

Changes

Over the next few weeks we will be learning about what change is, how we can learn from the different changes in our lives, how we can help others going through changes, and how we can plan for unpredicted life changes that we might find difficult and challenging.
This weeks learning objective is;

I can understand that the changes we face in our lives can change who we are as people





Activity 1; Look at the images on the left. What do all these people have in common?

Discuss with other people in the room the following statement;

Changing your looks will change your personality.



<https://www.youtube.com/watch?v=4MxCPy83shM>

When Tupac was shot to death in 1996, he left behind a great deal of unreleased material. This is one of many songs that surfaced after his death. This song is about the racial issues on the streets, and how everyone knows that it will never change; there will always be poverty and homeless people and violence on the streets, "Some things will never change."

Activity 2;

Watch the link above to the song "Changes" After this the following five slides will have questions for you to discuss, explain and identify meaning behind this song

*“Its time to fight back
that’s what Huey said,
2 shots in the dark
now Huey’s dead”*

 *Is Tupac suggesting that ‘fighting back’ is
a good idea?*

*“I see no changes,
all I see is racist
faces, misplaced
hate makes
disgrace to races”*



What changes does Tupac want to see in the world?

“You gotta operate the easy way”

‘I made a G today’

“But you made it in a sleazy way”

 Tupac is trying to explain how he wants people to change. What message is he sending out here?

“You see the old way
wasn't working so its on
us to do what we gotta
do to survive”



What does Tupac mean when he said
“The old way”

“That’s just the way it is, things will never be the same, that’s just the way it is, aww yeah”

 Does Tupac see Change as a positive, or a negative?

Tupac believed that racism has caused black people to be poorer than other races, less privileged than other races, have less job opportunities than other races and be unequal to other races, which he believed has led to generations of black people to be full of hatred towards others...



This week is all about understanding how changes can affect us personally. Eradicating Racism would be a huge change to our community, our society our nation and our world.

Activity 3;

Can you imagine the changes we would see in people if the world was less racist? Complete the table adding in 5 changes you might see to peoples lives, families, friendships, views and personalities, one example has been given to you.

1. Black and white people would have equal rights in ALL countries	2.	3.	4.	5.
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Now, highlight all the boxes where you think this would have a positive impact on your individual beliefs.



Did you know that you can call Childline to report any incidents of racial abuse?

0800 1111

Activity 4;

Some changes in our lives we have NO control over, where some changes we ARE able to control, look at the images below and identify which ones we have control over. How could this change our lives?



Deciding to go
to college



Getting poorly



Taking drugs

Activity 5;

Can you name 3 Changes in your life you have either had full control over, or no control over. How did it change you as a person? The first one has been completed as an example.

The change in my life	Did I have control over this?	Did I have NO control over this?	How has this impacted my life?
I decided to break up with my boyfriend	Yes		In a positive way because he was controlling and didn't let me go out with my friends

Great work! Today you have;

- Recognised that the way we look doesn't always determine who we are
- Discussed, explained and outlined your opinion on how others feel about their personal beliefs
- Predicted how other peoples lives could change if our opinions changed
- Reflected how some of these same changes can have a positive impact on your life
- Identified changes we CAN and CAN'T control and compared those to real life situations you have been through
- Related changes you have faced to how they have impacted on your own life



Next week... we will learn how we can deal with difficult unexpected changes