

10 Tips For Moving Out (And Into A New Home)

1. Think of moving as a good change

Moving out of one house into another is a very big move and it is okay to feel sad and afraid, but remember that change is not always a bad thing. Although you might leave some things behind when you move, you will also find new things for sure. Just as birds need to fly up high to see the clouds and seeds need to grow out of the ground to become tall trees, think of moving as part of your adventure and know that there are wonderful, new things waiting for you.

2. Let Mom and Dad help you

Chances are you're not the only one sad about moving. Your Mom and Dad are, too, so talk to them. Ask them to tell you why you are moving and where you are going. Tell them, too, how you feel. Together, you can make moving more fun.

3. Make goodbye cards for your friends

Say goodbye to your friends and other people you'll be leaving behind by making cards for them which you can give to them yourself before you move. You can draw a different card for each person with their favorite things on it or you can make the same card for everyone with your favorite drawing - and don't forget to put your name - so everyone can remember you.

4. Bring pictures

Ask your Mom or Dad to take pictures of you with your friends and even pictures of your old home and your old room. This way, you will bring them all with you and you can smile whenever you look at the pictures.

5. Take your favorite things with you

Do you have a favorite book? A favorite toy? A favorite drawing? Or a favorite pillow? Don't leave any of your favorite things behind. These are all things that can help you feel less alone in your new home so be sure to take them with you.

6. Explore the new house

When you arrive at your new house, take time to look around. Look inside every room. Go up to the attic or down to the basement. Look out the window. Run in the yard. See if you can find anything special about the new house. This is your new home so make yourself right at home.

7. Fix up your room

You can make your new room look like your old room so you won't feel as if you've moved at all, or you can take the chance to fix up your new room in a whole new way. Fix it up anyway you want with the help of Mom and Dad. It's your new special place.

8. Be open to new things

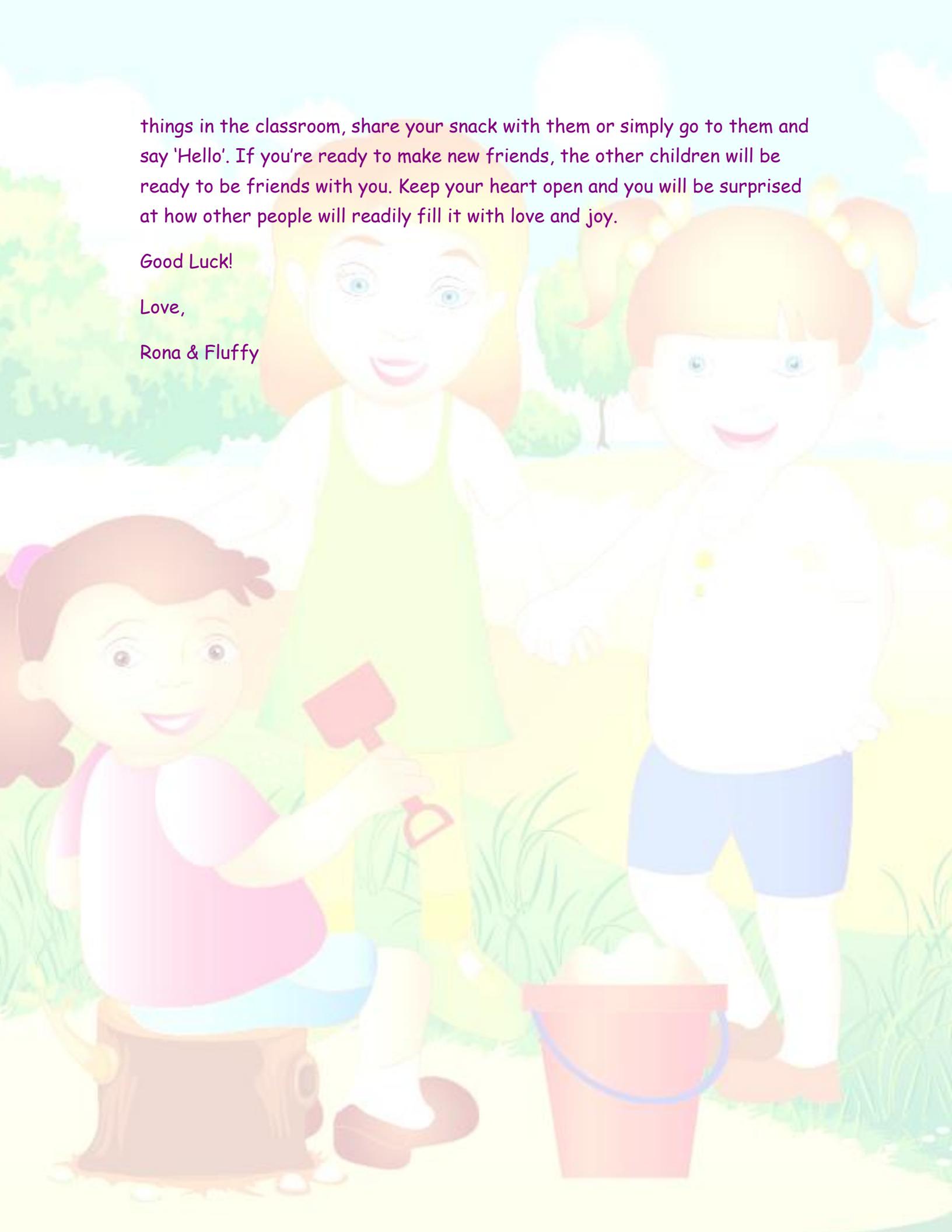
When you're sitting by the window or lying in your bed, you might keep thinking about your old home. That is okay, but remember to also make room in your mind and in your heart for the new things that are waiting all around you. If you keep thinking about the old things, you won't have any place to put the new things in.

9. Learn to send letters

Ask your Mom and Dad to teach you how to send letters to your friends at your old home so you can stay in touch with them. With letters, you won't feel very far from old friends.

10. Make new friends

Now that you're in a new place, it's time to make new friends. Put on a smile as you go near the other children. Help them out while they are fixing



things in the classroom, share your snack with them or simply go to them and say 'Hello'. If you're ready to make new friends, the other children will be ready to be friends with you. Keep your heart open and you will be surprised at how other people will readily fill it with love and joy.

Good Luck!

Love,

Rona & Fluffy