Support During Transitions

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A young adult begins a new study schedule.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Identify changes in roles, routines, and support needs during an ordinary household transition.

3. What expectation needs updating?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.