My Moving Map

Moving is a big change. All of my feelings about it are okay.

Name: _____ **Date:** _____

1 How I feel about moving

Tick all that fit. Lots of kids feel two things at once

- ☐ Excited
- ☐ Sad
- ☐ Worried
- ☐ Angry
- ☐ Curious
- ☐ Mixed up
- ☐ Tired
- ☐ Okay

2 My questions about the move

Tick the ones I want to ask my grown up

- ☐ Why are we moving?
- ☐ When do we move?
- ☐ Where will I sleep?
- ☐ Will my stuff come?
- ☐ What is my school like?
- ☐ Can I see old friends?
- ☐ Will pets come too?
- ☐ What will stay the same?

3 What I will miss and what I will keep

It is okay to miss things

Something I will miss: _____

Someone I will miss: _____

Something coming with me: _____

A way to keep in touch: _____

4 My new place

Things I want to find out and look forward to

Three things I want to find out: _____

Something I am looking forward to: _____

One thing I want in my new room: _____

Draw my new room, my new home or a favorite thing I am bringing:

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My Moving Plan

A plan for before, during and after the move. We made it together.

Name: _____ **Date:** _____

1 My goodbye plan Before the move

People I want to say goodbye to: _____

A place to visit one more time: _____

How I will keep in touch: _____

My special box will hold: _____

2 Things that help me feel settled Tick the ones that help

- ☐ Same bedtime
- ☐ Favorite toy close
- ☐ Unpack my room first
- ☐ Explore the new area
- ☐ Call an old friend
- ☐ Join a club or team
- ☐ Visit the new school
- ☐ Talk about feelings

3 My first week Tick or color a box each day it happened

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tried something new	☐	☐	☐	☐	☐	☐	☐
Said hi to someone	☐	☐	☐	☐	☐	☐	☐
Kept in touch	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper Change is easier with warning, choices and routines

Tell children early and honestly why you are moving, and keep bedtime, meals and family rituals the same where you can.

Expect mixed feelings and some clinginess or regression. Listen and name the feeling instead of talking a child out of it.

Share school records early and ask the new school for a welcome meeting, a buddy and a check in with the school counselor.

Weeks of withdrawal, falling grades, sleep or appetite changes? Talk with your pediatrician or school counselor. Crisis: 988. Danger: 911.

Adult notes: what is helping, date to check in again

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