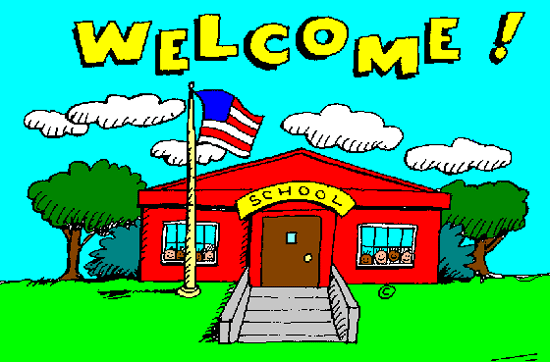
Going to a New School



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.

[](http://images.google.com/imgres?imgurl=http://i58.photobucket.com/albums/g243/x_vampiress_x/Spongebobcrying.jpg&imgrefurl=http://www.myspace.com/lilbullet13&usg=__LjSSKNYOIVblRNNqZpxBv5Em0Vc=&h=235&w=336&sz=18&hl=en&start=1&tbnid=wUzIRTg4ew5LPM:&tbnh=83&tbnw=119&prev=/images?q=spongebob+crying&gbv=2&hl=en)  [](http://images.google.com/imgres?imgurl=http://th07.deviantart.net/fs31/300W/f/2008/191/1/5/Patrick_Star_from_Spongebob_by_LxgShaka.png&imgrefurl=http://lxgshaka.deviantart.com/art/Patrick-Star-from-Spongebob-91226830&usg=__KkjL2864p_8nHZsyT6S7LadgUVw=&h=437&w=300&sz=24&hl=en&start=159&tbnid=2_kep1SBQ6rTdM:&tbnh=126&tbnw=86&prev=/images?q=spongebob+characters+sad&gbv=2&ndsp=18&hl=en&sa=N&start=144)

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.

[](http://images.google.com/imgres?imgurl=http://chir.ag/calm-down/calm-down-intro.jpg&imgrefurl=http://chir.ag/calm-down/0&usg=__8FTkeuL7LmhZf0Qw-GDwUGet9Yk=&h=600&w=800&sz=88&hl=en&start=2&tbnid=mWKs2xMHuaSeGM:&tbnh=107&tbnw=143&prev=/images?q=calm+down&gbv=2&hl=en)

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

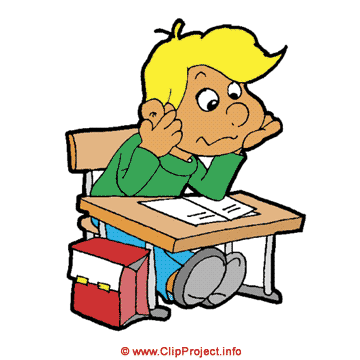
I will still have my family.

(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)

[](http://images.google.com/imgres?imgurl=http://www.betterschoolfood.org/media/newsletters/080929_files/visual_editor_preview_data_002/75.jpg&imgrefurl=http://www.betterschoolfood.org/media/newsletters/080929_files/visual_editor_preview_002.html&usg=__NKKg9rbNFAf1H4i55dWDvzjEytI=&h=289&w=264&sz=9&hl=en&start=2&tbnid=YnLvq6yyfMxcpM:&tbnh=115&tbnw=105&prev=/images?q=chicken+nuggets&gbv=2&hl=en) [](http://images.google.com/imgres?imgurl=http://www.igda.org/huntsville/pizza-page.jpg&imgrefurl=http://www.igda.org/huntsville/archives/2007/aug/index.html&usg=__TG3O2u7x-s9rwE8OxEkOC6yQY-U=&h=704&w=803&sz=36&hl=en&start=1&tbnid=JwNmPCnhYAgJ1M:&tbnh=125&tbnw=143&prev=/images?q=pizza&gbv=2&hl=en)

I will still have gym and recess!

[](http://images.google.com/imgres?imgurl=http://images1.fanpop.com/images/photos/1500000/Spongebob-spongebob-squarepants-1595658-1024-768.jpg&imgrefurl=http://www.fanpop.com/spots/spongebob-squarepants/images/1595658/title/spongebob&usg=__m36g2oZ4zLZi0yENU-2At9E56To=&h=768&w=1024&sz=653&hl=en&start=59&tbnid=lLh8oUc8gwktLM:&tbnh=113&tbnw=150&prev=/images?q=spongebob&gbv=2&ndsp=20&hl=en&sa=N&start=40)

I will still be able to use the computer!

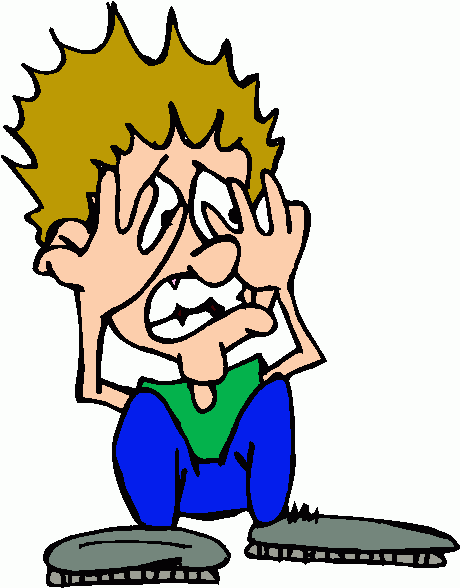
[](http://images.google.com/imgres?imgurl=http://www.hudsonlibrary.org/Hudson%20Website/Computer%20Lab/MPj04100840000%5b1%5d.jpg&imgrefurl=http://www.hudsonlibrary.org/Hudson%20Website/Computer%20Lab/complab.htm&usg=__A90Ujs5ruEDSKcMqWFs1NAtYWms=&h=1024&w=965&sz=84&hl=en&start=8&tbnid=4LD4vNRi1acYyM:&tbnh=150&tbnw=141&prev=/images?q=computer&gbv=2&hl=en)

**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.

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

[](http://images.google.com/imgres?imgurl=http://www.nick.com.pl/img/33/198/_1600x1200/86_spongebob_1024x768.jpg&imgrefurl=http://www.vis.hk/index.php?page=search/images&search=spongebob&type=images&usg=__8HWz9hvwsuZmSgHRnD6gqKzvbys=&h=1200&w=1600&sz=1525&hl=en&start=62&tbnid=i1N0Xx7KgBlg3M:&tbnh=113&tbnw=150&prev=/images?q=spongebob&imgsz=l&imgtbs=z&gbv=2&ndsp=18&hl=en&sa=N&start=54)