

WHEN I MOVE CLASS

I move class at the start of a school year in September.

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 okay.

Before I move class, I can worry about things. It is normal to feel a bit anxious when moving class. I will be okay and my teacher and other trusted adults 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 okay. I can ask an adult for help if I'm unsure about what I should do.

I may feel lots of different emotions. I might feel happy, excited, sad, anxious, nervous or just fine. All emotions are okay and do not last forever.



Key vocabulary

school

change

teacher

emotion

worry