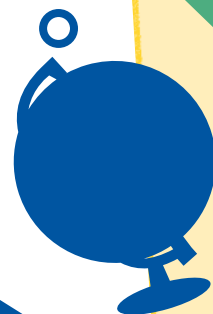
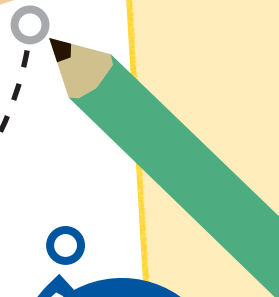
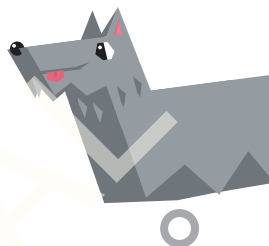
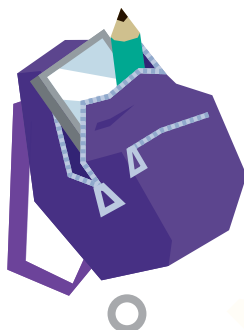
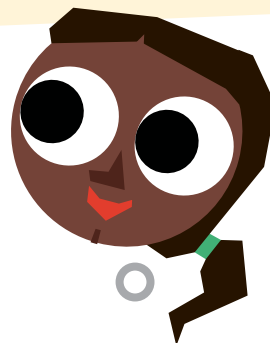
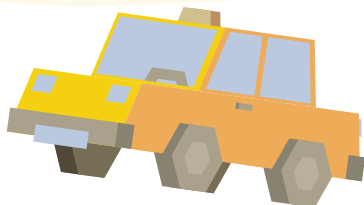


This is our new home!

Draw your new house here or take a photo.

FINAL

Match them to their outlines!



The language



Good morning!

You can prepare yourself by learning some words in the language of the country you will move to.

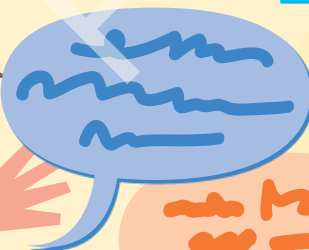
If you do not know them, you can ask your parents or guardians or check a translation website.



How do you do?



My name is...



I'm new here!

Would you like to play with me?



Do you like soccer?



Do you like drawing?

Let's go outside!

I'm hungry!



I'm thirsty!



See you tomorrow!



My family members

These are relatives who also live here:
(you can write down their names or draw a picture)

FINAL

My new school



School starts at:

How many children are
in my class?

The name of my new school:

How will I get to school ?

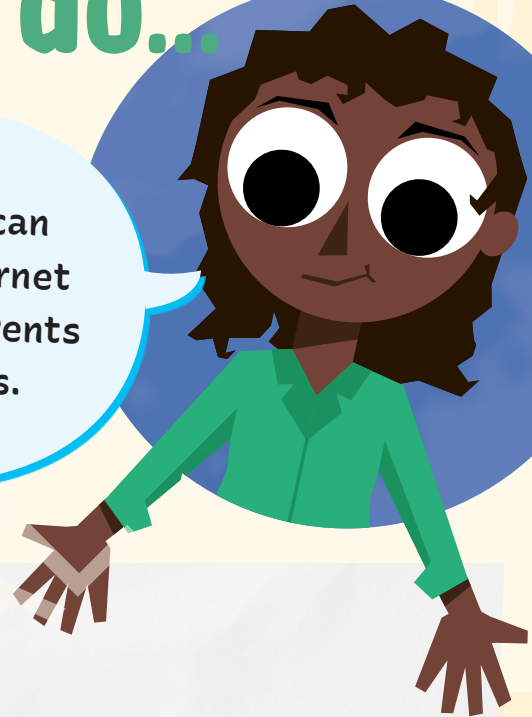
The name of my teacher is:



What I want to do...

Here you can write everything you want to do when you arrive.

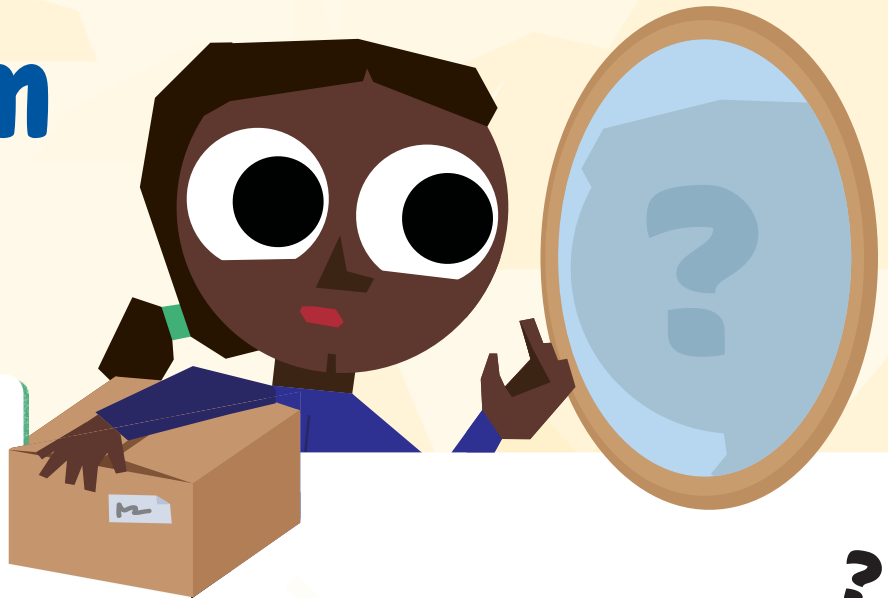
Perhaps you can check the internet or ask your parents or guardians.



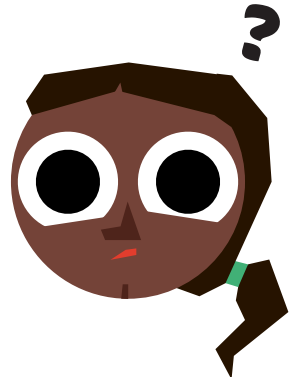
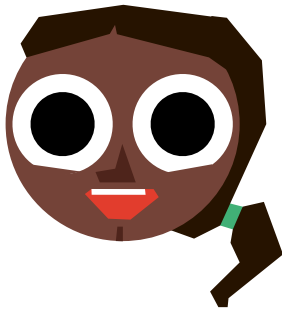
This is what I want to do:

☐☐☐☐☐☐☐☐

How I am doing...



Now that we are
in our new home
I feel:



I feel like this because...

One week in my life after return


Monday

Tuesday

Wednesday

Thursday





What does your day
look like? Write or draw
what you did in a day.

All the fun things
but also the not so
fun things!


Friday

Saturday

Sunday

Find the differences!





There are 6
differences!

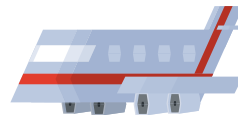
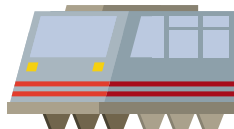
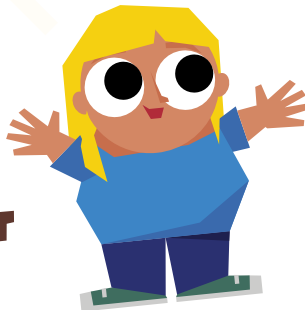
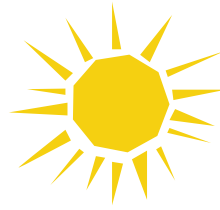


**Color in
the lines!**





You can use these
to make your
own story





For feedback on the books,
please contact us at:
frontex@frontex.europa.eu



FRONTEX



Plac Europejski 6,
00-844 Warsaw, Poland
T +48 22 205 95 00
F +48 22 205 95 01
frontex@frontex.europa.eu
www.frontex.europa.eu

© European Border and Coast Guard Agency, 2023

Book
TT-04-23-686-EN-C
ISBN 978-92-9467-784-6
doi: 10.2819/258616

PDF
TT-04-23-686-EN-N
ISBN 978-92-9467-789-1
doi: 10.2819/345338

This publication is for informational purposes only. Neither the European Border and Coast Guard Agency (Frontex) nor any person acting on behalf of Frontex is responsible for any possible misuse of the information contained within this publication.

**You can use these
to make your
own story**

