



LIFE MOMENTS · CHANGES

We're Moving!

Story, new home map, special box, and goodbye cards · ages 3 to 7



1

story to
read together

1

new home
map

12

special box
items

4

goodbye
cards

Child's name: _____

For parents and teachers

For children, moving is exciting and scary at the same time. They cope best when they **know what's going to happen, help with small decisions**, and have a way to say goodbye. Where the text says "house", read "apartment" if that fits.

How to use the pages

- p. 2 Story:** read it several times in the weeks before the move and talk about feelings.
- p. 3 Countdown and goodbye:** color one house a day until the move and draw a favorite spot in the old home.
- p. 4–5 Special box:** the child chooses what goes in their box and sticks on the "open first" label.
- p. 6–7 New home map:** draw the floor plan together, add the stickers, and explore the new neighborhood.
- p. 8 Goodbye cards** to give to neighbors, friends, or teachers.

Helpful tips: keep sleep and meal routines, pack the child's room last in the old home and set it up first in the new one, and bring the special box in the car with you, not on the moving truck. Tears and setbacks in the first few weeks are common and usually pass.

2

Our move

A story to read together, slowly, in the weeks before the move.

We're moving on: _____

1



My family is moving.
We're going to live in a
new home.

2



Before the move, we pack
our things in boxes. I can
help!

3



My toys go in a box. They
won't disappear: they're
coming with us.

4



I might feel happy,
sad, or scared.
That's okay. I can
tell someone.

5



I say goodbye to our old
home and our neighbors.
I can take photos and
give a card.

6



On moving day, a truck
takes our things. It's a
very busy day!

7



In our new home, I
open my special
box first. My things
are in there.

8



Little by little, I get
to know the
neighborhood and
make friends. The
new house
becomes my home.

3

Countdown and goodbye

Color one house each day. When you reach the truck, it's moving day!

Name: _____

Date: _____



days left



days left



days left



days left



days left



days left



days left



days left



days left



days left



days left



days left



days left



day left



Moving day!

Start coloring when there are 14 days left (or fewer!)

Goodbye, old home!

Draw your favorite spot in the old home

I'm going to miss:

Goodbye photos:

- ☐ my room
- ☐ our front door
- ☐ my favorite corner
- ☐ the neighbors



4

My special box

Choose what goes in your box. It's the first one opened in the new home!

Name: _____

Date: _____



☐



my stuffed animal

☐



my blankie or lovey

☐



pajamas and tomorrow's clothes

☐



toothbrush

☐



my favorite book

☐



my favorite toy

☐



a flashlight

☐



a snack

☐



my cup

☐



a family photo

☐



crayons and paper

☐



cozy socks

Other things I want to bring:

☐ _____

☐ _____

Important: the special box rides in the car with the family, not on the moving truck. That way, on the first night, everything your child needs is right there.

5

Box labels

Color, cut out, and tape onto the boxes. Your child can help choose!



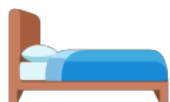
OPEN FIRST!

Special box of: _____



OPEN FIRST!

Special box of: _____



My room



Toys



Books



Clothes



Kitchen



Bathroom



Living room



Fragile!

Make your own label:

room name

room name

room name

room name

✂ cut along the dotted line



6

Map of our new home

With a grown-up, draw the rooms. Then add the stickers from page 7 and color!

Name: _____ Date: _____

Tip: each room is a rectangle. Write its name inside.

My room is next to the: _____

What I most want to see in the new home: _____

7 Stickers and new neighborhood

Cut out the stickers and glue them on the map. Then explore the new neighborhood!



✂ cut out the stickers

Exploring the new neighborhood

Take a walk with your family and check off what you find.

 a playground ☐ found it!	 a bakery ☐ found it!	 a school ☐ found it!
 a grocery store ☐ found it!	 a big tree ☐ found it!	 a dog ☐ found it!
 a new neighbor ☐ found it!	 a bike ☐ found it!	 a sports court ☐ found it!

My favorite place in the new neighborhood is: _____



8

Goodbye cards

Color, write (or ask a grown-up to help), and give them to people you care about!



Bye, neighbor!



To: _____

a drawing for you

I'll think of you when: _____

Love, _____



I'll miss you!



To: _____

a drawing for you

I'll think of you when: _____

Love, _____



Thanks for everything!



To: _____

a drawing for you

I'll think of you when: _____

Love, _____



Bye, neighbor!



To: _____

a drawing for you

I'll think of you when: _____

Love, _____



For grown-ups: if you'd like to stay in touch, write a phone number or email on the back yourself. Share the new address only with people you trust.