

# 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 recognise different types of change*



## How do I feel about change?



*Activity 1; Look at the image on the left. How do you feel about change? You could use one of the examples pictured or put how you feel about change into your own words.*



[https://www.youtube.com/watch?v=-n\\_cXcOe6xk](https://www.youtube.com/watch?v=-n_cXcOe6xk)

### Activity 1;

- Watch the link above.
- Whilst watching this, identify what is happening here.
- How does this link to 'change?'

The seasons are something that will always change. Winter to Spring, Spring to Summer, Summer to Autumn and then Autumn back to Winter again.



Which season is your favourite and why?



Some countries don't have seasons at all. If you could choose would you live in a country with them? Or without them?



## Activity 2. Synonyms for Change

Below are a list of words, that also have a similar meaning to 'Change' Can you put them into a sentence? The first one is done for you.

- Evolve – Humans *evolved* over time
- Switch –
- Transition –
- Variation –
- Adjustment –

This week is all about being reflective when it comes to change. To reflect means to think deeply, or carefully about something.

Activity 3;

Can you list as many different changes that people face on a daily basis? Complete the table below. The first one is completed for you. Watching the following clip might help you - <https://www.youtube.com/watch?v=HtixmXEnHzk>

1. Becoming a brother, or a sister for the first time.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Now, highlight all the boxes where that change applies to you.



Did you know that an average person goes through BILLIONS of changes throughout their lives?

## Activity 4;



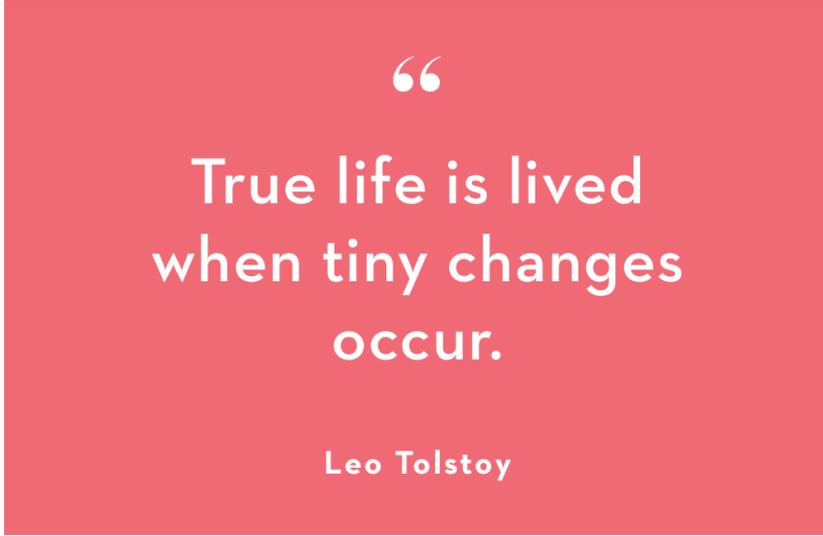
Which quote do you agree with most?  
Explain your answer

A quote card with a dark, moody background of a cloudy sky over a body of water. A small bird is flying in the sky. The text is white and centered.

Change is almost always  
negative. Things degenerate.

Woody Allen

This one?

A quote card with a solid red background. The text is white and centered.

“  
True life is lived  
when tiny changes  
occur.

Leo Tolstoy

Or this one?

# Great work! Today you have;

- Recognised different changes from the online clip.
- Outlined your personal thoughts on change.
- Been able to use other words that have a similar meaning to 'change.'
- Identified various examples of changes someone might face in their lives.
- Reflected on some of the changes you have experienced.
- Compared other peoples thoughts on change to you own.

Next week... we will look at how the things we have faced in our lives have changed who we are.

