



When I Move Class

- I move class at the start of a school year.
- In my school I usually change classroom every year. I usually do this at the start of the school year. When I move some things may be different. This is OK.
- Before I move class I can worry about things. It is normal to feel a bit anxious when moving class. I will be OK and my teacher and other staff will be there to help me.
- When I move class there may be some changes to my school routine. I may be worried about these but I will be OK. I can do my calming activities if I feel anxious. I can ask an adult for help if I'm unsure about what I should do.
- Moving class is OK. I may feel a little anxious but this will get better. I can ask for help if I need it.

