

ADJUSTING TO A NEW PLACE II



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,

Resources for Autistic Individuals and their Families Impacted by War and Displacement



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

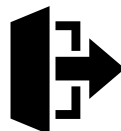


people can also be a good thing. I



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

Resources for Autistic Individuals and their Families Impacted by War and Displacement

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.