

# I MOVE A LOT AND THAT'S OKAY

SHERMAINE PERRY-KNIGHTS



- **2021 International Book Award Winner**- Children's Educational (category)
- Featured in **Stars & Stripes** as a PCS resource.
- Recognized by **NPR** and **Military Families Magazine** as a conversation tool for teachers, counselors, and parents.

This picture book follows a bright-eyed girl that moves across the world. She shows the reader that she can embrace a new environment, language, and a different culture. **I Move A Lot and That's Okay** teaches kids how to **emotionally cope with moving and rapid change**. The message of resilience and hope are universal ones that help children (ages 7 to 10) to overcome obstacles more easily.

## REVIEW

I wish I had this book when I served in the early 2000s to share with my fellow jarheads and family. The military can be challenging for both service members and family and any and all support is welcome. Thank you for providing such a colorful and insightful book that can make the next move that much more joyful. I would recommend it to any parent or teacher who wants to open the dialogue for how change creates opportunities for growth. Awesome job.

- **Damel Walker** *Veteran, Teacher, and Father*

## PRODUCT DETAILS

Publisher : Innovation Consultants of DeKalb

Language : English

Pages : 39 pages

Hardcover ISBN: 978-1953518064

Paperback ISBN: 978-1953518057

Item Weight : 3.2 ounces

Dimensions : 8 x 0.1 x 10 inches

**Available on: Book Shop, Walmart, Amazon, Barnes & Noble, Ingram Spark, and other book retailers.**

Average Customer Review: ★★★★★



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## SHERMAINE PERRY-KNIGHTS

**Award-winning Author, Certified Trainer, Motivational Speaker, and Entrepreneur**



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## ONLINE REACH

Jayde Kamille's Book Review - 113K+



226K+



1M+



1M+



32M+

## WHY THIS BOOK?

### THE AUTHOR SAYS...

Relocation is a whirlwind of activity for a child. There are extreme highs and lows of emotional, mental, social, and physical change. Many kids 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. This book teaches hope and resilience during the tough times.

### PARENTS SAY...

This book is a tool to navigate difficult conversations with kids before moving. It validates their experiences, feelings, and thoughts.

### COUNSELORS & TEACHERS SAY...

It is a timely resource for social-emotional learning and student success skills. 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) to increase empathy. It supports the 2nd, 3rd, and 4th-grade curriculum.

