

**Coping with Change:** When something changes in your life, like having a different teacher at school, coping with change means finding ways to handle how you feel about it and how to deal with any worries, sadness, or confusion that might come up.

**Embracing Change:** Embracing change is a bit like being a superhero and looking for the good in new situations. It's when you're excited about something different that's happening. Maybe it's trying a new hobby or making a new friend. Instead of being scared or worried, you're curious and open to whatever comes your way.

**Embracing Change worksheet**

Discuss each scenario and write your answers to the questions on the back of the sheet.

**1. Habib likes his school. He is in Year 5 and has lots of friends there. Over the summer his family are moving to the other side of town so next term he will be starting Year 6 at a new school.**

1. How might Habib be feeling? (For example, what is he looking forward to or worried about?)
2. What could Habib do to cope with and embrace this change?
3. Who could help Habib and how?

**2. Jana is an only child. For a long time, it was just Jana and her Mum but last year her Mum got married to Matt. Jana likes Matt and they all get on well together. Last night Mum excitedly told her that she is pregnant and in a few months’ time she is to have a new little brother or sister.**

1. How might Jana be feeling? (for example, what is she looking forward to or worried about?)
2. What could Jana do to cope with and embrace this change?
3. Who could Jana talk to?