



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parent/Guardian:

Today in your child's class, I read the book *Who Moved My Cheese? for Kids* by Spencer Johnson, M.D. and Christian Johnson. You may have heard of the adult version of this book, which offers a positive way to view and adapt to changes in our lives. The children's version of this book is an excellent resource to help fifth-graders develop a positive approach to the changes they face as they prepare to move to middle school.

Who Moved the Cheese? For Kids is a simple story of four mouse friends named Sniff, Scurry, Hem and Haw. They live in a big maze looking for the thing that makes them happy—magical cheese. Once they find the cheese, it seems like it will last forever. But one morning, the cheese is gone and everything changes.

Who moved the cheese? Will it ever come back? Will the mice have to look for new cheese on unfamiliar paths and around corners they've never explored? The story helps children begin to view change as a good thing that leads to new opportunities.

Most fifth-graders are already thinking about going to middle school next year. Many kids are anxious about middle school, since its structure is so different from elementary school. For example, they will probably attend a larger school with many more students, and they'll change to different classrooms and teachers several times a day. These changes can be intimidating for even the most confident student.

Ask your child what we learned today about handling change from Sniff, Scurry, Hem and Haw. Throughout the summer, keep talking about the important change coming up in their lives. Remind them that even though change can be unsettling (like it was for the mice), it can also be a good thing that opens the door to new and exciting opportunities. Consider adding *Who Moved the Cheese? For Kids* to your home library so you can enjoy reading with your child.

Sincerely,

ABC Volunteer

Telephone/Email

PS. Please sit down with your child and talk with them about the Pros and Cons handout they have filled out on the back of this letter and discuss a plan of action to help with their transition.