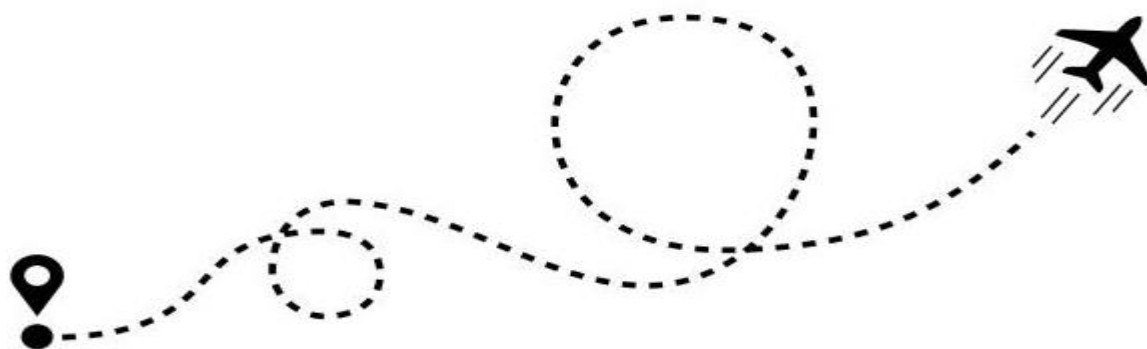


Your Adventure Starts Here



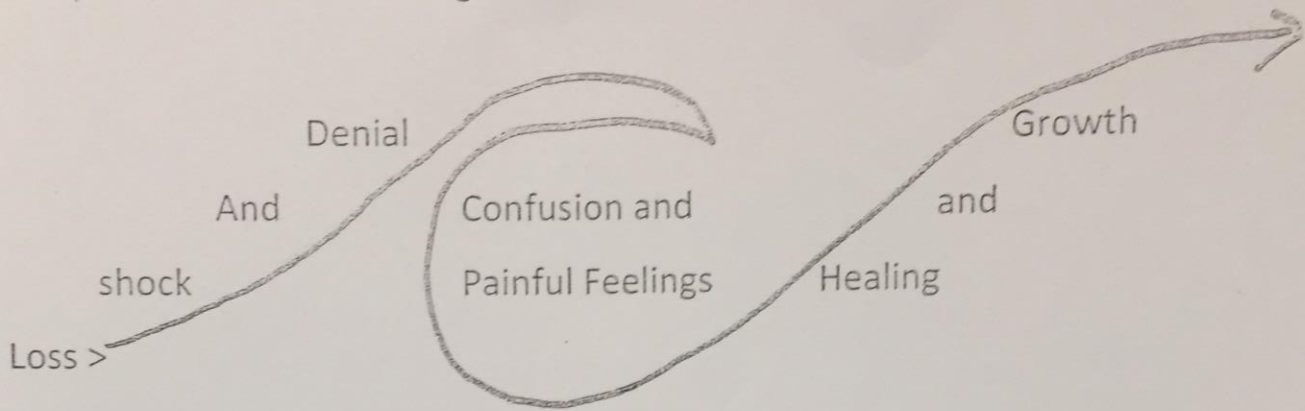
This is an exciting time in your life. Lots of things are about to change and you are going to begin a new adventure. You will see lots of amazing things and meet lots of great people. This booklet has been made to give you some information and to help you on this journey.

Change is natural. It can make us have mixed feelings, but change is okay. It happens all around us all the time. Draw the stages of a butterfly. The butterfly goes through many changes during its life.

<p>Egg</p>	<p>Caterpillar</p>
<p>Cocoon</p>	<p>Butterfly</p>

Change Creates Loss

The pain from loss is called grief.

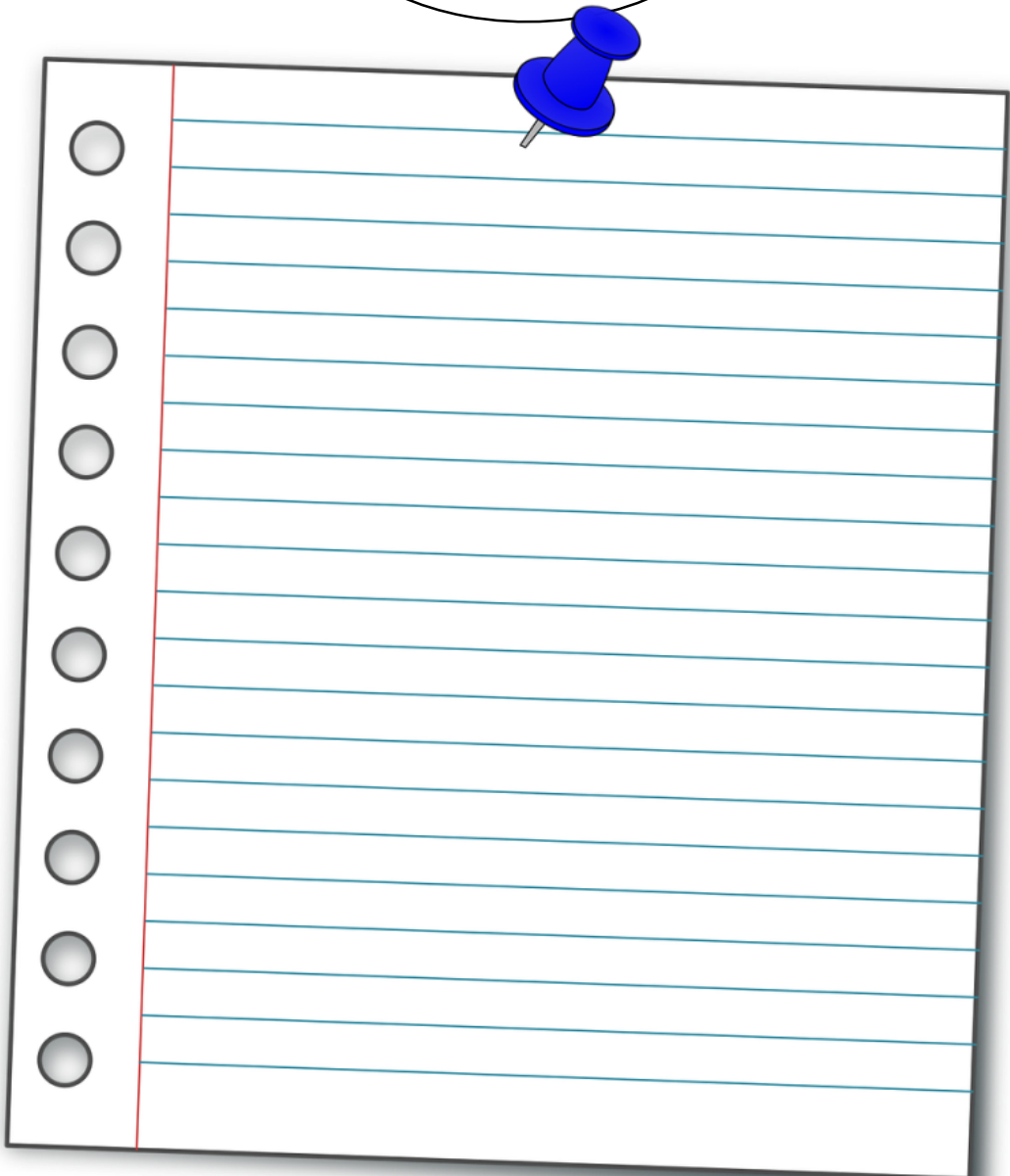


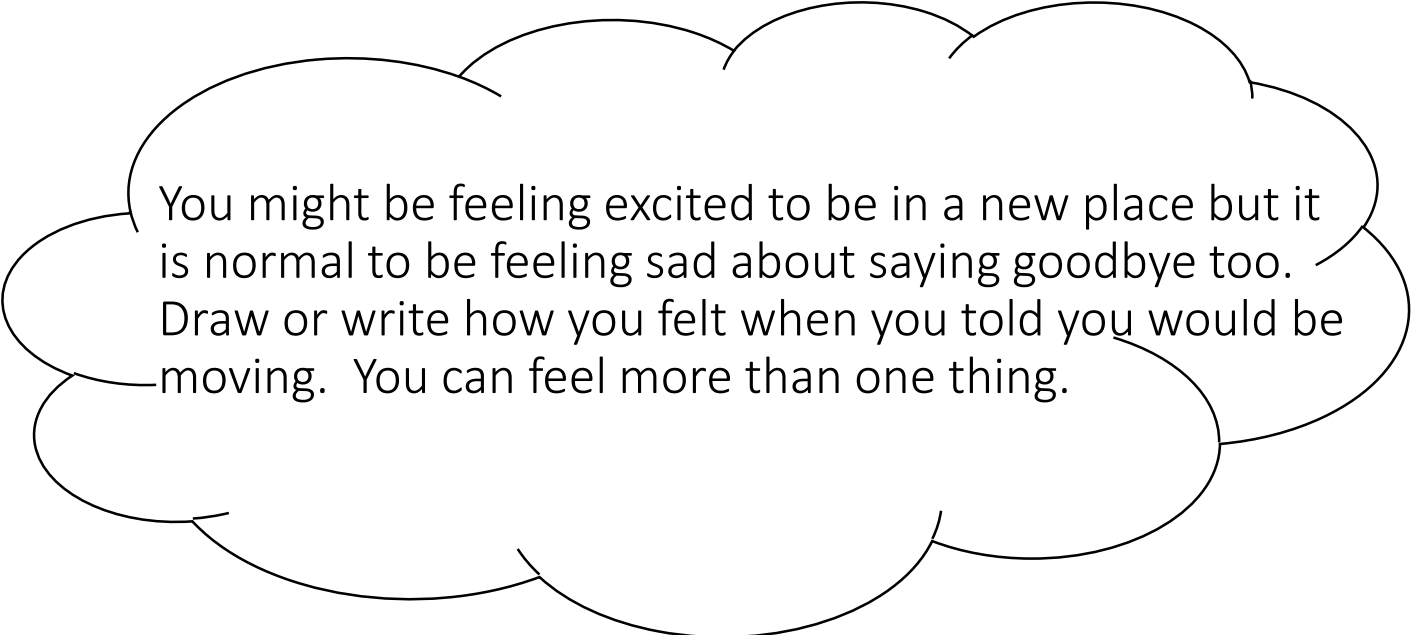
Grief comes and goes like waves in the ocean.



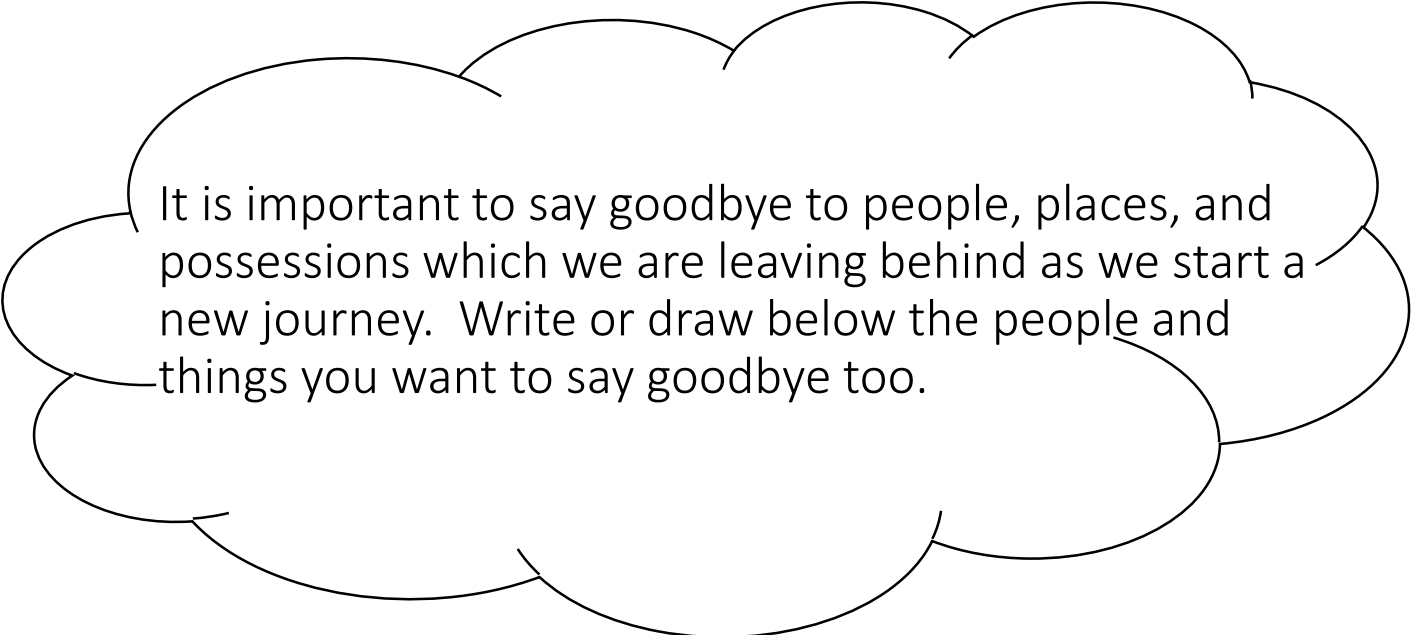
There will be stormy and calm times!

Your life will definitely change during this transition. However, although change can sometimes be scary, it can also be exciting and amazing. Things are changing all around us all the time even when we don't notice it. How many things can you think of that are always changing?



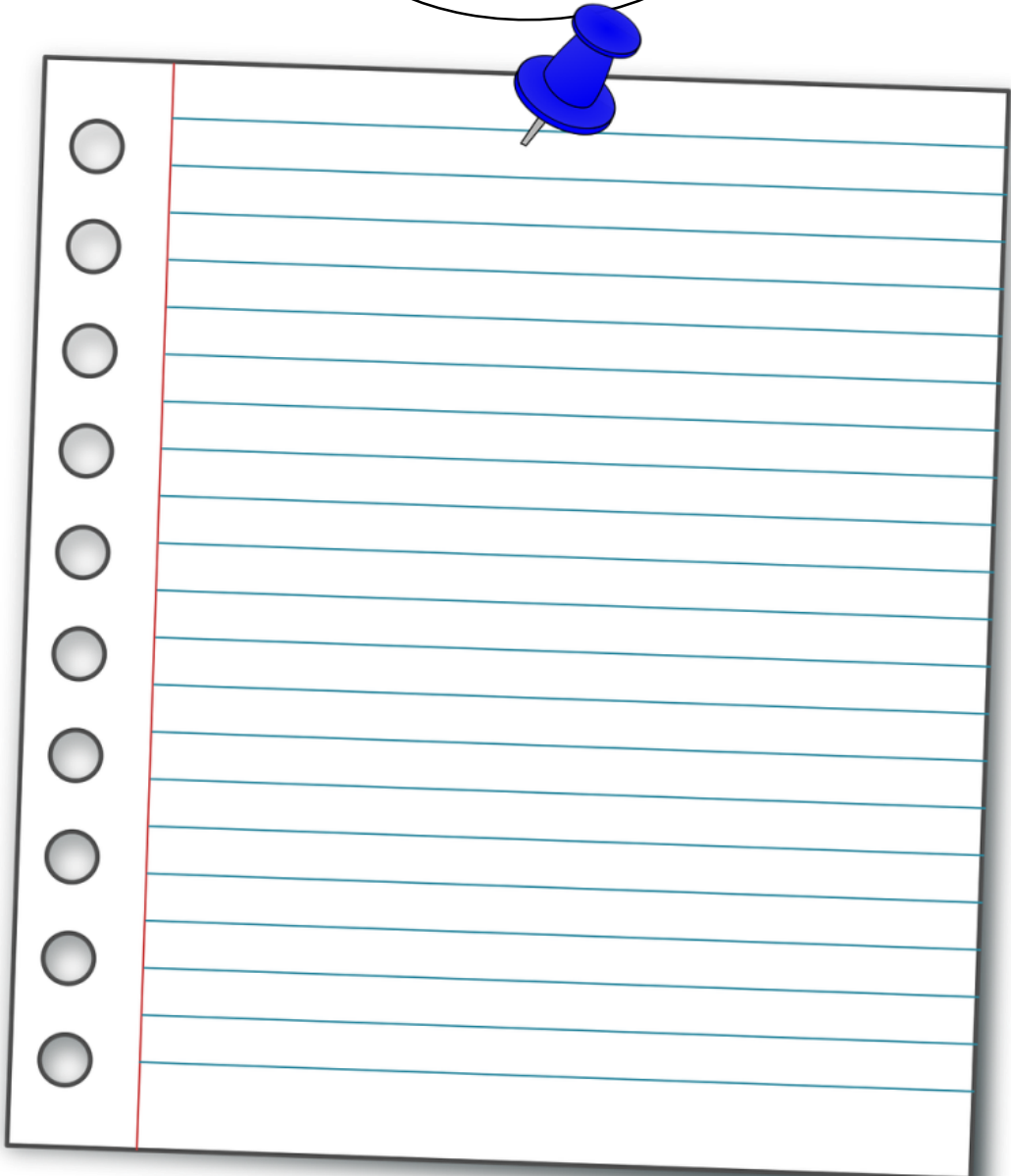


You might be feeling excited to be in a new place but it is normal to be feeling sad about saying goodbye too. Draw or write how you felt when you told you would be moving. You can feel more than one thing.

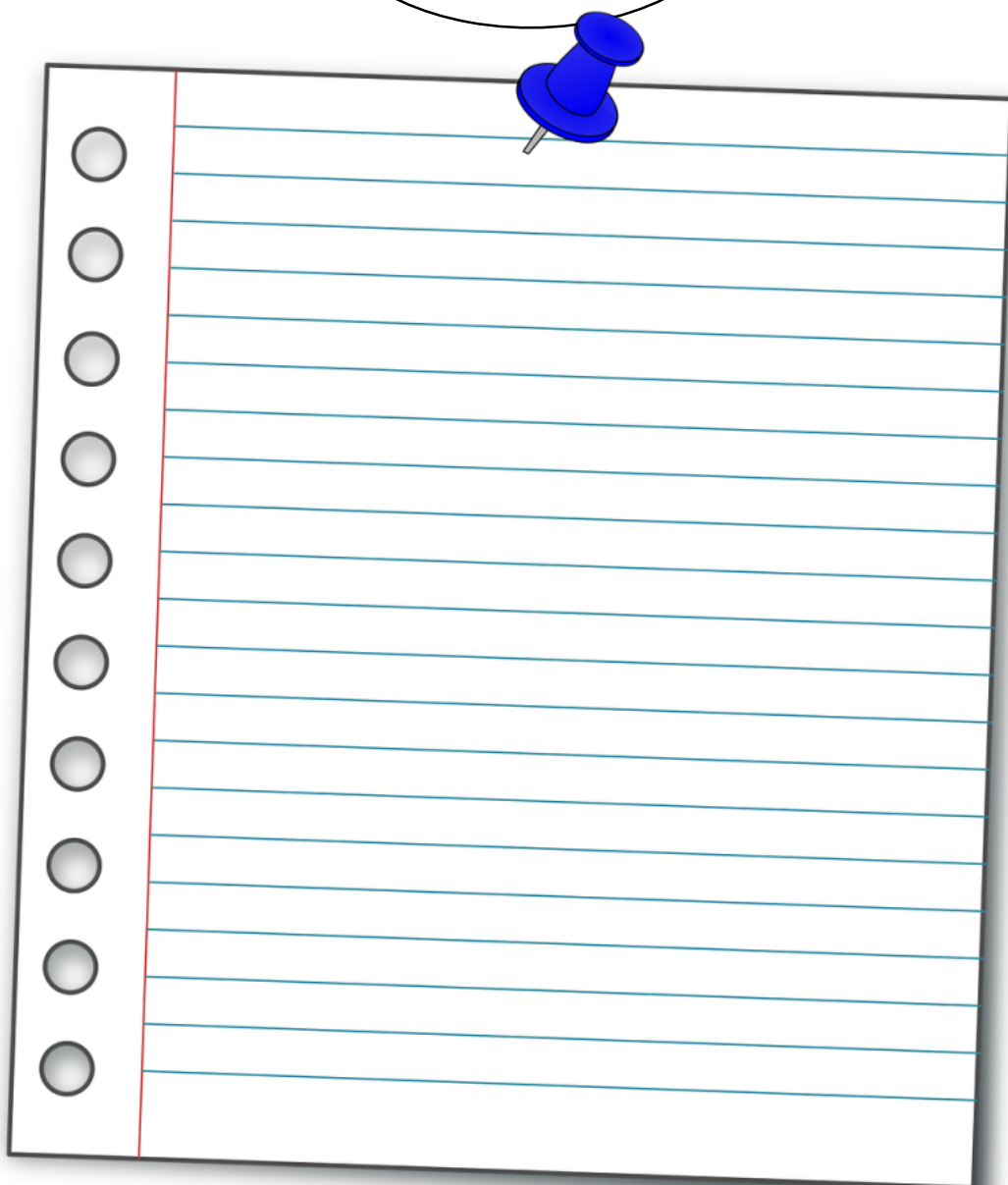


It is important to say goodbye to people, places, and possessions which we are leaving behind as we start a new journey. Write or draw below the people and things you want to say goodbye too.

It can be hard to say goodbye to people. However, it's good to know that it's so easy to now to keep in touch with friends in other places. Write down the names of some of the people that you plan to keep in touch with.

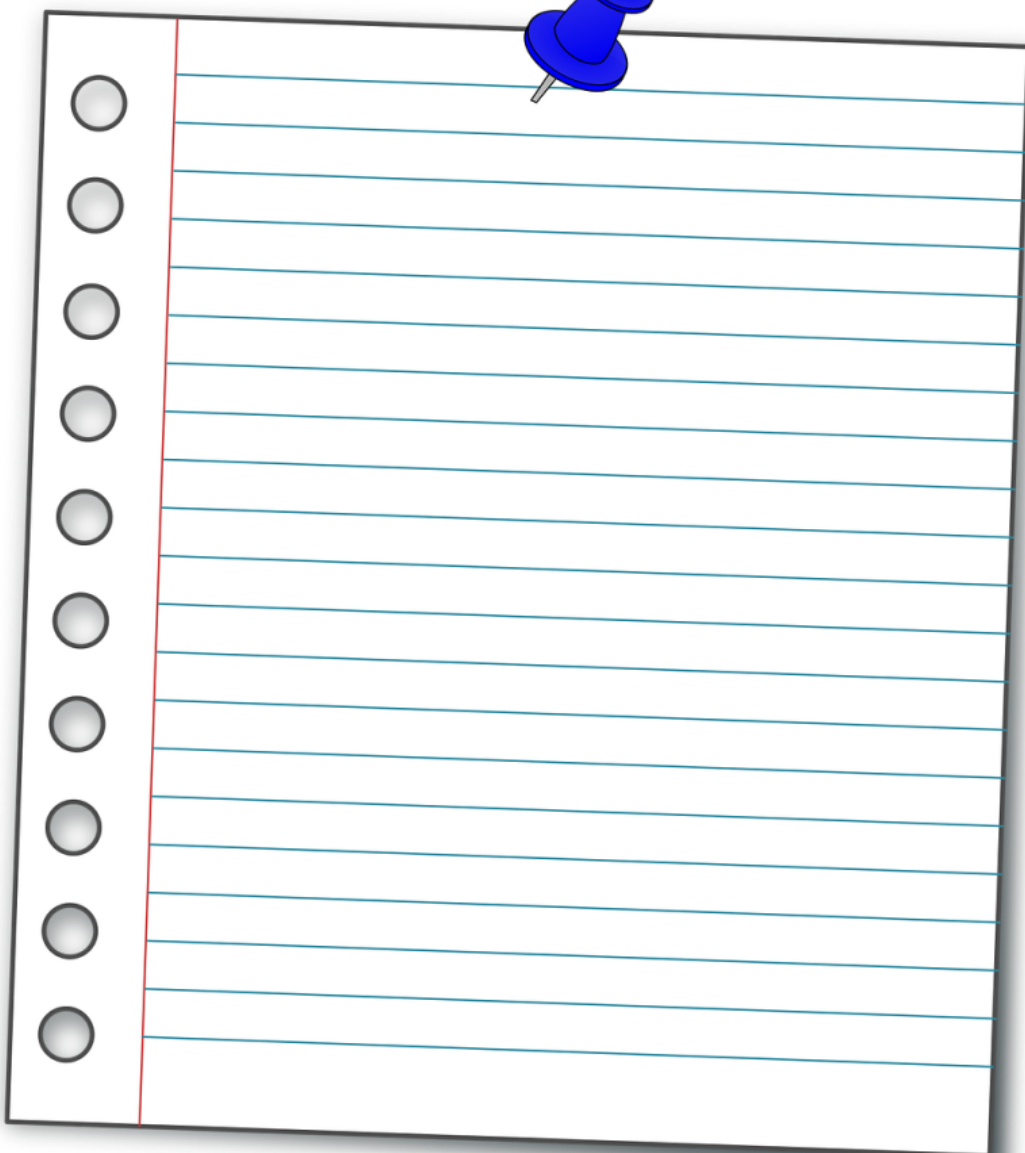


Are there things about the place you are leaving that you will miss? Write them down below.



A sheet of lined paper with a vertical red margin line on the left side and ten circular punch holes along the left edge. The rest of the page is filled with horizontal blue lines for writing. A blue pushpin is pinned to the top edge of the paper.

We often wonder or have questions during big changes. What are some things you're wondering about or have questions about? Write them below and discuss with an adult.



A sheet of lined paper with a red margin line on the left side and ten circular punch holes along the left edge. The paper is pinned to the top center with a blue pushpin. The rest of the page is filled with horizontal blue lines for writing.



What are some of your favorite memories from the place you are leaving?