



My new adventure!

A special
moving
story

I am going on a big adventure with my family. We are moving to a new home in a new place, and that can feel exciting and a little bit wobbly inside and that's okay.

My family is special because we are a **forces family**. Sometimes we move to different places, and this is part of our adventure together. My parents and the grown ups in my family are helping me get ready for our move.

My old home felt comfy and familiar. Now we are going to a new home with new rooms to explore. I might feel nervous or unsure — those are my *big feelings*, and big feelings are normal.

When I go to my **new setting** (this might be a nursery, playgroup, childminder or another place where I play and learn), I can:

- Take a slow, deep breath if I feel worried
- Remember that my family loves me and thinks I am brave
- Know that making new friends can take time
- Ask the grown ups who help me if I feel unsure
- Hold my favourite teddy or comfort item if I need it

There are some things that will stay the same, even when we move:

- I will still have my favourite things
- My parents will still give me hugs and keep me safe
- I will still play, learn, and have fun every day

My new setting might look different, but the grown ups there will be kind. They want to help me feel happy, safe, and comfortable.

I can smile, say hello, or stay close to a grown up until I feel ready.

It's okay if I feel shy at first.

Friends come when I am ready.

Moving is a big adventure.

**I am strong. I am loved
I can do new things.**

My family is with me, and we will explore our new home and setting together.

**I am ready for
my new adventure.**



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