



**United Through Reading**  
**Talking with Children About Moving & Transitions**  
*A simple discussion guide for families and educators*

Moving to a new place can bring many feelings: excitement, worry, sadness, curiosity, and hope. Talking openly about these emotions helps children process change and build resilience. Use the questions below to start conversations at home, in classrooms, or during group activities discussing the book, *Home Moves With Me*, published by Elva Resa.

**➤ Tween and Middle Grades: Encourage reflection and problem-solving.**

- What are the hardest parts about moving to a new place or school?
- What are some good things that can come from moving?
- What helps when you feel nervous about meeting new people?
- How can you stay connected with friends from places you've lived before?
- What have past changes or moves taught you about yourself?

**➤ Teens / High School: Focus on identity, independence, and perspective.**

- What has moving taught you about who you are and what matters to you?
- What are the biggest challenges of moving during your high school years?
- How do you usually build connections or friendships in a new place?
- What helps you stay connected to friends and communities from past homes?
- How can you support younger siblings or friends who are also experiencing a move?
- What strengths have you developed because of moving or experiencing change?

**➤ For Parents & Caregivers: Children often experience mixed emotions during transitions. Open conversation can help them feel supported and understood.**

- What emotions might children experience before and after a move?
- What routines can help children feel stable in a new place?
- How can families stay connected with friends and communities from previous homes?
- What signs might show a child is struggling with a transition?
- How can you create opportunities for children to talk about their feelings?

**Try This Family Conversation Starter: “Two Things I’ll Miss, Two Things I’m Excited For.”**

This simple activity helps children understand that it’s okay to feel both happy and sad during times of change and validate both sets of feelings.

Invite each family member to share:

- Two things they will miss from the last place
- Two things they are excited about in the new place

Strong families grow through shared stories, open conversations, and the reassurance that home is wherever we are together.