

Dealing With Change

Positive and Negative Changes:

We're dealing with lots of changes right now. Think about the positive and negative sides of change and make a record of these. There are some examples to get you started.

Positive Changes

I can spend more time playing with mum

I don't have to get up early to go to school

Negative Changes

I can't play football in the park

I miss my teacher

Comic Strip Activity:

Think about another change you have experienced (moving house, changing schools, a new sibling, family breakup or the loss of a pet or family member).

Using the comic strip format on the next page, try to draw out the different stages of change you went through, for example when you first found out about it, when you were preparing for it (if it was an event that could be planned for), when it was actually happening, soon after it happened, and a while after it happened.

For each drawing you do, label it with the emotions you felt or think you might have been feeling at the time.

Rainbow Feelings Activity:

On a piece of plain paper, draw and lightly colour in a rainbow. Using the 'change' emotions you identified in the Comic Strip activity, allocate a colour to each emotion. Write the 'feeling' word in the appropriate band of the rainbow, and add an explanation if you are able to, *e.g. Calm is blue because it's like the sea on a calm day; anger is red because my face goes red when I'm angry.*

Dealing With Change: Comic Strip
