

BUILD UP RESILIENCE

It's moving day! You're packing boxes and loading the truck. Excitement's piling up over new places and experiences ahead. But you may also feel sad to say goodbye. You might be nervous about going to a new school and making friends.

Big changes like moving can create a maze of mixed emotions. Building up resilience—your ability to handle setbacks and face the unexpected—can help you navigate the route ahead.

Talk to your family, and unpack how you're feeling. Be patient with yourself and others while you find your way around. And focus on what you *can* control, such as getting good sleep and keeping up healthy habits. You can't always choose what happens in life, but you *do* get to decide how to handle it.

With practice, resilience can help you turn the confusion of change into a path toward great adventures.

Help these kids get moving through big changes with resilience.

START

END

