

## How to use this Moving Journal

Moving is a big change! It is also a unique opportunity to learn positive ways for getting through big changes. This Activity Journal provides opportunities for children and families to transition to a new home through exploring, creating, getting organized, planning, researching, helping, working together, sharing feelings, and most importantly, *having fun!*

### Each person can keep his or her own journal...

- For older children who want to explore independently;
- For children who prefer to complete projects by themselves or journal privately;
- For children who want their own moving scrapbook to save for years to come.

### Or, everyone moving can share one journal.

- For younger children who need some extra help;
- For children who prefer to work on projects together;
- For families who are moving soon and want to complete the journal quickly by working together. (Each person can use his or her own color pen or pencil to show which journal entries belong to him or her.)

### What parents can do:

- **Open up communication:** Ask your child to share his or her journal entries and activities, then talk about your own thoughts and feelings too.
- **Empower young movers:** Encourage and reward your child's help, exploration, and discovery.
- **Facilitate your child's transition:** Offer as much help as needed, while letting your child work independently as he or she is willing and able.
- **Help make moving fun and creative:** Use this Activity Journal!

## Adaptable to Different Ages

### Young Readers, Young Adults, and Up

- Considering providing a Moving Journal for each of your older children or for young adults who are moving.
- Allow your older child to journal independently, yet encourage your child to talk with you about his or her journal entries and activities.

### Early Readers

- Encourage your child to work as independently as he or she is willing and able, answering questions and guiding your child as needed.
- Browse the activities for those which your child will be most successful working on with some help and those that will encourage conversation between you and your child. Use these for valuable one-on-one time that will help your child with his or her big transition. Friends, sitters, and older children can help with these activities too.

### Pre-Readers

- Consider sharing one Moving Journal for all of your pre-readers.
- Guide your child to specific activities that are appropriate for the time allowed and your child's abilities. Find activities that fit your child's current interests, like answering questions about the new home, helping with packing, or wondering what might happen to friends or a pet after the move. Encourage older children to help younger children.
- **Tips for adapting reading-based activities to pre-readers are provided on pages 136 and 137.**

### Keep journaling safe and fun...

- Remind young journalers of all important rules that need to be remembered when completing these activities, like asking before going outside or using scissors, or only using glue in certain areas, or waiting for a parent before meeting new neighbors, and so on!