



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parent/Guardian:

The last ABC Program book this year for our 5th grade classes is *Who Moved My Cheese? for Kids* by Spencer Johnson, M.D. and Christian Johnson. You may have heard of the adult version of this book, which offers a positive way to view and adapt to changes in our lives. The children's version of this book is an excellent resource to help fifth-graders develop a positive approach to the changes they face as they prepare to move to middle school.

Who Moved the Cheese? For Kids is a simple story of four mouse friends named Sniff, Scurry, Hem and Haw. They live in a big maze looking for the thing that makes them happy—magical cheese. Once they find the cheese, it seems like it will last forever. But one morning, the cheese is gone and everything changes.

Who moved the cheese? Will it ever come back? Will the mice have to look for new cheese on unfamiliar paths and around corners they've never explored? The story helps children begin to view change as a good thing that leads to new opportunities.

Most fifth-graders are already thinking about going to middle school next year. Many kids are anxious about middle school, since its structure is so different from elementary school. For example, they will probably attend a larger school with many more students, and they'll change to different classrooms and teachers several times a day. These changes can be intimidating for even the most confident student.

Ask your child what they learned about handling change from Sniff, Scurry, Hem and Haw. Throughout the summer, keep talking about the important change coming up in their lives. Remind them that even though change can be unsettling (like it was for the mice), it can also be a good thing that opens the door to new and exciting opportunities. Consider adding *Who Moved the Cheese? For Kids* to your home library so you can enjoy reading with your child.

What you can do at home:

Sit down with your child and talk with them about the Pros and Cons handout they have filled out and discuss a plan of action to help with their transition.

Pros and Cons for Transition

Have your child fill out the chart below with his/her thoughts and feelings about transition. You can talk about coping strategies for these worries by reminding them of their ABC tools. In order to more easily accept change, it's critical to understand the issues you have as well as the emotion associated with each issue.

Students: Write down both pro and con issues and emotion pairs that you can think of. Then ask yourself, "Are there any other issues (and associated emotions) for me?"

Pro Reasons	Pro Feelings	Con Reasons	Con Feelings

Here are some ABC tools I can use to deal with the changes and my feelings:

1. _____
2. _____
3. _____
4. _____
5. _____