



What Changes Have You Experienced?

Can you think about any changes that have happened in your life so far?

Starting school

Moving home

Changing teachers or teaching assistants

Starting a new club

Getting a new sibling

Having a new hairstyle

Moving town

Moving countries



How Does Change Affect Us?

Changes can affect us in different ways.

Change can make us feel different emotions. Some of these emotions will be comfortable and others will be uncomfortable.

Sometimes, change is planned and expected to happen,

whereas other changes are unexpected and unplanned and can happen quickly

The Effect of Changes on Our Mind and Body

Difficulty sleeping

Being over excited



Feeling worried or nervous

Feeling distracted and struggling to concentrate

Physical reactions such as stomach/headache, an increase in your heart rate, shaking hands, feeling tired or overwhelmed

How to Look After Your Wellbeing Before A Change

Get a good night's sleep.

Try some relaxation techniques

Continue to do the hobbies you love.



Get some exercise and fresh air.

Talk to someone

Remind yourself that you are trying your best and your best is always good enough.

Try mindfulness activities such as colouring and mindful breathing.

Seeing Change Positively



If we look at change as an

You may have been **worried** about moving and sad to leave your old home.

changes, we are more likely to

You may now **prefer** where you live. It may be near a park, the shops, closer to school or to family.

There are **positives to be found** in most changes and it is important to focus on those positives when you are experiencing a change. It can **motivate** you to keep making changes.

Think about the changes you have experienced and think about the

Managing Change

There are many ways you can manage change and deal with it positively.

Can you think of any ideas?

Ask someone who has experienced the same change for their advice.

Talk to an adult.

Talk to a friend.

Focus on the positive outcomes.

See it as an opportunity and not a change.

Focus on what is really important.

Reward yourself for small changes.

Continue to do the things you love.

Practise self-care.

When things don't go quite as planned, use it to learn and be resilient.

Use positive affirmations to reinforce your bravery and courage.

What would you say to help?

Jayan is in year 5 and about to move into year 6. He lives with his mum and stepdad. He has lived with his stepdad since he was 6 years old and spends his weekends with his dad and grandad.

His mum is going to have a baby in a few weeks and Jamal is worried about what might happen when the baby arrives.

He is excited to have a new brother or sister but he is worried about the changes that might happen.



What advice would you give Jayan?

Self-Care Techniques

Get a good night's sleep
with a regular routine

Take a bath or shower

Read a book you love

Listen to your favourite, happy music

Go for a walk and look at nature, noticing
what is happening around you



Talk to friends and family

Play sport with others

Craft

Do some relaxation
techniques

Bake a cake

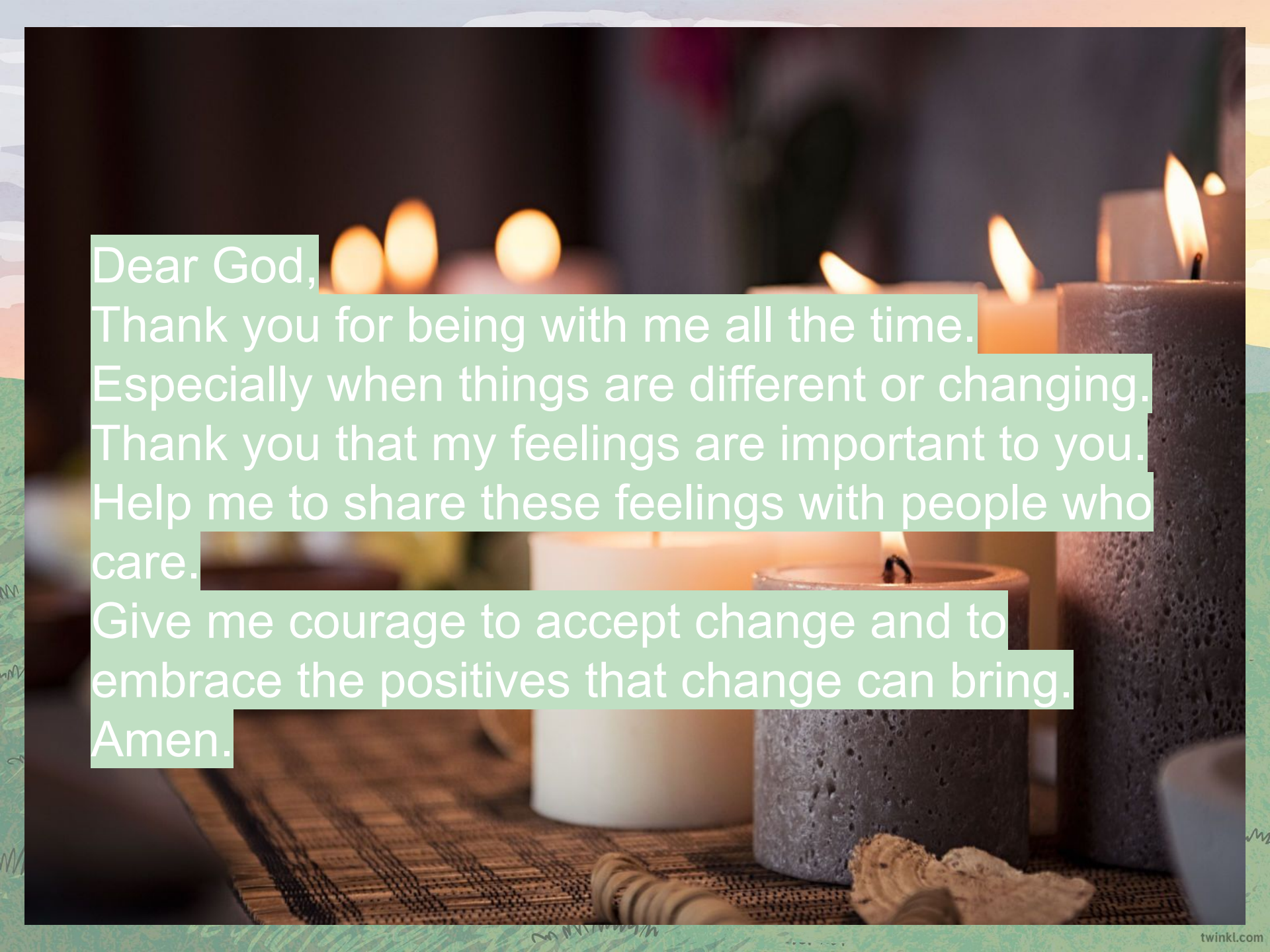
Write or draw

Things to Take Away

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- Changes can be difficult to deal with. They can cause worry and affect your wellbeing.
 - Talk to someone you trust about the change.
 - Always have a positive growth mindset to help you remain positive.
 - Look for the positives in any change to help you feel motivated to manage the change.
 - Take some time to reflect on the change that has happened.
 - Use self-care techniques and continue to keep your mind healthy.



CHANGE
IS
GOOD



Dear God,
Thank you for being with me all the time.
Especially when things are different or changing.
Thank you that my feelings are important to you.
Help me to share these feelings with people who
care.

Give me courage to accept change and to
embrace the positives that change can bring.
Amen.