



## Steps to Easing the Transition

**ONE:** Engage fully in all these closing ceremonies and crossing new thresholds. Enjoy them. Let them be what they are. Put your dancing shoes on and traipse through the changes lightly.



**TWO:** Recall the times in your life when you participated in these end-of-school-year ceremonies and transitions. Get reacquainted with those early parts of you. Call back the feelings that accompanied these early transitions. Touch base with the younger you that navigated those transitions back then. And celebrate.