

Change and Transitions



Change is an essential part of life. It's happening to us at all times in small ways as well as big. Sometimes we resist change because we are scared of the unknown and that can lead us to feel stressed or worried.

Can you think of a time you dealt with change?

Was it...

At Home

With my friends

At School

**At a club or
sports team**

Other _____

**What helped you cope
with change last time?**

**What advice would you
give somebody going
through change?**