

Kimberly remembers the day her parents told her they were getting a divorce. She was upset. But if that wasn't bad enough, she found out she was moving. Not only was Kimberly going to have one less parent in the house, she was leaving her friends!

Jake's Dad has been offered a new job and Jake must leave his home, friends and the school he loves. The new job is in the city...in another state! Jake feels like moving will ruin his life. He will never have the kind of friends he has now. He's certain!

Kimberly and Jake are just two of many kids who will find out they must move. Some moves are easier. You may move from one street to another, from one neighborhood to another. Other moves are much harder. You may be moving to a new town, city or state! Some kids move to other countries because their parents serve and protect our country.

Moving can be exciting and scary at the same time. You may feel really bad about moving but become excited when you see your new house (and much larger room!). You may feel good about the move and then suddenly remember you can't take your friends. It's okay to feel happy one minute and sad the next. And you know what? It's okay to be mad. After all, change is not easy!

Have you ever seen pictures of "mixed-up" animals? A cow may look like a cow until you see the back-end and then discover she has fish fins and a fish's tail. You may feel a lot like a "mixed-up" animal. You may feel that half of you is ready to move and half of you is not; one half is excited, the other sad. Just keep these things in mind:

- Tell someone how you are feeling. Write down questions and ask your parent or parents to sit down to talk about your fears, worries or concerns.
- If you have a computer, or one at school you can use, find out as much as you can about where you are going.
- Ask for a journal notebook or an address book. Write down the address, telephone number and email addresses of your friends. Oh, and take a lot of pictures so you can place them in your new room.
- It will take time to unpack boxes. You may put your favorite things in one box and write on the top, "My Stuff." Unpack this box when you get to your new house and find your room. You will feel better when you have special things around you.

Just Think About It!

Five BAD things about moving!

1. _____
2. _____
3. _____
4. _____
5. _____

Five GOOD things about moving!

1. _____
2. _____
3. _____
4. _____
5. _____

