

LET'S GET MOVING KIDS ACTIVITY PACK

THINGS TO DO ON THE BIG DAY
FOR AGES 2 – 10



A child's view of moving house varies depending on their age. While a 5-year old may view it as an adventure, a 10-year old, in their more developed world view, may be nervous of the change ahead. However old they are, moving house with children requires some planning and preparation.

This activity pack has been designed to help you and your children get through the moving process as smoothly as possible. It's full of useful information that you can use to prepare your family for the move and a range of activities for your children to complete on the big day. Happy moving!

MOVING HOUSE WITH A 2-YEAR OLD

PREPARING FOR THE BIG MOVE

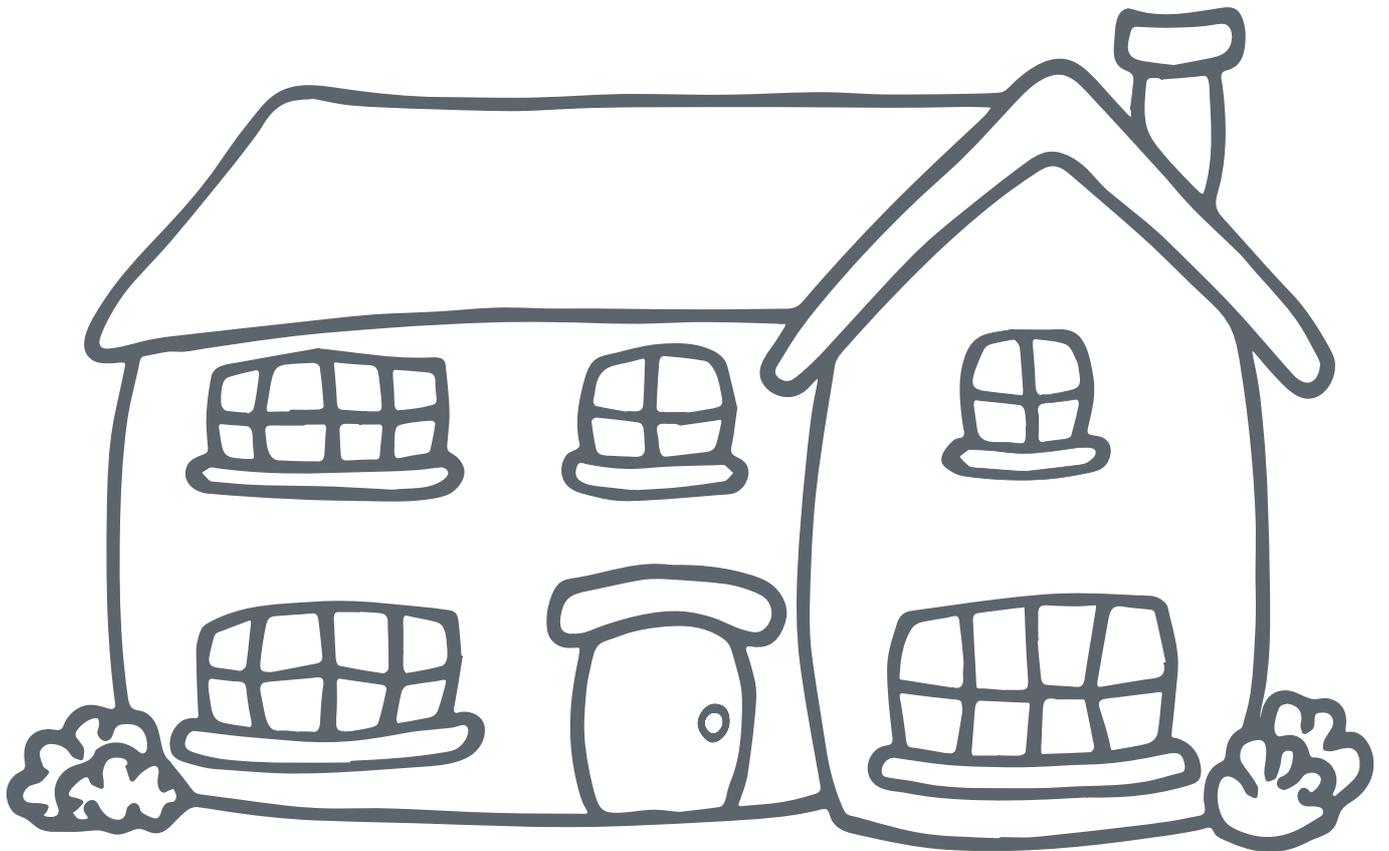
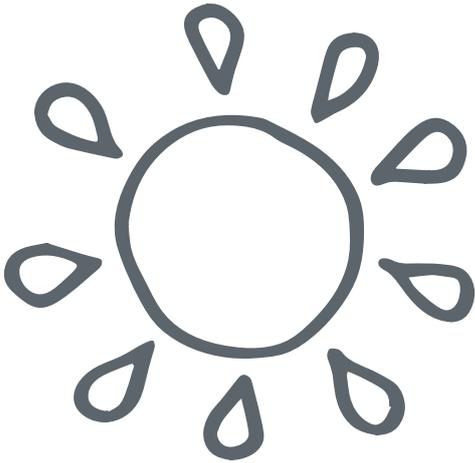
Start having conversations with your toddler about a month before the move. Talk to them about the change coming up and ask questions about what they think it means. Make the prospect of moving exciting by asking them what colour they want their bedroom, or what games they might play in the garden.

MOVING DAY CHECKLIST

- Take them on a guided tour of your new home before the arrival of boxes and furniture – this will help them start to understand the environment around them.
- Asking your little one to colour-in the picture on **page 3** might just buy you 10 minutes of time. Or maybe an electronic device is the solution to keeping them entertained...
- Familiar snacks and drinks – or maybe even a picnic in their room – will create a sense of fun on a big day of different things.



MY NEW HOME



MOVING HOUSE WITH A 5-YEAR OLD

PREPARING FOR **THE BIG MOVE**

Children naturally ask a lot of questions at the best of times. Moving house, as a moment of change, will likely mean they have oddly specific questions. Keep your responses straight-forward and ask what they understand, or think is happening. They might ask about their friends, school, or their toys, as they try to mentally map out what might change. Talking your child through what is happening at various stages of the move will keep them informed and excited about the big move ahead.

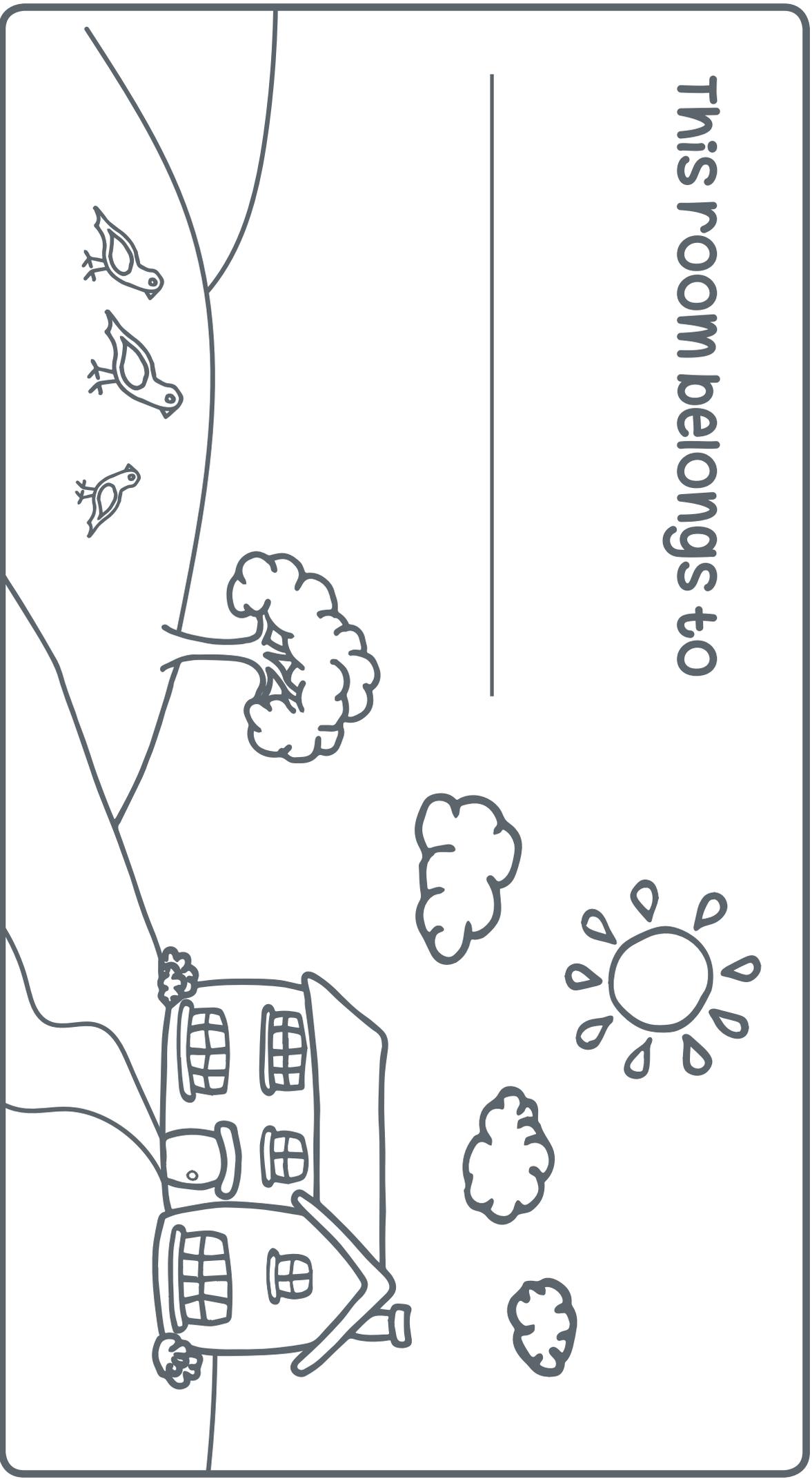
MOVING DAY **CHECKLIST**

- Giving your child on-the-day tasks will give them a sense of pride and purpose. What's more, it will hopefully keep them occupied for short bursts of time! Consider putting them in charge of introducing their favourite toys to their new bedroom, or unpacking a box of their favourite books.
- Encourage them to colour-in and personalise the poster on **page 5**. Once it's finished, they can stick it on the door to their new bedroom.
- If you're bringing familiar items of furniture from your previous house to your new home, reconstruct their bed in their room early on. This will help them settle in to their new surroundings, making getting them off to sleep on that first night a little bit easier.
- When you have time for a break, take your child for a supervised walk around the local area. Point things out to them that will help build mental building blocks of the surrounding environment.



 CAREFULLY Ask an adult to help you cut the poster out, so you can hang it in your new bedroom or on your door.

This room belongs to



MOVING HOUSE WITH A 10-YEAR OLD

PREPARING FOR **THE BIG MOVE**

There are lots of things to consider before making your move to ensure it's as easy-going and positive for your child as possible. The sooner you have conversations about what change lies ahead and how you can all make it easier and more exciting, the less stressful and impactful it will be on them.

MOVING DAY **CHECKLIST**

- Give your 10-year old responsibilities, like helping unpack, so they feel needed and helpful. Maybe start moving things into their room first, so they can put their stamp on its layout, making it feel familiar as soon as possible.
- Task them with making a hanger for the door to their new bedroom – you'll find the template on **page 7**.
- Introduce yourself to neighbours and take your child with you to find out if there are other children of a similar age that they can start to play with and safely discover their new home.
- Give your child a camera and ask them to take photos and document the move. If you've moved far away, they might send the photos to their friends to maintain contact and share their news.



FRONT

BACK



CAREFUL! Ask an adult to help you cut the hanger out, so you can hang it on your new bedroom door.

