



WALT: deal with challenges and changes and know how to prepare myself emotionally for the changes next year.



Activity 1 – With your adult or family member, name one thing about yourselves that has

changed in the last couple of years. It could be a like/dislike, something new you've learnt, moving house etc.



Activity 2 -

Think about how school has changed because of the Covid-19 pandemic. Discuss and talk about

your feelings about those changes. Remember that however we feel about anything, it's OK to

have those feelings. How we react to them and what they make us want to do are more important than the feelings themselves!

Look at and discuss the scenarios on change below and decide whether the changes are expected

changes or unexpected changes. Discuss what unknowns there might be in each circumstance (e.g. will Amir see his best friend again?). For each scenario, discuss some advice for how to deal with

the unknowns (if there are any).

Change 1

Daisy's favourite toy isn't her Queen

Elsa doll anymore; she prefers her

bike now.

Change 2

Lili's mum and dad broke up. Her dad

lives in another town now.

Change 3

Jay moved into Year 6 after the

summer holidays.

Change 4

Amir's best friend moved back to

Spain.

Change 5

Best friends Finn and Cara aren't in

the same class anymore.





★ Think back to the changes you discussed earlier on in the lesson and reflect on whether or not you still have any unanswered questions or any unknowns about the changes ahead. Write down and share changes which might happen in the following year, thinking carefully about what you expect and what might still be unknown.

★ Remember that not even adults have all of the answers at the moment! Share your changes with a family member and talk about some practical advice about how to manage your feelings about the changes.

★ **Activity 3** - Visualise three positive changes that have happened in your lives and list the positive emotions attached to those things in the bubbles below.

The form consists of three large, empty yellow circles arranged in a triangular pattern. The top circle is on the left, the middle circle is on the right, and the bottom circle is on the left. These circles are intended for students to write their responses to Activity 3.

