

# Strengthening Emotional Health - Resources

## To Make Emotional Connections as a Family:

**Games** to play together:

- o **Thoughts & Feelings: A Sentence Completion Card Game** by Bright Spots Games (available in two different volumes) are good conversation starters for kids and adults on various topics
- o **CBT 123: The Hilariously Fun Game that Empowers Kids & Teens to take Charge of their Thoughts, Actions and Emotions Updated Version** (card game)

**Movies** to watch together:

- o **Inside Out** from Pixar (2015) gives a good picture of various emotions that happen in a child's mind during moves and working through life experiences.

**Children's Books** to read together:

- o ***How Full Is Your Bucket? For Kids*** by Tom Rath & Mary Reckmeyer; there are several YouTube videos with this book being read aloud

## Workbooks/Activity Pages

- ***Emotional First Aid Kit*** by Marie Lang uses art therapy activities to address MK related topics. It is sold through the Book Patch here: <https://www.thebookpatch.com/BookStore/emotional-first-aid-kit/7b7bd31a-8370-4e82-9eb8-eba09e5d36a2>
- ***Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger*** by Janine Halloran
- ***Coping Skills for Teens Workbook: 60 Helpful Ways to Deal with Stress, Anxiety and Anger*** by Janine Halloran

## Emotional Support Stuffed Animals:

- These stuffed animals were designed by an education consultant to help MKs/TCKs with special needs, but may be helpful for any child going through transitions. Shop at <https://www.etsy.com/shop/ESATherapyDogs>

## Websites/Podcasts:

- **Axis Connecting Parents, Teens and Jesus in a Disconnected World** [www.axis.org](http://www.axis.org)  
Current trends/info for youth culture
- **Michele Phoenix website:** <https://michelephoenix.com> Blog, resources and “Pondering Purple” podcast on TCK topics
- **TCK Resources** <http://tckresources.com> Books, videos and websites for TCKs
- **Interaction International** <https://interactionintl.org> Online connection groups, retreats and resources
- **Podcasts: “Resiliency”** by Antioch Ministries International  
<https://anchor.fm/antioch-resiliency>
- **Connected Families** <https://connectedfamilies.org> Resources for parenting

## Counseling and/or Debriefing Opportunities for Families and Individuals

- **Mission Training International** <https://www.mti.org> Debriefing for families & children
- **Global Trellis** <https://globaltrellis.com/> Self-paced debriefing courses done on your own with opportunities for group interaction on Zoom
- **TCK Counseling Network:** <https://www.tckcounseling.com> A network of faith-based, licensed counselors who were TCKs themselves
- **TCK Training:** <https://tcktraining.org> Training in debriefing

## Books:

- ***The Ruthless Elimination of Hurry: How To Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*** by John Mark Comer
- ***The Grief Tower: A Practical Guide to Processing Grief with Third Culture Kids*** by Lauren Wells

- ***The Pandemic Population: Eight Strategies to Help Generation Z Rediscover Hope After Coronavirus*** by Tim Elmore
- ***Raising Up a Generation of Healthy Third Culture Kids*** by Lauren Wells
- ***The Five Love Languages of Children*** by Gary Chapman, PhD and Ross Campbell, MD (Teen version, too)
- ***Belonging Everywhere & Nowhere: Insights into Counseling the Globally Mobile*** by Lois Bushong
- ***Sustain in Stress - 8 Tips for Success*** from Valeo (free eBook) at <https://www.valeo.global>
- ***I Have to Be Perfect and Other Parsonage Heresies*** by Timothy L. Sanford
- ***The Pastor's Kid Finding Your Own Faith and Identity*** by Barnabas Piper
- ***How to Talk So Kids Will Listen & Listen So Kids Will Talk*** by Adel Faber

## **Transition Seminars/Opportunities for TCKS (various ages)**

- **Interaction International offers in-person and virtual options:**  
<https://interactionintl.org/programs/transition-seminar/>
- **Barnabas International offers in-person options:**  
<https://www.barnabas.org/member-care/events/mk-transitional-seminar>
- **Narramore Christian Foundation offers in-person options:**  
[https://ncfliving.org/what\\_we\\_do/mk-reentry-seminar.html](https://ncfliving.org/what_we_do/mk-reentry-seminar.html)
- **MORE Network in Canada offers in-person options:**  
<https://more.outreach.ca/What-We-Do/Retreats/ReBoot>