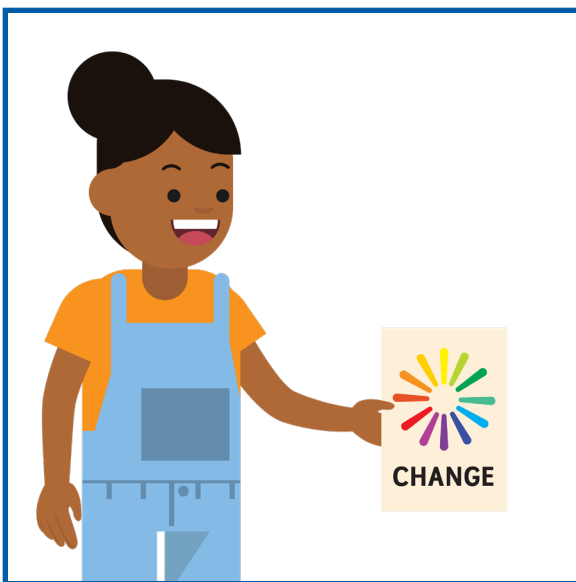




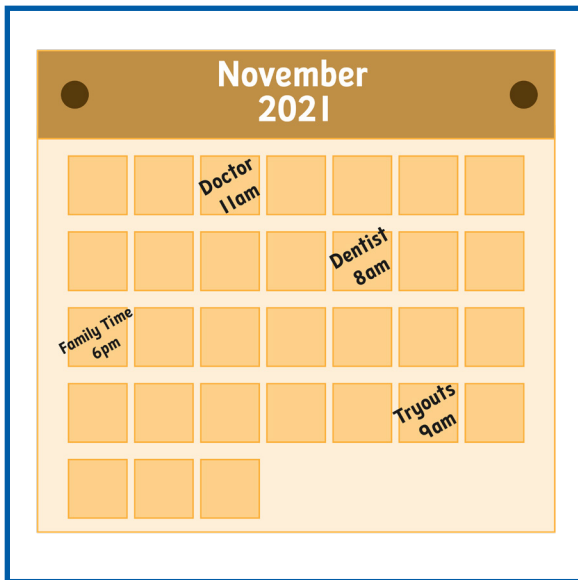
When Things Change



Sometimes things change and that can feel challenging. Everyone gets used to doing things a certain way, so change sometimes causes stress. But if we learn to accept change, it reduces stress and makes change feel a little easier.

How does change make you feel?

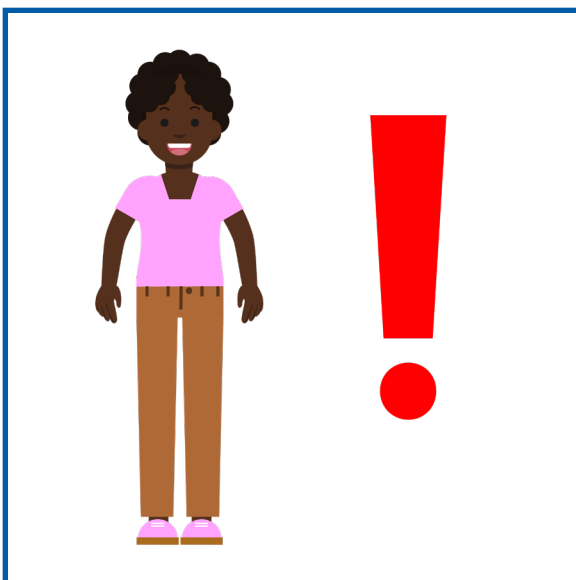
1



There are some changes we can plan for ahead of time, like a doctor's appointment. This is a change from a normal daily routine. For example, we may need to miss school for a doctor's appointment, which can feel like a big change. But we can handle it!

How can we prepare for a change like a doctor's appointment?

2



There are some changes that we cannot prepare for ahead of time, like when a teacher is absent and there is a substitute in the classroom. When changes like this happen, there are tools that can be used to make this change easier.

What are some tools that can be used to help deal with a teacher being absent?

What are some other examples of changes that are unexpected?

3



When change happens, we can manage our stress by using different tools.

What are some stress tools we have learned about?

Now, let's look at some examples for dealing with change.

4

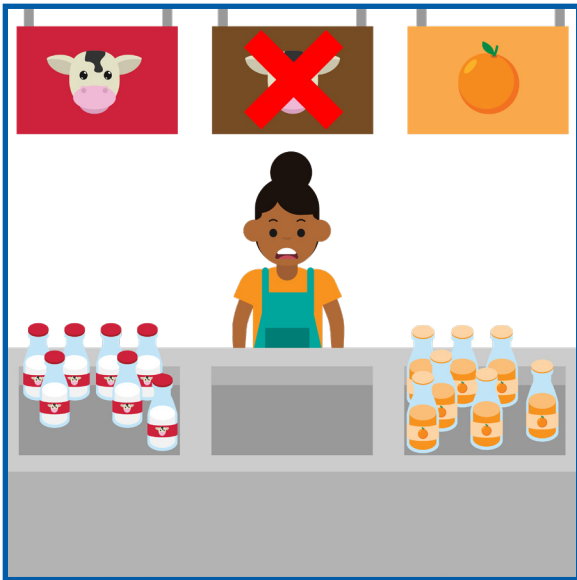


Juan looks at his morning schedule and sees that art class has changed to PE. Juan is disappointed he doesn't get to go to art today. He feels like screaming! Instead, Juan thinks about the change and takes a deep breath. He tells himself, "I don't like the change, but I can handle it." He decides to talk to his teacher and ask when he can do art again.

Did Juan follow the steps for change?

Have you ever felt disappointed about a schedule changing?

5

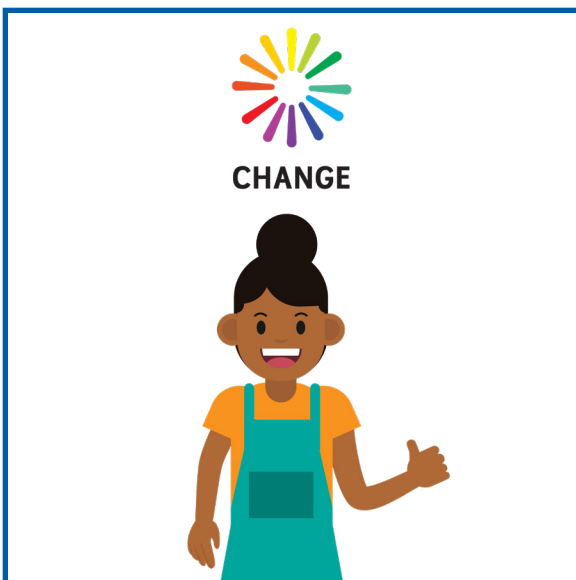


When Shana arrives at the lunch line, she sees an “X” over the chocolate milk sign. She can only choose between white milk or orange juice. Shana was not expecting this change. She feels angry because chocolate milk is her favorite. Shana throws her lunch tray on the ground and sits down with her arms crossed.

Is this an example of accepting change?

What could she do differently next time?

6



Sometimes things change, and that’s okay! We can use our tools to help make the changes easier for ourselves and others. Change may not be easy, but changes can be good.

We can handle change!
And that’s okay!

7