

Changes - Coping

Write how you feel about these situations... Going to school Making new Making a mistake on school work friends Joining in a new game you have just learnt Starting a new class Staying over at a friend's house Trying a new food Riding a bike Learning an instrument



Now let's think of some things that might help us cope with changes...

What have I done Give an example before that has helped of a change you me feel happier... have gotten through before... What could I do next time I am feeling worried about change... Who could help me face my worries about change... What good things can happen with How will I feel after I have change... made this change...