

Being Yourself

For You to Think About

When children have big changes in their lives, it can be very upsetting. You might feel sad, or scared, or even angry. You may have to meet a lot of new people and do many things you have never done before. Most children don't like it when too many new things happen at once.

Even though you may have many new things in your life, the one thing that stays the same is YOU! You are someone very special, and no matter what happens in your life, the things that make you special will not change.

Fill in the outline below so that it looks like you. Circle all the words around the picture that describe you best.

