Moving can be scary. It involves change, and change can be stressful.

It's upsetting to leave old places and friends behind, and it's scary when we're uncertain about what the future has in store for us. But even though moving can be unsettling to think about, things probably won't be as bad as it seems. In fact, once you make new friends and get settled at your new house, you might even have some of the best times of your life. You can still keep in touch with your old friends, and at the same time gathering all new experiences. Draw some of the friends you'll meet or fun things you might do at your new house.