

CHANGE

In the last few weeks there have been lots of changes in our lives; most of us are not at school and our daily lives are different from usual. Change can feel a bit scary.

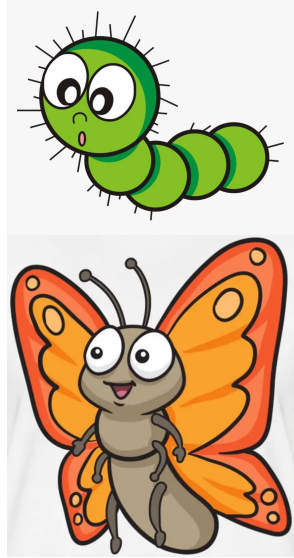
Most of us like things to stay the same because it is comforting to know what will happen in our day.

However change is part of life and learning to recognise how we feel when things change can help us to cope with it.



Spring is a time of big change in nature. Every day seems to bring about something new, like the weather or blossom on a tree or a new flower poking through the ground. Spend some time in nature and take notice of your surroundings. What stays the same? What changes? Maybe the sun moves behind a cloud or a bird flies away. Chat to someone about what you noticed; perhaps you're inspired to write a poem or draw a picture.

1. Make a list of some of the things that have changed in your life recently (daily routine, how you chat to your friends, who you see, activities....)



2. You might feel differently about each of these changes. Some you might feel happy about, for others you might feel sad or worried or angry. Draw an emoji next to each change on your list to show how you feel about it. Then try to talk about your feelings with a adult and see if they can suggest any ways to help deal with those emotions.

