Going to a New School



I am going to a new school. I feel lots of different ways about it. I might feel sad. I might feel scared. I might feel happy.

  

It is okay to let myself feel all these things because I will still be safe. Even though some things will change, some things will stay the same too.



**It is okay to feel the way I do.**

I will still have my family.

(insert picture/drawing of family)

I will miss my friends at \_\_\_\_\_\_\_\_\_, (insert pictures of friends).It is okay to feel this way.

I will make new friends at (name of school)

I will still take a bus to school. 

I will still have my own desk. 

I will still get to eat my favorite lunch foods!

(insert favorite lunch foods)

  

I will still have gym and recess!



I will still be able to use the computer!

![http://t0.gstatic.com/images?q=tbn:4LD4vNRi1acYyM:http://www.hudsonlibrary.org/Hudson Website/Computer Lab/MPj04100840000[1].jpg]()

**It is okay to feel the way I do.**

I will still have my dreams!

(insert picture/drawing of favorite place/things to do/etc

**It is okay to feel the way I do.**

It’s okay to feel sador scared

 but when I start to feel **too upset** I can think about all the things that make me feel happy and safe.

I can think about all the things that stayed the same even though I moved to a new house.

    

**It is okay to feel the way I do.**

