**MOVING TO A NEW HOUSE**

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

Insert facial expression of SIA character **Happy**

Insert appropriate facial expression of **scared** of child’s Special Interest Area (SIA) – (example –Spongebob)

Insert appropriate facial expression of **sad** of child’s Special Interest Area (SIA) – (example –Spongebob)

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.

I will make friends at my new school. They can come to my new house.

I will miss my old friends and school but **it is okay to feel the way I do.**

I will still get to eat my favorite foods!





Paste child’s favorite foods

I will still get to watch my favorite show!

**[INSERT IMAGES OF CHILD’S FAVORITE TV SHOW]**

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 be able to go to my favorite place.

**[Insert Child’s favorite place to visit]**

 

I will still have my dreams! **[INSERT Child’s favorite ‘dreams’]**



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

It’s okay to feel sad or scared but when I start to feel **SAD** 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.





 

**[INSERT Child’s favorite items above]**

I can do other things to make me feel good! **I can:**

Ask my Mom for a hug or squeezes.

Color in my Sponge Bob coloring book.

Draw a picture of my Sponge Bob [**INSERT your child’s SIA]** friends.

When I do these things, my Mom will feel better too.

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

**[INSERT PIX of your child’s SIA]**

