

# I MOVE A LOT AND THAT'S OKAY

## MEDIA KIT

Grace moves a lot because of her dad's job in the military. She struggles to quickly adapt to a different culture, learn a new language, and make the best out of life far away from home. **I Move A Lot and That's Okay teaches kids how to emotionally cope with relocation and rapid change.** The message of resilience and hope are universal ones that help children (ages 7 to 10) to overcome obstacles more easily.

### Supports Social-Emotional Learning

- Grief over missing friends and family
- Anxiety over moving homes and changing schools
- Loneliness and loss of routine
- Increases empathy

### Order Information

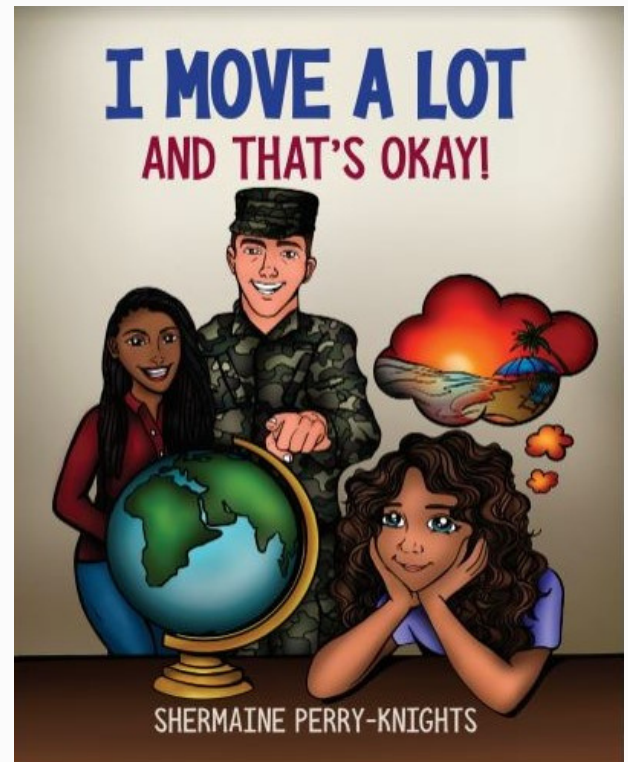
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# INTERVIEW WITH THE AUTHOR, SHERMAINE PERRY-KNIGHTS

## What do you hope families take away from reading your book together?

My hope is that this book becomes a conversation tool with your kids before moving, validating their experiences, feelings, and thoughts.

## How do you hope teachers use your book?

This is a timely resource for social-emotional learning. Use it to discuss (1) grief over missing friends and family, (2) anxiety over moving homes and changing schools (3) loneliness and loss of routine, and (4) increases empathy.

## Why did you decide to write “I Move A Lot and That’s Okay”?

I wrote the book that I wish I had as a military child moving a lot. Moving is the path to unlocking new adventures and noteworthy experiences for military families. I learned so much along my travels and wanted to share it. This book teaches hope and resilience during the tough times.

## What's it like to move a lot like a child?

Relocation is a whirlwind of activity for a child. There are extreme highs and lows of emotional, mental, social, and physical change. Many struggle to leave everything and everyone behind and to start over in a new place. We must honor them during the whole journey and in literature.

## Contact me for media and public speaking requests.

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