



# ADJUSTING TO A NEW PLACE I



**I had to leave my old home and go somewhere new. I went somewhere new so I could be safer. Going to new places can be hard.**

**When I am somewhere new, there might be different sounds. It might be louder or quieter than my old home. There might be different sounds that I have never heard before. If I don't like the new sounds, I can cover my ears to take a break from the sounds.**

**When I am somewhere new, there might be different smells. Some smells might be good, and some smells might be gross. If I don't like the new smells, I can plug my nose for a little while.**

**When I am somewhere new, there might be different people. There might be people that I know and people that I don't know. Being with new people might feel scary. If I feel scared, I can tell someone I know and stay by someone I know. Being with new people can also be a good thing. I might meet someone new that I like.**

**When I am somewhere new, I am not with my old things. I had to leave things behind. That might make me feel sad or mad. I won't be able to get my old things, but I can tell someone that I miss my old things.**

**It is hard being somewhere new. There are people who want to help me get used to the new place. I can tell them my feelings and ask for help.**

