



## Explain

Explaining why you have to leave is not always easy, especially if it's someone you like to spend time with and it may be a while until you see them again – or you are not sure you will see them again. There are people who have made your life special, friends and family members who love and care for you.

1. Can you write down why you are moving?

2. Who will you need to tell about your move?

3. Sometimes we never say 'Thank you' to people that have really helped us. People who have encouraged us, or spent time with us. Think about people who have been part of your life... have you told them how much you valued and appreciated them? Who do you need to thank?

People who have helped you.

People who have taught you things.

Family members or team members who have spent time with you and 'been there' for you.

Neighbours or people in church.

Other people who have 'been there' for you.