

TD's Tips!

Sense of Belonging



What can I do?

1. Talk to a transition team member about activities and groups that you can join.
2. Once you find a group that interests you, join in on the fun!
3. Reflect on your group experiences with your family and transition team
4. Continue to connect with various groups and activities that interest you so you can build more friendships
5. Keep a journal of writing or images that explain how you feel after spending time with others doing activities. You might feel positive, neutral or negative about activities.

Pro Tip!

Reflections are important, but don't look at this as "homework." View it as a way of becoming more self-aware of your emotions and what makes you feel good or doesn't.

How about an ultimate challenge?

Find a trusted adult and share your reflections with them. Share at meetings how important it is for you to be involved in the things you enjoy and where you feel like you matter!



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This tip sheet is aligned to the "Relationships" lesson plan. You can search in the "resources" page on transitiondiscoveries.org to download it!