**BOOKLET THREE Activity Section: Moving Out** 

### Get ready for the move

Activity: Create Moving in Timeline

To Do	Date (or how many weeks/months	s) Tick when done

### Activity: Change your address

Tip: you can prepare for this by writing the organisation down when you receive letters before you move.

Organisations to call	Tick when done

### Activity: Connect Utilities

Tip: You can research utility companies before you move

Utility	Company	Phone number	Tick when done
Electricity			
Gas			
Internet			

Activity: Write a list of your belongings to take to the new house

Eg. Clothes	Eg. TV

# Activity: Get to Know your new community

Tip: Drive or wal	k or ric	le around	the streets or	f vour new	home to see w	hat is close by

Council:	Challenge 1:
Doctor:	Know your address off by heart
Hospital:	
Local Shops:	
- Milk bar or Grocer:	
- Small shops:	
- Take away food:	Challenge 2:
Supermarket:	Say hi to a shopkeeper
Things to Do:	
•	
•	
•	Challenge 3:
Public transport:	
Names of people you live with:	Say hi to a neighbour
Names of neighbours:	
Names of workers:	
Activity: Make an Emergency Plan	
Emergency example	What to do
Emergency Contact numbers	
J,	

# Activity: What Safety and Rules do you want in your new home?

What will keep me safe?	What will keep me happy?
Eg. Keep sharp knives in the knife block, not in	Eg. Don't wake me up with loud noises
the drawer	

### Activity: Make a cleaning roster

, , , , , , , , , , , , , , , , , , , ,	Cleaning job	Day of the week
Kitchen		
Bathroom		
Floors		
Dusting		

## Moving Day

## Activity: Write down what might worry you on moving day

Worries	What to do if this happens

#### Activity: List what you will need in your Essentials Box

Tip: these are items you can't live without for 1 week (just in case you can't find things in boxes)

Eg. Pajamas and a change of clothes	Eg. Toilet paper

#### Activity: Plan moving day 'Logistics'

Order	Things to Do	Who is in charge
1		
2		
3		
4		
5		
6		

### Activity: Ask your family and friends if they will be sad or happy on moving day.

Tip: It is important to make a plan for saying goodbye so everyone knows what happens afterwards.

Friends and family I live with now	Will they be happy or sad?	When will you say goodbye to them?	What will they do when they miss you?

## Making a House into a Home

# Activity: Make a list of all the things you are looking forward to doing

By yourself	With housemates	With family and friends and other visitors

### Activity: How do you want to solve conflict in the house

Things you might get upset about	How you (and your housemate could resolve it)
Eg. Temperature too hot or too cold	Eg. This is medical so I really need support
	keeping the house the right temperature.
	I could ask them to help me
	or we could agree on 1 temperature to keep the
	heat/cooling on