

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Adjusting to Change: Moving to a New Place

Moving can bring a mix of emotions—excitement, stress, sadness, and hope. This activity will help you think about the changes and find ways to handle them.

### Instructions:

1. Write down positive and negative thoughts about moving.
2. For each idea, write a simple plan to help you cope or take action.
3. Be honest—there are no right or wrong answers.

### Positive Side (What Could Be Good?)

What I Might Gain	My Plan to Make It Happen

### Challenging Side (What Might Be Hard?)

What I'm Worried About	My Plan to Handle It

### Reflection Questions

What are you most excited about in your new place?

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What worries you the most?

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Who can help support you during this change?

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