

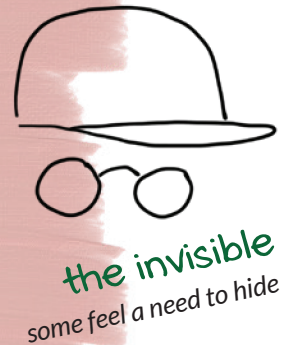
# 10 RECOMMENDATIONS FOR CHILDREN WHO MOVE BACK AFTER LIVING ABROAD



1. **Make sure to say a good goodbye to the place that you are leaving, as well as a good hello to all new things in Denmark. Ask your parents to help you with this!**  
*Make a farewell-book where your friends can write you small notes. Host a fare-well party.  
Maybe you can invite your new classmates to your house, so they can see where you live. Maybe you can serve some native food from the country you've lived in.*



2. **It is completely normal to react in different ways to moving back.**  
*Your reactions to moving may be completely different from your siblings', and that is normal.  
The amount of time it takes to feel at home in a new place differs from person to person, but often it takes quite a while. Remember that it gets better in time!  
You may feel the need to react in different ways. Some people need to shout as loud as they can, some feel a need to hide, and others just try to blend in and act like everyone else around them.*



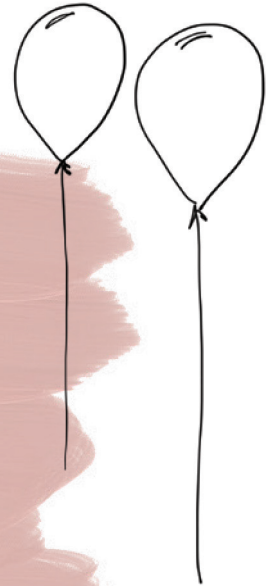
3. **Talk to someone about how you're feeling.**  
*Make a deal with your teacher, your parents, your aunt or another adult, that you can talk to them or text them when you experience something nice and when you're feeling sad. Sometimes it can be helpful to talk to someone who's not a part of your family.  
Tell a friend what it feels like to move to a different country.*

4. **Keep something in your room that can remind you of your former home and the memories from there.**  
*Collect a bunch of wonderful memories in a box and take it out on good and bad days to look at.  
Create a memory-shelf that you can show when you have guests.*



5. **Many children find that school in Denmark is very different from what they're used to.**  
*Make a deal with a teacher that you can tell him/her about the things in the Danish school that you think are nice, the things that are a bit weird, and the things that you don't understand.*





**6. Remember all the things you've learned after living in another country.**

*Most likely you've learned a whole bunch of things about different people, cultures and countries that make it easier for you to understand others.*

*In some classes you might be ahead of the other students, and in others you might be behind. Having to go to school in Danish can be a big adjustment, but it gets easier with time! Make deals with your teachers about how you can use your strengths and how you can get a little extra help when needed.*

**7. Accept that others might not understand your experiences but try to explain them anyway.**

*Show pictures or videos or from your old home.*

*Maybe your parents can come into the class and tell stories about your old home.*

**8. Friends are important for settling in.**

*Be curious about the others in your class. Everyone has a story, so try to figure out what you have in common. You might not share a lot of the same experiences but maybe you have some of the same feelings or interests.*

*Invite some of your classmates to your home. Join an after-school activity. Invite your neighbors' children over.*

**9. Remember to be yourself – you are good enough as you are!**

*Sometimes it can be difficult to figure out who you are when you've experienced so many different things.*

*Sometimes it can be tempting to change yourself in order to fit in.*

*Being who you are is enough. Everyone has different experiences and things they are good at.*

**10. Remember that who you are doesn't depend on where you're from.**

*You can be a whole person even though your heart is divided over all the places on the earth that you've called home.*

*You can have more than one home and more than one homeland.*

