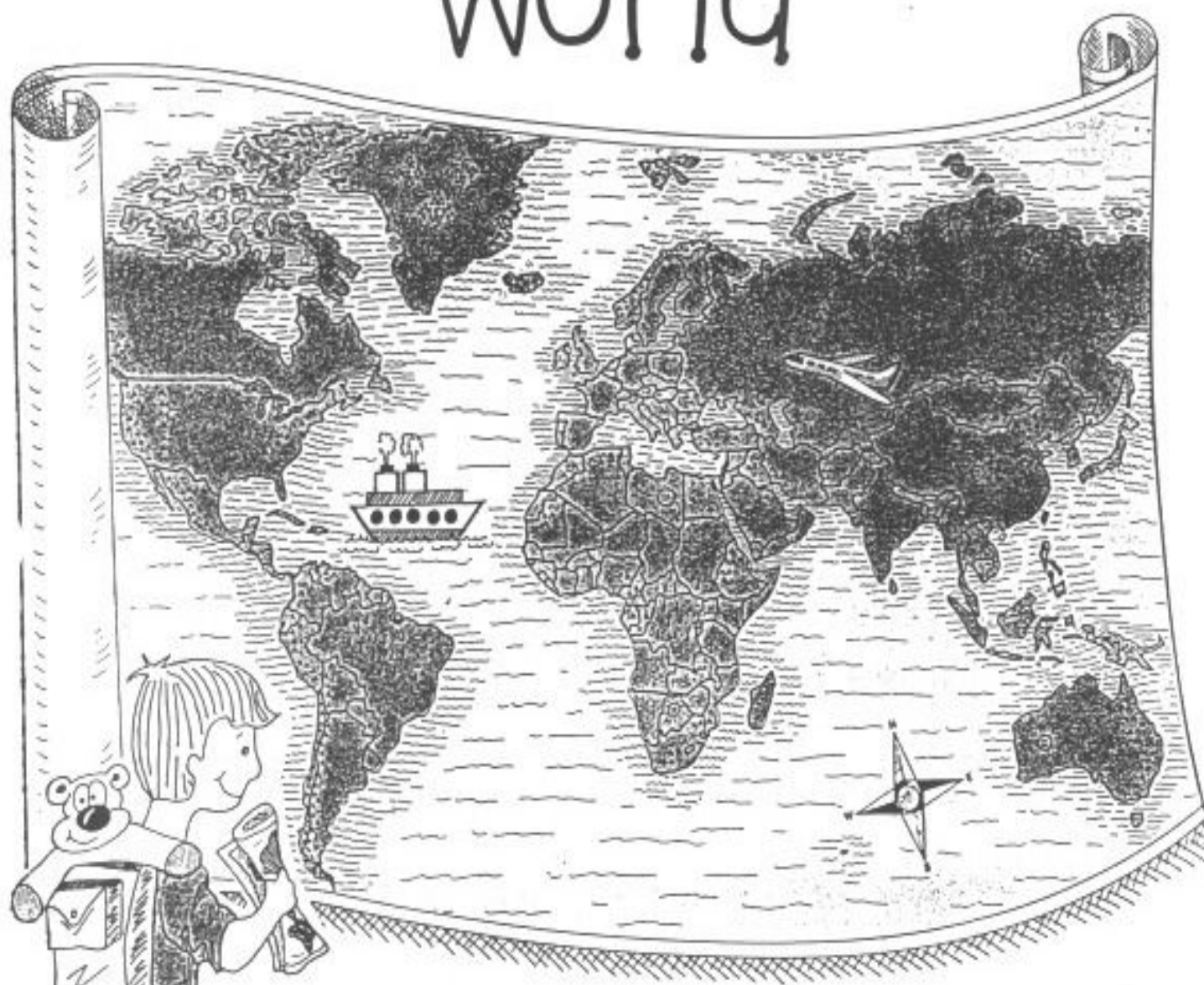


# Where in the world



are you going?



# You are going to move.

There are so many things to think about:

Where are you going?

What is it like there?

Who is going with you?

What will you take?

How can you say goodbye  
to friends?

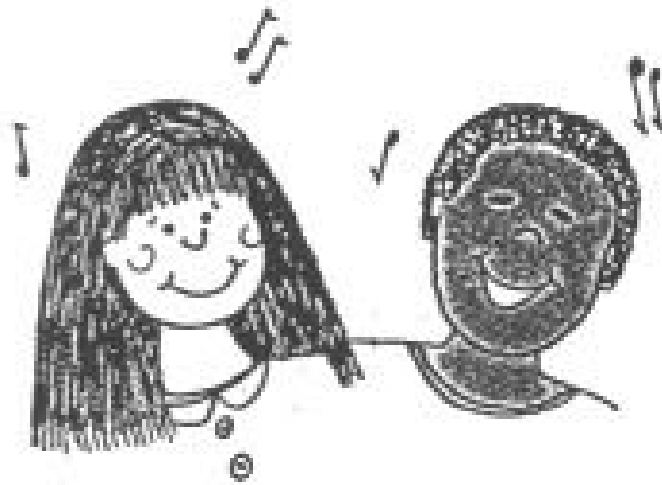
How do you and your family members  
feel about moving?

And many more questions.

That's what this book is about:  
you and this move.



OVERSEAS BRIEFING CENTER  
U.S. DEPARTMENT OF STATE



Moving can be  
fun, exciting, sad, scary,  
and a lot of work!

This book helps you prepare to move:

Plan to leave

Clean and pack

Learn about a new place

Say goodbye

Get ready to travel

# You.

Let's start with you.

You are a special person. It is important to think about who you are, what you look like, how old you are, what you like to do.

Why?

Knowing these things will help you think about moving.

You will see. On the next page, draw a picture of yourself in the center of the page. Then fill in some things about yourself in the spaces.



I am \_\_\_\_\_ years old.

My eyes are \_\_\_\_\_.

I weigh \_\_\_\_\_ pounds.

My friends say I am \_\_\_\_\_.

My hair is \_\_\_\_\_.

I don't like \_\_\_\_\_.

I am \_\_\_\_\_ tall.

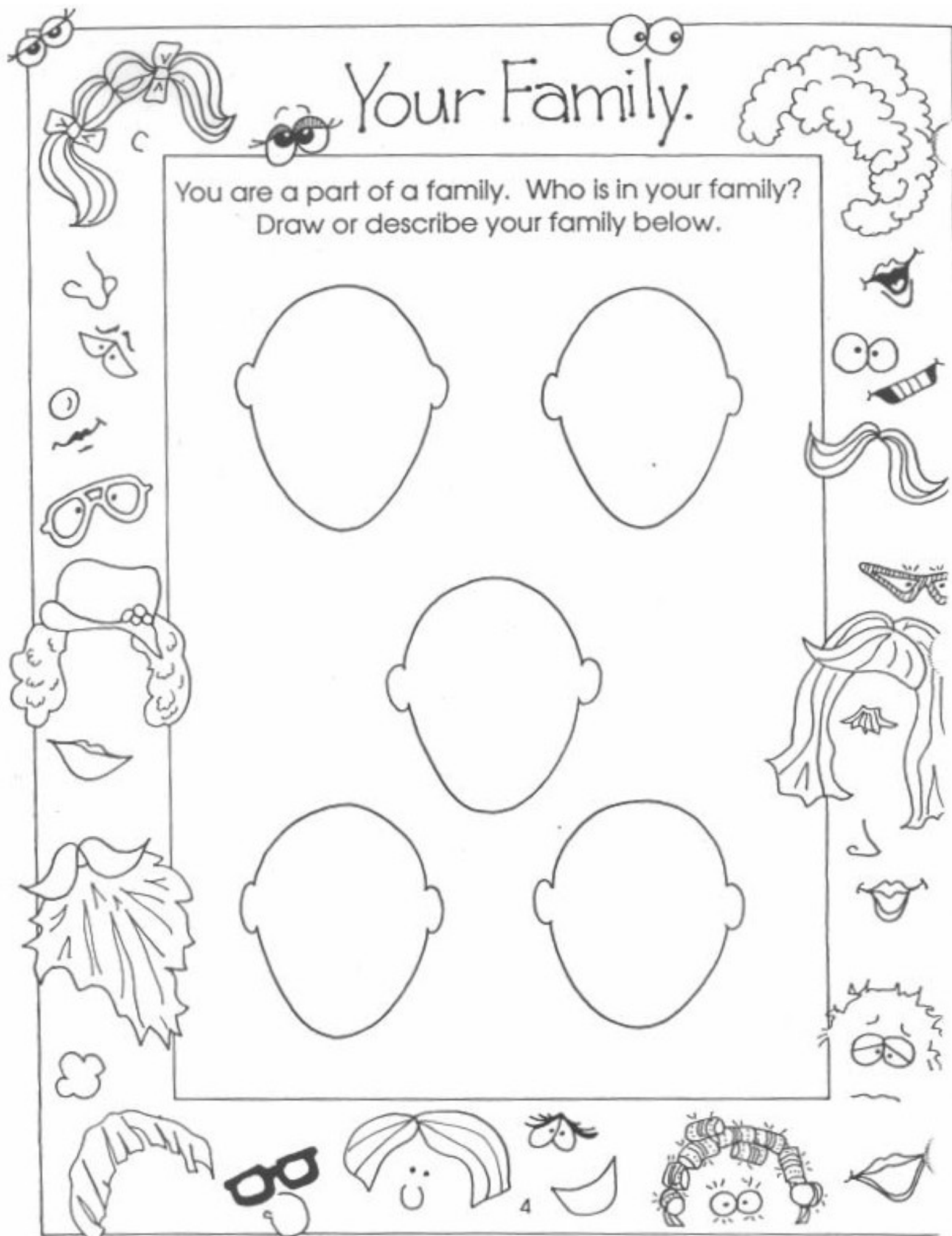
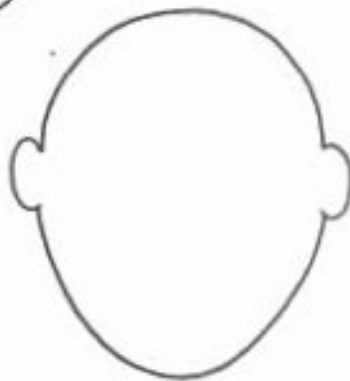
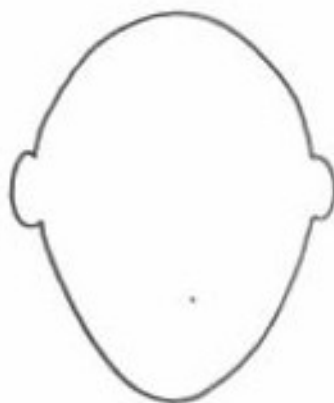
I like \_\_\_\_\_.

I am not so good at \_\_\_\_\_.

I am good at \_\_\_\_\_.

# Your Family.

You are a part of a family. Who is in your family?  
Draw or describe your family below.



# You and your family... helping each other



Everyone in the family needs the help of their family members. Does anyone in your family live in another house? Who?

Each person can help others in some way. For example, the family needs money. Who earns the money? The family needs meals cooked, the household chores done, hugs, and thank yous! Who does these things?

Think about what each person in your family does for others.

Put each person's name on a line across the top of the chart and down the side. Then fill in your ideas on what each person does for the others.



	_____	_____	Me
_____			
_____			
Me			

Now that you are getting ready to move, you and your family members may need more help from each other.

For example:



- Mom and Dad need more help with cleaning. How can other family members help? Maybe everyone in the family can clean out their own closets.
- Older sister is very sad to leave her basketball team. What can you do? You can stop bothering her and maybe take pictures of her team for a present.



List the special help you and your family members need right now and who can help.

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Talk about these ideas with your family. Maybe they don't know what you need!





# What's on your mind?

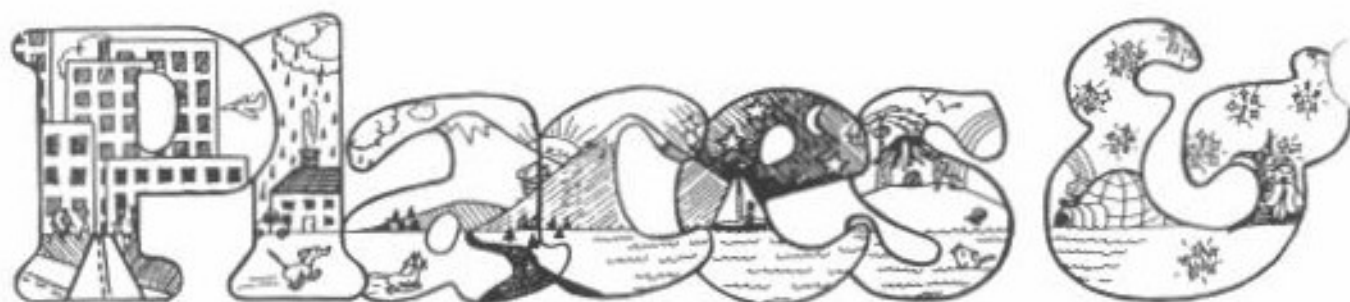


Moving means lots of changes. Sometimes we worry about things that will be new or different. Do you have some worries? Write them down or draw them in pictures.

Do you think your family members have worries too? Why don't you ask them? And you can talk to them about yours.

When we think about moving,  
we have to think about leaving.

What do we leave?



# What places will you be leaving behind?



your house  
school  
park  
library  
place of worship  
favorite restaurant  
stores  
movie theater  
what others?



Make a list.

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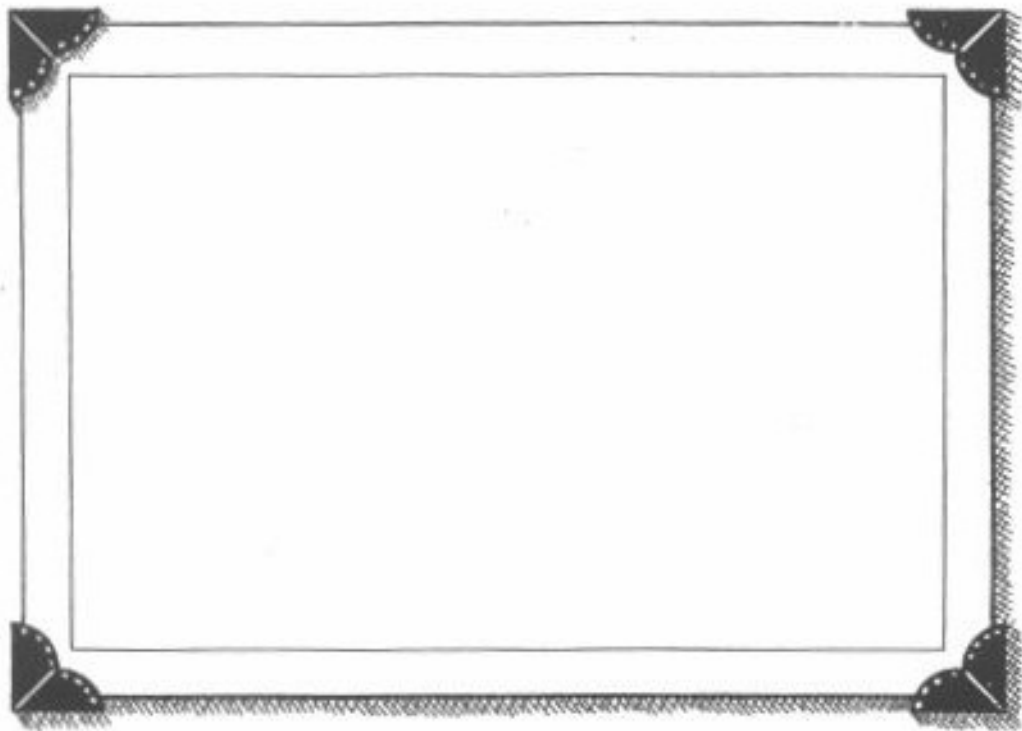
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Leaving the place you've lived can be sad. Maybe you have been living in a house for a long time, or maybe the same apartment. What does it look like? What are your favorite parts (your room? the yard? the kitchen?)

Draw your house or room below:



What do you like best about your house? What are you glad to leave behind? What can you do to remember your house?

- Take some pictures or make a video to keep with you and to show your new friends in your new country.
- Draw a map of where your house, school, and other things you liked are. Take it with you.
- Make a time capsule, a little treasure of some special things, and bury it in the corner of your yard.
- What else can you think of?

How do you feel about leaving your school?  
Have you talked to your teacher about leaving?  
That is a good thing to do. You probably have some  
things you'll miss about your school and others you  
are happy to leave.



Make a list:

What I'll miss:



What I'm glad to leave:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

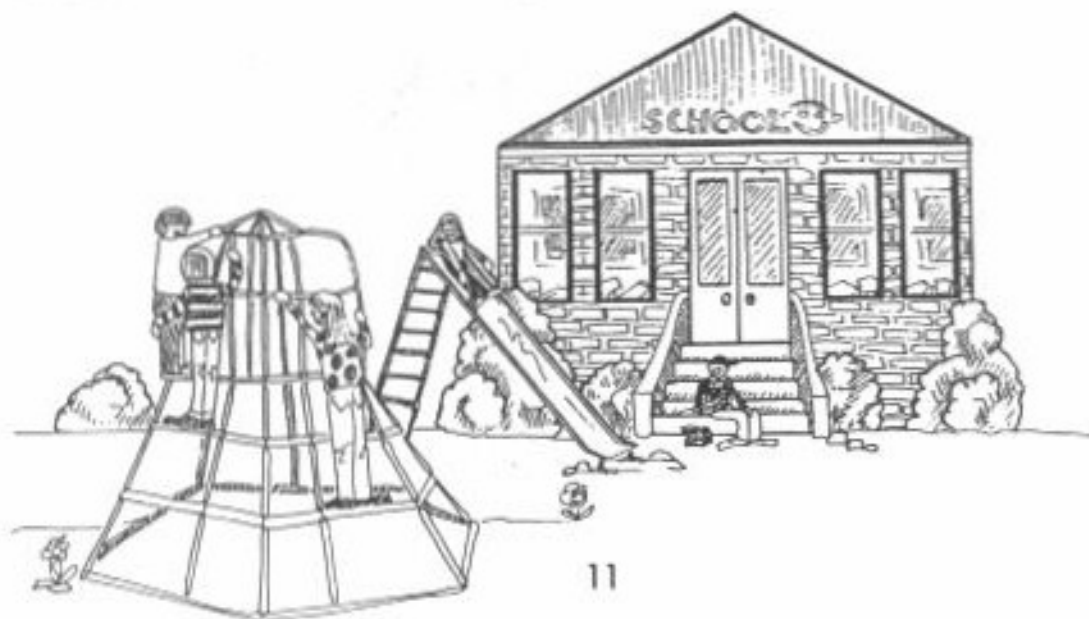
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





What other places will you miss?  
Make a list or draw some pictures.

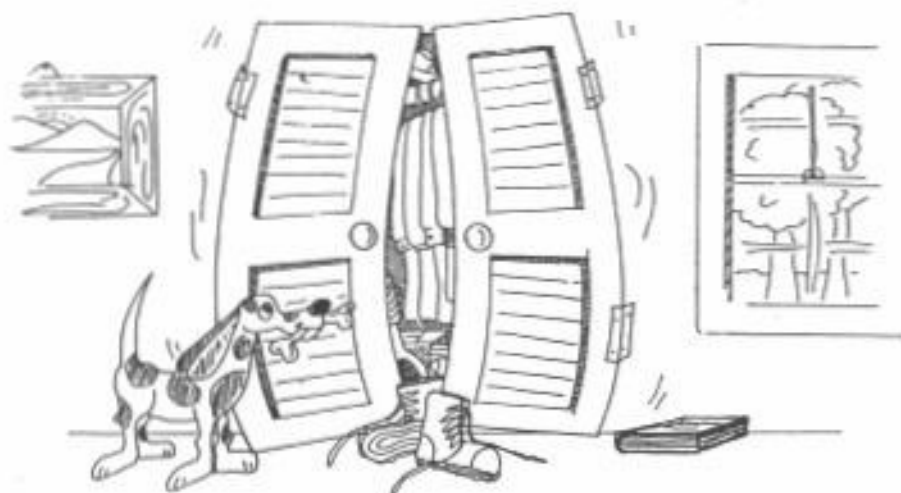


If you have a chance, visit each place for a "goodbye" visit. Maybe take some pictures or add them to your video.

# What things will you leave behind?

Maybe the car, some old toys, or clothes that are too small; your sports team, music class, a favorite TV show. Usually not everything we have moves with us.

- Some things you can't use or don't need any more. You can give them away.
- Some won't fit where you're going. Maybe your new house already has furniture so you will be leaving your furniture in storage. Maybe where you are moving is very warm all year so you don't need to take your warm winter clothes. They may be left in storage, too.
- Some things may have to stay just because you have too much!



Maybe you can help decide which of your things stay or go. This will help you decide:

Make a list of things you like to do. Remember what you like to do at school, at home, with friends. Be sure you include a few activities you can do alone. (Maybe you need to look back at page 3 to remember them!) For each activity, list what you need to take.

Things I like to do

What I need to take

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sometimes you have one or two things you just want to keep. They are special to you. Be sure to tell your family how important they are to you.





# What things will you leave behind?

Maybe the car, some old toys, or clothes that are too small; your sports team, music class, a favorite TV show. Usually not everything we have moves with us.

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- Some things may have to stay just because you have too much!



# Will everyone in your family be moving?



When we move, sometimes we must leave people or pets behind. Leaving people we love is the hardest of all.

- Maybe you have an older sister or brother who will stay and go to school.
- Or, maybe someone is getting married!
- Perhaps a grandparent or aunt or uncle who has lived with you will be going to live with someone else.
- One of your parents may not be going.



Are you leaving someone behind?  
How does that make you feel?  
This is something you need to talk about.

# And how about pets ?

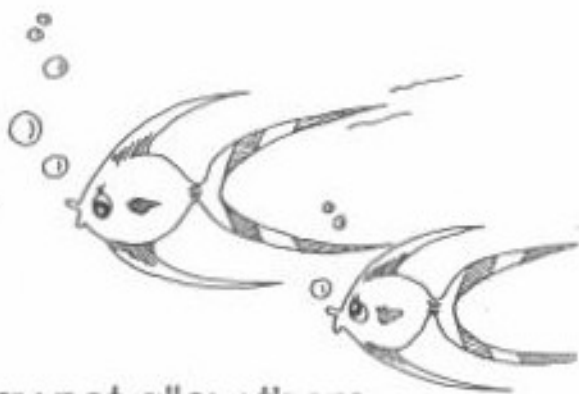


If you have any, draw your pets here.



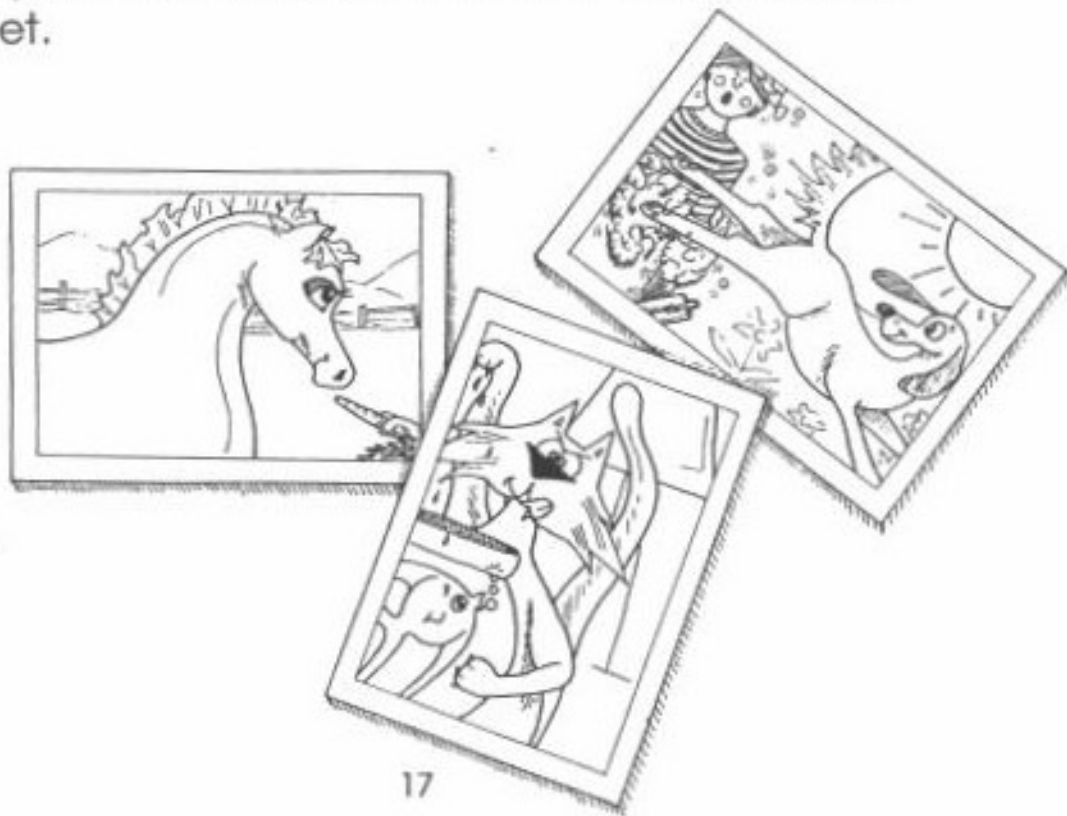
Sometimes pets can't go with us.

## Why?



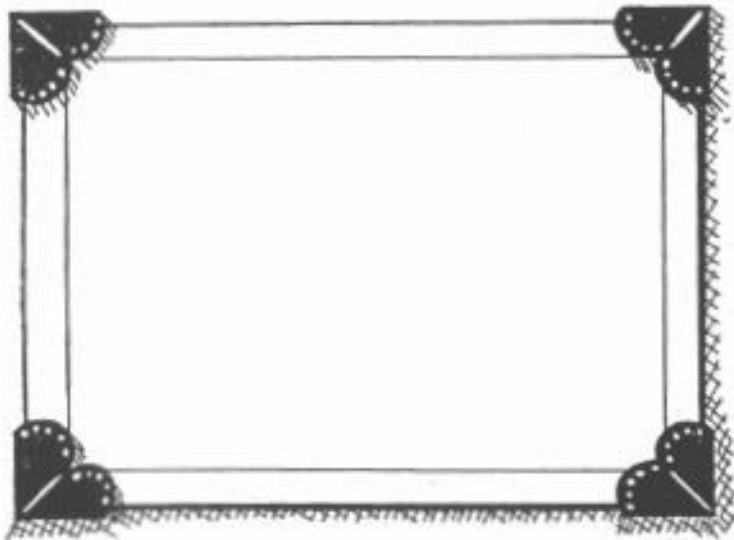
- The country we are going to may not allow them, or, they would have to be in quarantine for many, many months.
- Your new apartment or house may be too small, or the landlord doesn't want pets.
- You may not be going directly to your new home. There might not be a place for your pet in the hotel or other places you stay.
- Your pet might be very old and a trip would be too hard on it.
- What other reasons can you think of?

If you are leaving pets behind, you probably are sad. It's OK to be sad, but it helps to talk about it. Talk to your Mom and Dad. Take some pictures of your pet.



# Friends

...to say goodbye to and to keep in touch with.  
Who are your special friends? Are they classmates,  
neighbors, band members, teachers, coaches,  
relatives? Put in their pictures (or draw them) and fill  
in their addresses.



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

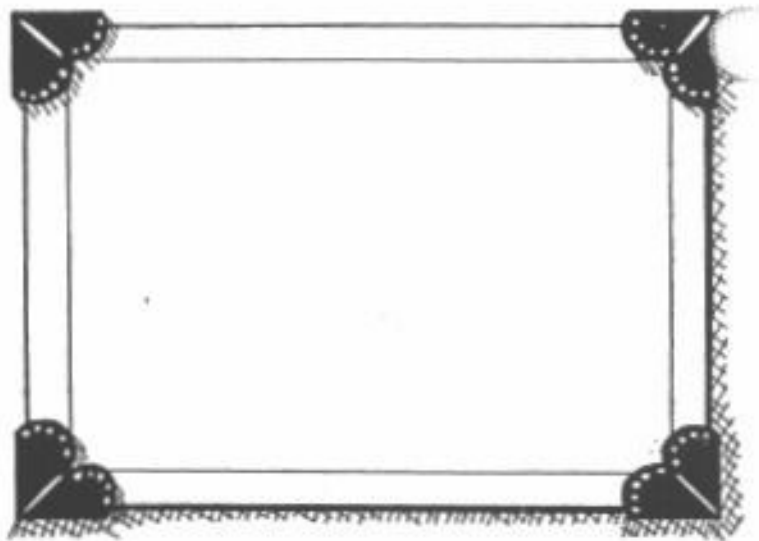
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

Address: \_\_\_\_\_

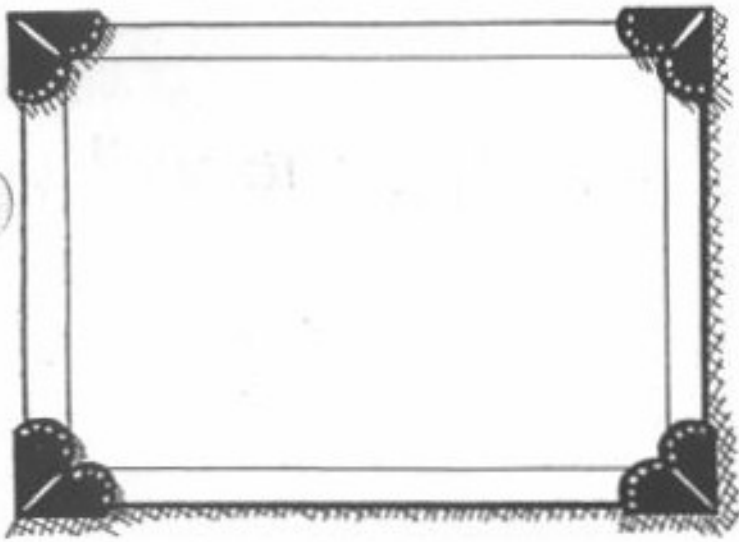
Telephone: \_\_\_\_\_



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

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_



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

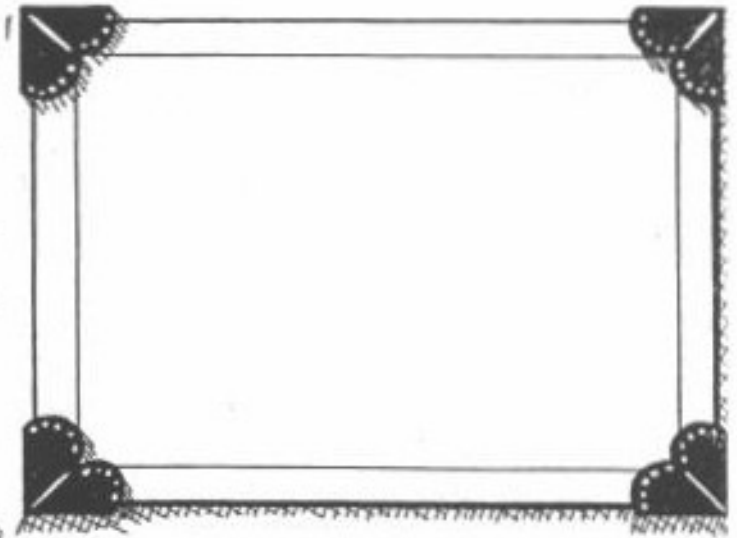
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

Address: \_\_\_\_\_

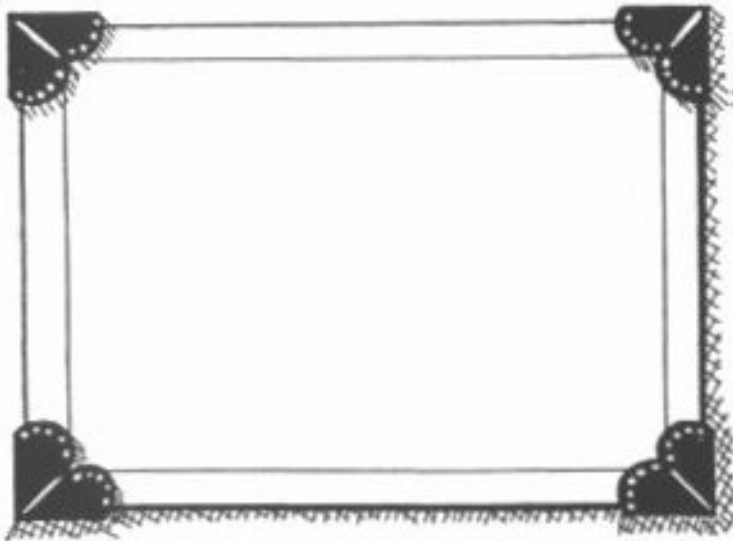
Telephone: \_\_\_\_\_



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

Address: \_\_\_\_\_

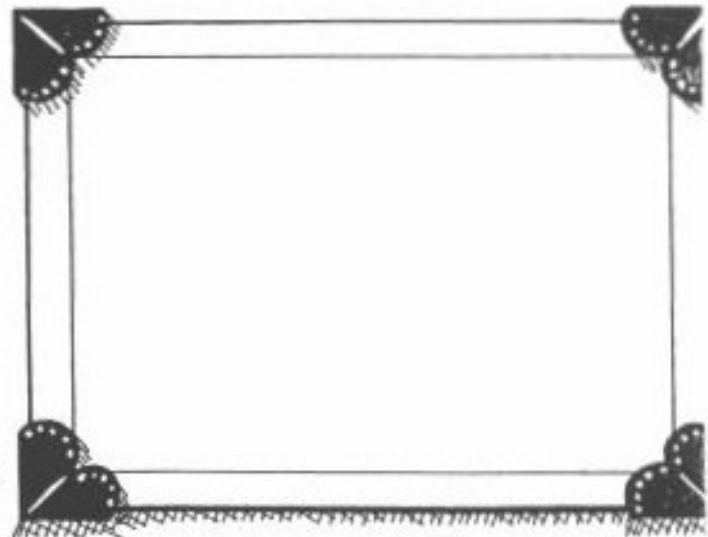
Telephone: \_\_\_\_\_



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

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_



Some ways to get your friends to write  
to you... give them



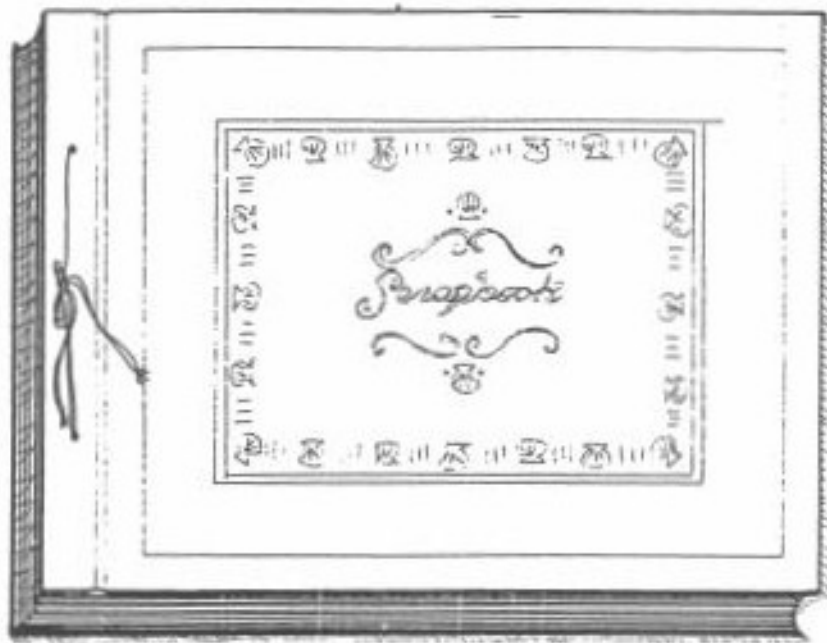
a few envelopes with your name,  
address and stamps already on  
them!



or  
several post cards already  
addressed to you!



or  
some stick-on labels with your  
address on them!

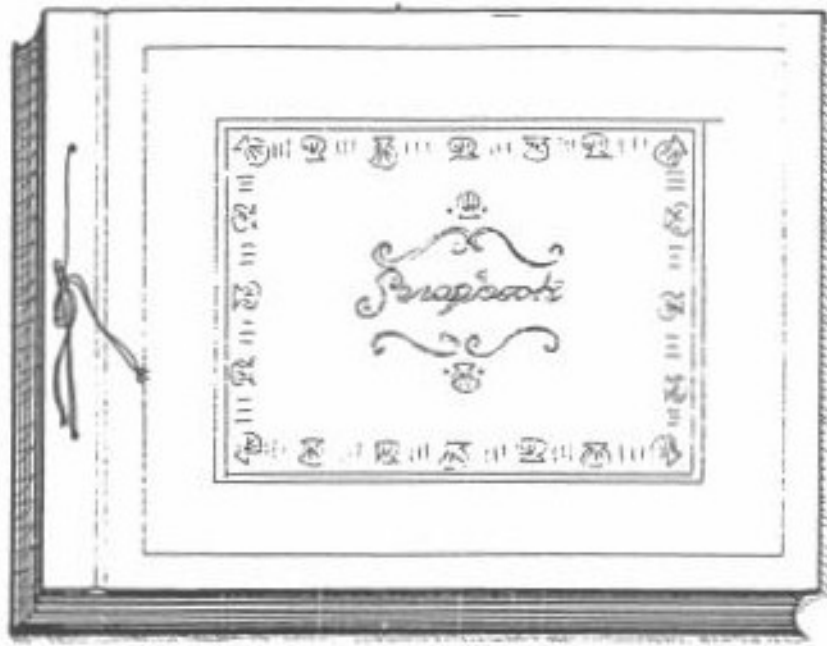


# Scrapbook

You will be meeting new people who will ask you what it was like where you last lived. Collect some pictures of your town, take some of your house and favorite places, and of your friends. If your school has a newspaper, or a class picture, put that in. Do you have pictures of relatives, pets, your car you left behind? Maybe you can find a few post cards of sites of interest (historical, recreational) near your town. What else can you think of to put in your scrapbook?







# Scrapbook

You will be meeting new people who will ask you what it was like where you last lived. Collect some pictures of your town, take some of your house and favorite places, and of your friends. If your school has a newspaper, or a class picture, put that in. Do you have pictures of relatives, pets, your car you left behind? Maybe you can find a few post cards of sites of interest (historical, recreational) near your town. What else can you think of to put in your scrapbook?





Put an **O** where you are now.

Put an **X** where you are going.

Connect them with a line.

If you have moved before, put **\***'s on all the other places you have lived!

Learning about your new country  
can be fun. What things can  
you learn?



Geography, climate

History

Foods

Religion and holidays

Government

Sports

Music

Language



more topics  
from you!



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# How can you learn ?

You learn by all your senses...not just by reading or watching TV! Here are some ideas. You can think of more.

By using your eyes, you can  
read: books, magazines, tourist pamphlets, newspapers  
watch: movies, videos , TV specials, TV news programs, performances, plays, dancing .



Your nose lets you smell:  
the new scents in a restaurant of that country, specific new foods, spices.

With your mouth you can taste: new dishes common to the country, unusual fruits, different spices  
make sounds: say the new words, sing new songs, and ask questions .





Your ears allow you to listen: to music, to people talking about the country,  
hear: the sounds of the language.



With your hands and feet you can touch: different materials, like silk or jute, new fruits and veggies  
do: write letters for information, reports, draw pictures, make models, dance new dances, play new games.

# Where can you get information?

## Library

books (history, geography, cookbooks, crafts, storybooks/novels)  
magazines  
records/tapes/videos  
addresses for Embassies, tourist boards

## People

American Embassy people who have returned, exchange students from that country living in the U.S. high schools, universities), language teachers, write to your new school

## Embassies/Information Centers/Tourist Boards

brochures, pamphlets, lists of suggested reading, maps

## TV/Radio Stations

special programs, sources for music, videos



## Stores

video rentals, book stores, ethnic grocery stores, map store

## Educational Places

Smithsonian or other museums, National Geographic, zoo

## Overseas Briefing Center

(State Department) slides, videos of your new town, school at typical homes, newsletters, school information (including address to write to), school yearbook, names of people who have recently lived in your new country

## Special Offices

Office of Overseas Schools, Medical Department (State Department)

What can you do with the information you have learned about your new country?

Share it in family talks. Make it into a report for school. Start a scrapbook about your new country.

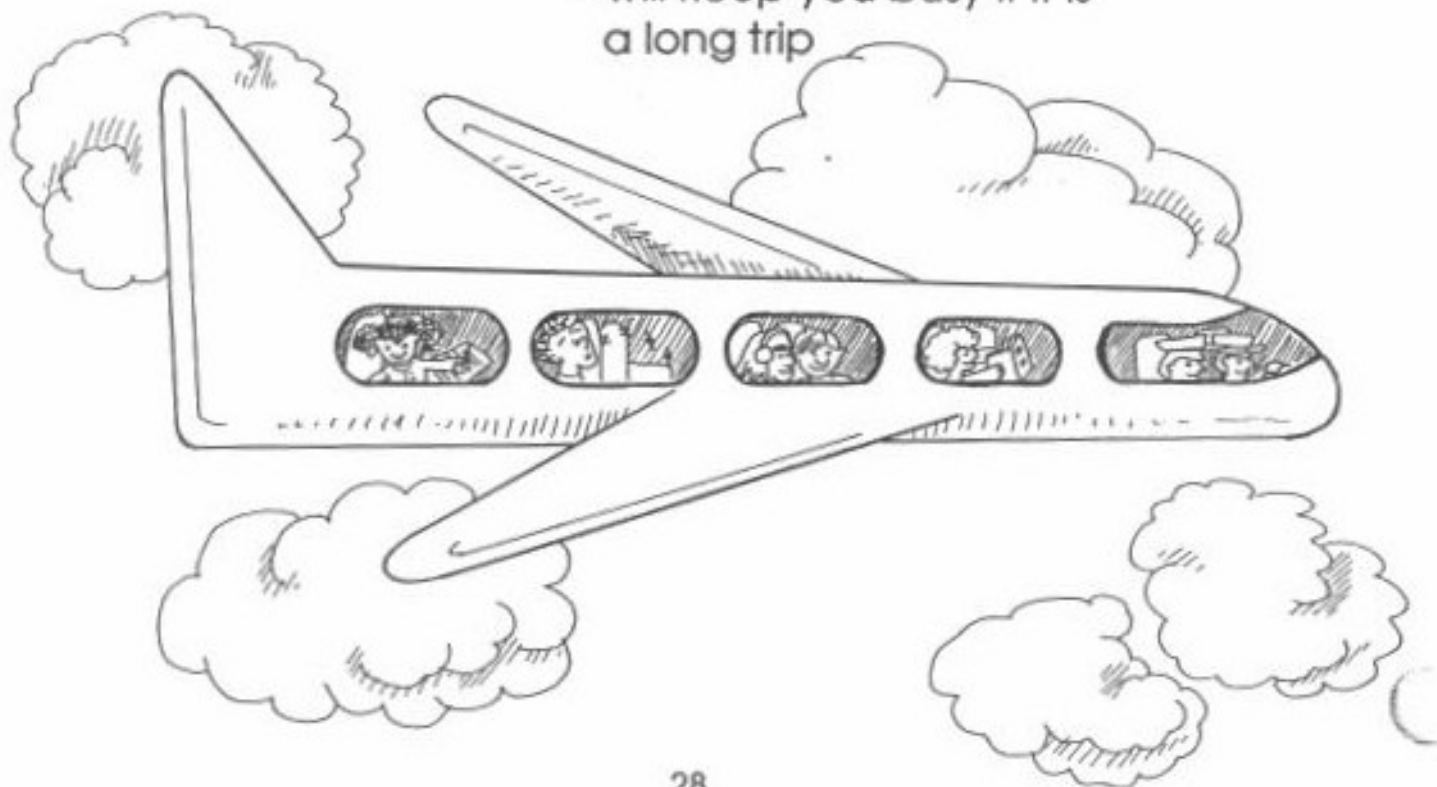
# Planning the Trip

How will you travel? by car? by plane? by boat?  
How long will the trip take? Talk to your family and  
write down the plans for the trip:

When you know more about the trip, you can  
decide what to take in your backpack and in your  
suitcase. Other things will go in boxes and be  
shipped to your new home.

What will go with you in the car, boat, or on the  
plane? Think of things that:

- don't take much space
- are not heavy
- you can play with quietly  
in your seat
- will be fun
- will keep you busy if it is  
a long trip



# Cleaning Out

## Your toys

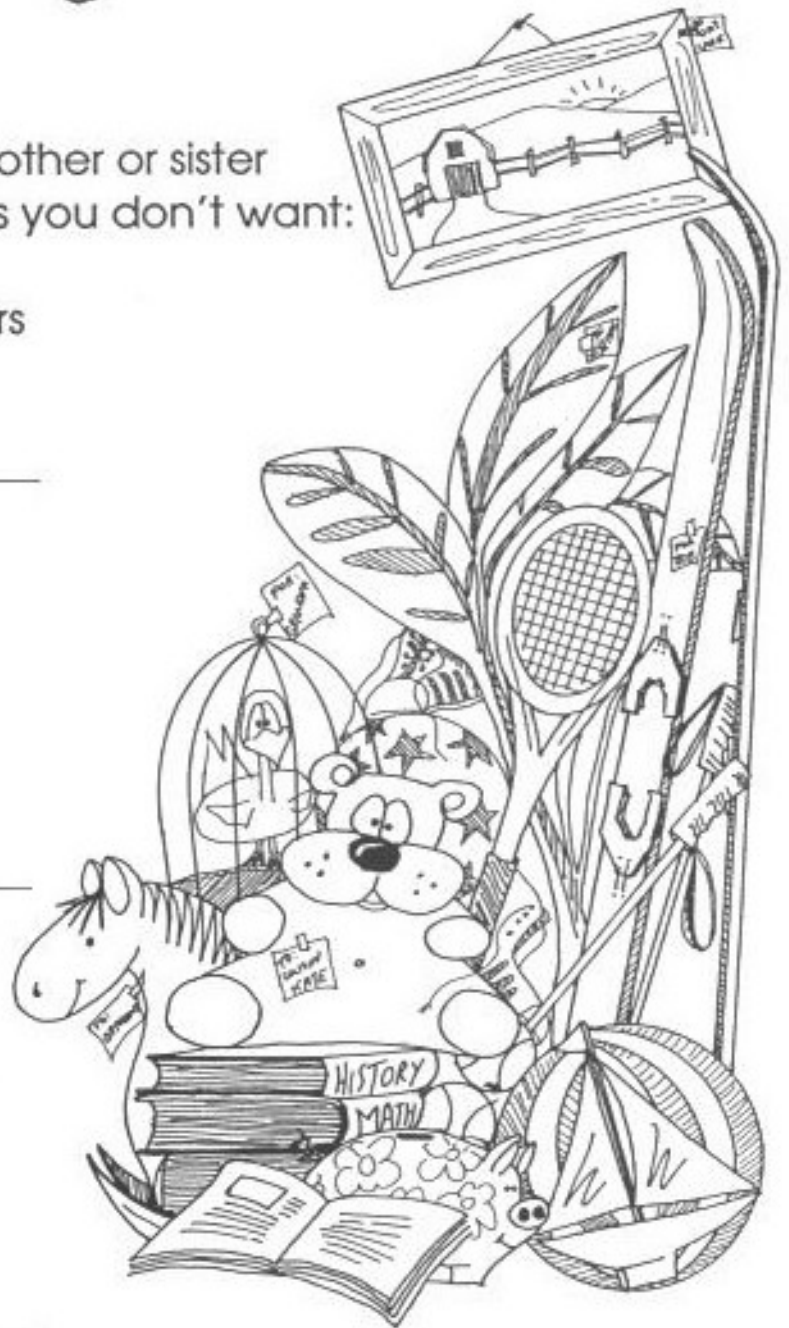
1. the ones you'll take
2. save in storage for a brother or sister
3. places to take the ones you don't want:
  - to friends
  - to child care centers
  - to orphanages
  - to schools
  - \_\_\_\_\_

## Your books

1. to take with you
2. to put in storage
3. return to school
4. return to library
5. give to friends
6. \_\_\_\_\_

## Your clothes

1. to take
2. to put in storage
3. some to give to
  - your church
  - orphanages
  - homeless shelters
  - \_\_\_\_\_



Maybe after everyone in the family has given away most of their things you can have a "moving sale" in your yard. Make it a family project. It's a good way to see your neighbors and maybe you can all share some of the money for new things you need!



# Safety when travelling

On your trip, you will go to new places ...  
airports, hotels ... in different forms of transportation ...  
taxis, planes.

To have a happy and safe trip you should :

- Stay with other family members.
- Keep your own things with you .
- Know your plane, flight and gate number or the name of your hotel .
- Have your name and a phone number in your pocket.
- Don't wear clothes with your printed name on them.
- If you need help, talk to a policeman or an airplane helper who is wearing a uniform.



So, now you are ready to go!

Have a safe  
trip and  
exciting adventures  
in your new  
home.



# My trip



Date \_\_\_\_\_

What happened today:

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Things I used (tickets, etc.) and saw (post cards, pictures):  
(paste them here)

# My trip

Date \_\_\_\_\_

What happened today:

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Things I used (tickets, etc.) and saw (post cards, pictures):  
(paste them here)

# My trip



Date \_\_\_\_\_

What happened today:

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Things I used (tickets, etc.) and saw (post cards, pictures):  
(paste them here)

## Books to read on moving:



### Juvenile picture books:

The Berenstain Bears' Moving Day, Stan Berenstain

Oh, The Places They'll Go!, Dr. Seuss

Moving Molly, Shirley Hughes

Maggie Doesn't Want to Move, Elizabeth O'Donnell

Moving, Fred Rogers

When Grover Moved to Sesame Street, Jocelyn Stevenson

Teddy Bear's Moving Day, Susanna Green

People, Peter Spier

### Juvenile fiction books:

Anything for A Friend, Ellen Conford

Hedgehogs in the Closet, Joan Carris

Kitty from the Start, Judy Delton

I Don't Live Here!, Pam Conrad

Moving Day, Tobi Tobias

Tony and Me, Alfred Sote

### For parents:

Moving Your Family Overseas, Overseas Briefing Center

Coping with Moving, Dorothy Greenwald

The Teenager's Survival Guide to Moving, Patricia Cooney Nida

\*These are samples of books available in public libraries and children's book stores.  
There are many many more. Ask your librarian.

## Some notes for your parents

### A Word to Parents About Moving with Children

A successful move for children is one involving bittersweet goodbyes followed by much hard work to establish new friends, appropriate academics and enjoyable activities in the new location. The success is heightened when family support is present during the difficult time of disengagement (farewell) and reengagement (struggle to "belong" in the new place.) Some of the ways parents can support children who are moving are suggested below.

Rehearsal for change is an important preparatory step. Talk with each child in the family individually as well as collectively in several family meetings about the upcoming move. Allow honest expression of sadness about leaving as well as excitement over anticipated pleasures. Very young children will need less talk and more role play using puppets or dolls to help them rehearse "leaving", travelling and having a "new home".

During the entire moving cycle, it is most helpful to keep consistent, yet flexible routines. Honor family traditions and rituals as far as possible. Allow for spontaneous "fun breaks" as a stress reliever for the whole family.

Consistency in daily routines especially concerning bedtime will be powerful and reassuring. Spending extra time one-on-one with your child during the weeks of departure, travel and arrival will be an invaluable tool to foster a successful transition for the child. A safe "rule of thumb" is that when life is hectic, spend more time, not less, in face-to-face activities with children. Talking about some of the pages in this moving book would be useful. Include bedtime reading, a few extra hugs and your relationship with your child will be enriched.



*Rita Siebenaler*

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Employee Consultation Service