



Dealing with Change

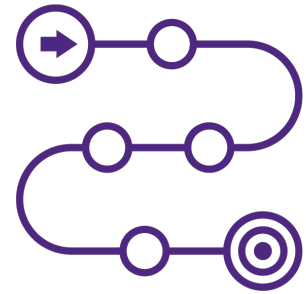
My life changes

Discuss what changes have they experienced in their lives so far.



Life changes timeline

Create a timeline of the changes that have happened in their lives so far, add changes they predict will happen in the future.



Feelings about future changes

Discuss changes that will happen in the future, e.g. changing schools, changes in health. How do they feel about it? If they have difficult feelings, what can they do to feel better?



Independent Activities

Changes Story

Write a story about changes you've gone through in your life or changes you might go through in the future, would you change anything if you could?



Memory Jar

Write happy memories on pieces of paper and put them in a container, when you are feeling sad, or missing an important person in your life, you can read through your memories.

