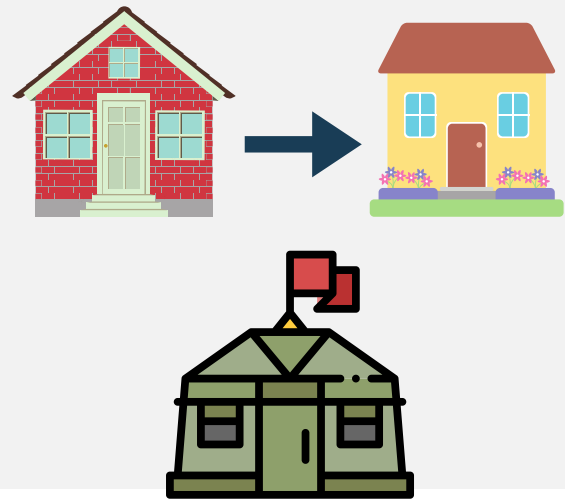


Moving to a New Place

Sometimes my family might need to move to a different home. If someone in my family is in the military, I may have to do this a few times.



When it is time to move to a new home, I might feel a little nervous or sad.



I also might feel frustrated if I do not want to move to a new home.



If I have any of these feelings, I can take deep breaths to calm down. I can also talk to someone about how I am feeling.



When my family gets ready to move, they will start putting our things into boxes. This makes it easier to move.



I can help by putting some of my things into boxes, too.



Moving to a New Place

When things are put in boxes, I should leave them there. I might feel frustrated if I cannot use my things for a few days.



Sometimes the boxes will be put on a big truck. Sometimes they will go in a car.



The boxes will all be taken to the new home.



When we get to the new home, I can start to take things out of the boxes.



I can decorate my new room and make it look like I want. This is exciting and fun!



I can also explore new places and meet new people when I move!

