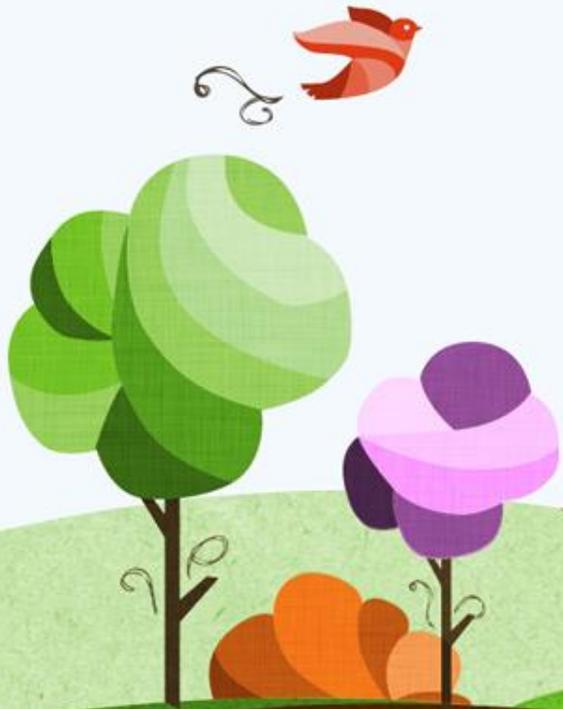


Changes

Over the last few weeks we have recognised that there can be different types of changes, and that sometimes these things can change us as people. We have also learnt that being resilient is important in helping us to deal with changes we might find difficult.

This weeks learning objective is;

I can make change a positive experience



We've all been there, right? That moment in our life when we look around and realise that everything is changing and we just don't know how to handle it. We can't slow down because there's so much to do and we can't talk to anyone because we feel like no-one cares.

Everyone goes through these moments in life – change happens to us all – it's just that sometimes we feel we're in control and it's totally fine, and sometimes we feel we're not and we get stressed.

If sometimes you feel like changes are piling up in your life – and the stress they bring is just way too much to cope with – remember that life is full of these changes but these changes are not what define us.

Don't let stress take charge!

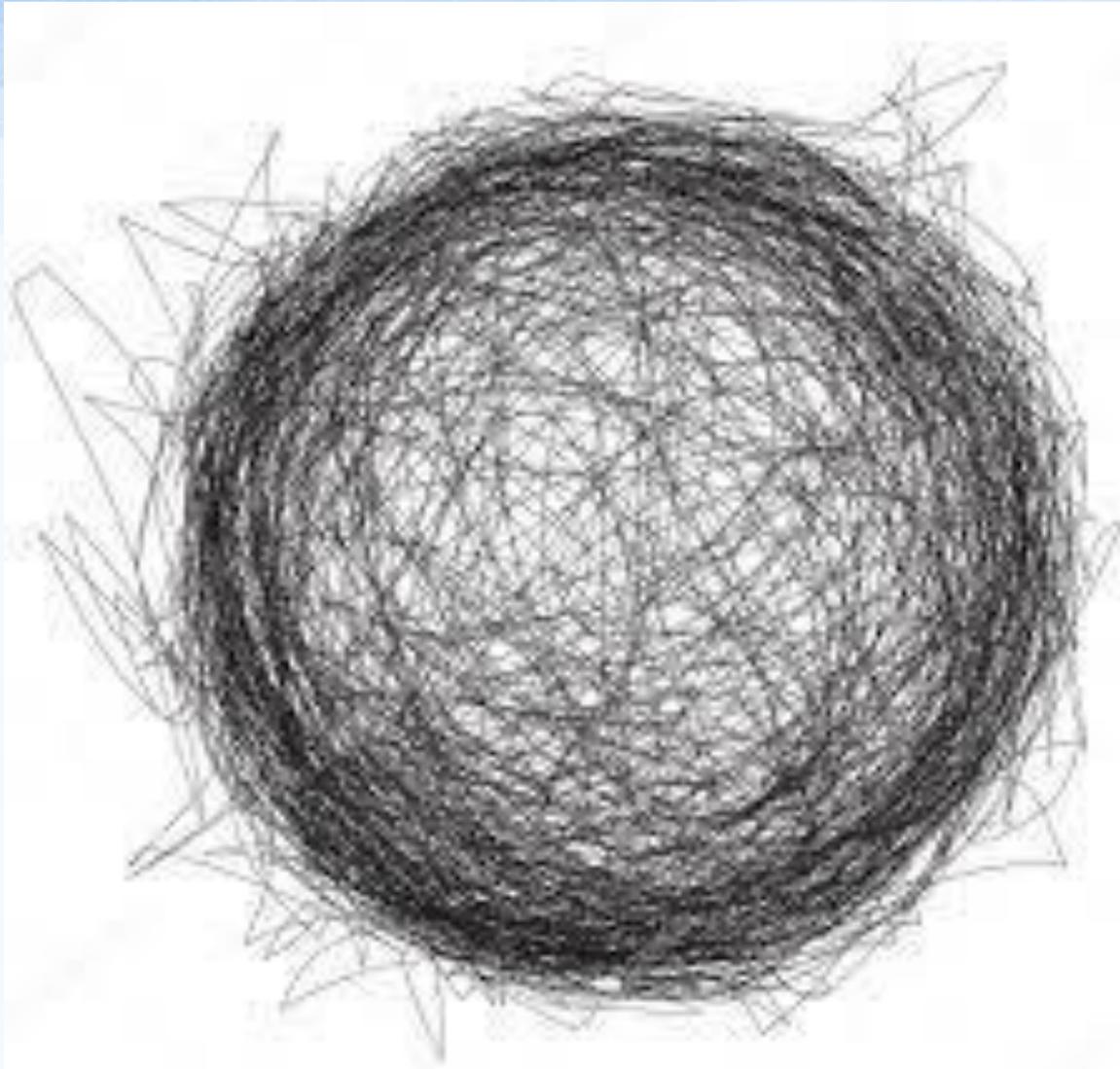
🤔 If you could think about when you have ever felt stressed, what would it look like?



What will your image look like?

Activity 1; Take some time to create an image, either by drawing, or finding a picture online of a representation of stress... here's mine on the next slide...

I drew a picture of how stress makes me feel. When I am stressed, I can't think. This is a picture of my brain when I am stressed. The ball represents the stress getting bigger and bigger, by lots of winding squiggles that I can't undo.



Can you think of a time when you have become stressed out and overwhelmed with any changes that have happened in your life?

Stress is a sensation in your body that can sometimes feel like your head might explode or that your heart is racing so fast it might burst out of your chest!

Activity 2; Talk and discuss with others in the room....

- What type of person are you?
- Does that effect how you deal with problems you might face with change?

Are you
glass half
full?

Which one are you?



1/2 FULL?

1/2 EMPTY?

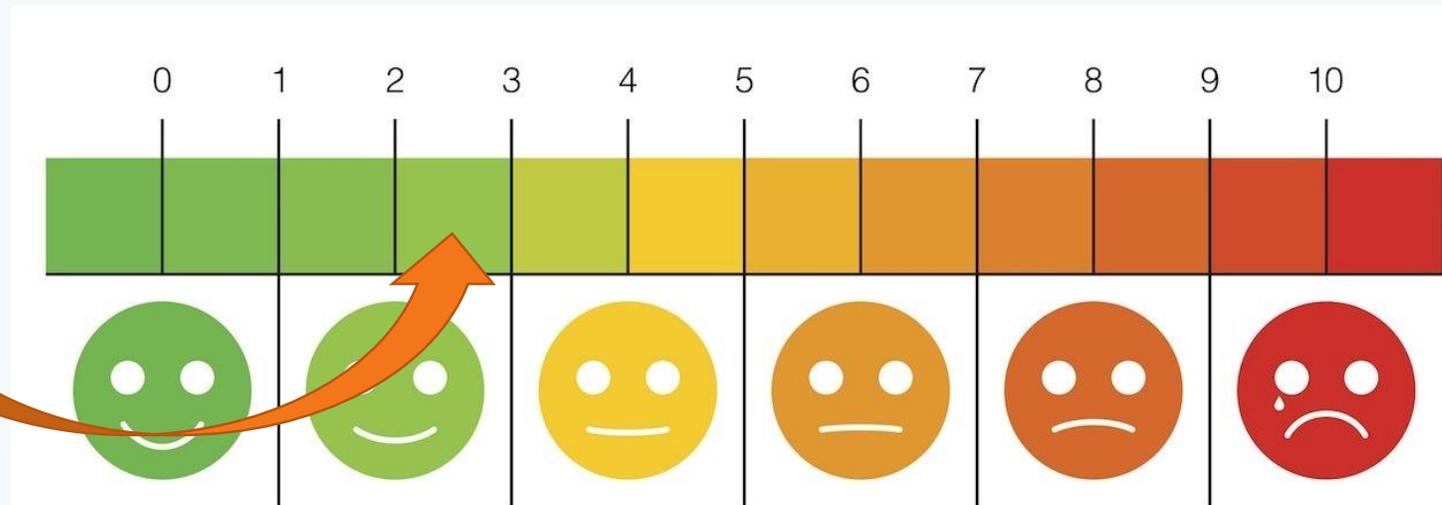
Or glass
half
empty?

Activity 3; If you had to rate yourself on how well you manage to look at the positives in life rather than the negatives.

How would you rate yourself on a scale of 1-10?

**I have added in an example for you*

I know that other things in my life can affect how resilient and positive I am. Mostly I feel quite positive, but its hard to feel this way all of the time.



Activity 4: Watch the clip below and make a note of all the different ways people have been able to deal with the changes that have happened to them.

<https://www.youtube.com/watch?v=sl7-4cSgLZo>



Someone in the clip described change is sometimes like having light at the end of a tunnel... both exciting and nerve-wracking. 🤔 -Do you agree?



Strategy

Why this is important?

Is this something I can do when I am feeling stressed out because of a difficult change?

Talk to someone you trust

Make time for relaxing

Have realistic expectations

Eat and drink healthily

Create a daily routine

Reduce time on social media

Spend time doing activities you enjoy

Set achievable goals

Give yourself time to adjust

Think positively and use self encouragement

Activity 5;

Please complete the table filling in reasons why these strategies mentioned by the children in the video clip are helpful. You may need to use a laptop to research this. Could you use any of these strategies too?

Great work! Today you have;



- Identified and created your own image of what stress looks like to you
- Recalled situations where changes in your life have caused you stress
- Reflected on what type of person you are and how that impacts of your resilience
- Listed ways that other people have overcome stressful changes in their lives
- Examined strategies that would be helpful for you to use when trying to overcome stressful changes

Next week....We will apply all of our learning on this topic to how we can help others deal with change.