

A Transition Map

The idea of this transition map is to help you think about the changes ahead.

Below is a map to help you think about transition. You can use writing, drawing, painting or pictures from magazines or the Internet to answer the questions.

As you are completing the map, talk to the adult you are with about how you are feeling about the changes ahead. Once you have completed the map, you will be able to add more positive thoughts onto your map.

Keep your map safe so you can look at it when you start to think about the changes that are going to happen.

You can change your map whenever you want to; it's yours to keep.

A Transition Map

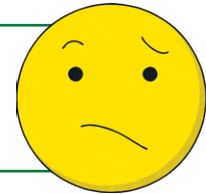
What is changing?

What are you looking forward to?



Who will be making the change with you?

What are you worried about?



Who do you know that has made the same change?



What do you need to make the change successful?

