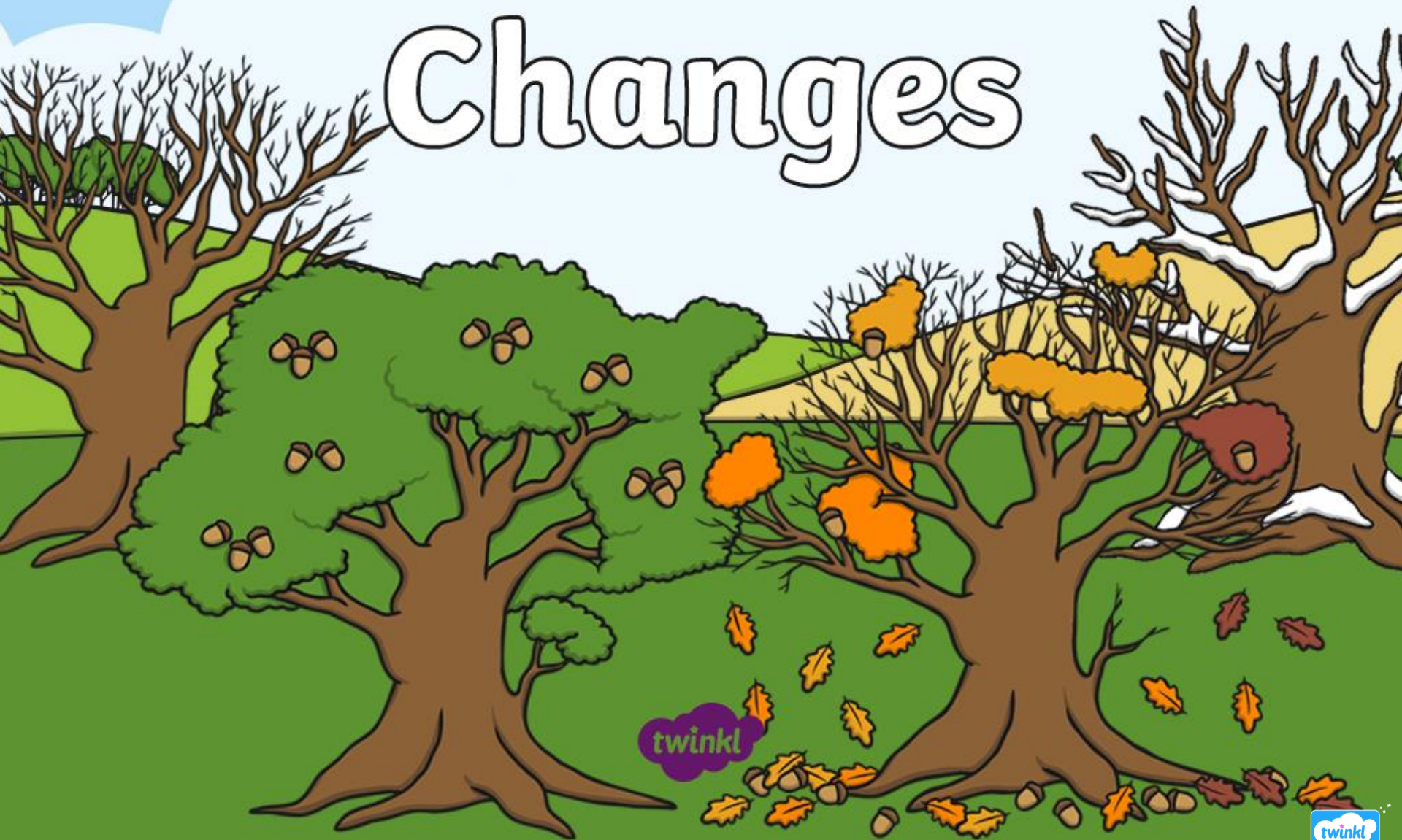
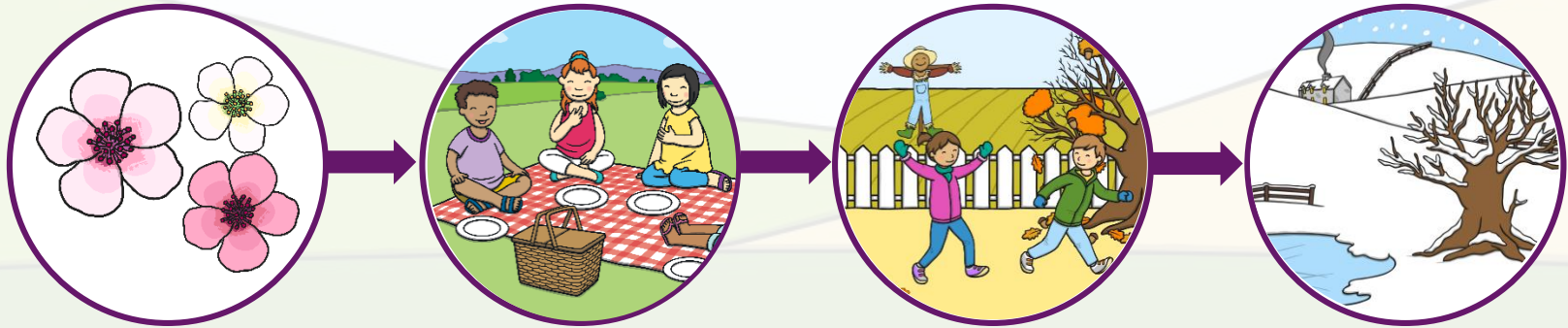


Changes



Big Changes

Our lives, like the seasons, can change in big ways.



Some changes are really hard!

Don't panic - changes are not so scary if you know what to do.

Our Family Can Change

Sometimes, you might live with different people.

Someone who lived with you might move out.



Someone new might move into your house.

School Can Change

You might get a new teacher.



You might change class.



New people might join your class.



You might go to a new school.

Changes Make Us Have Feelings

Changes might make us feel...

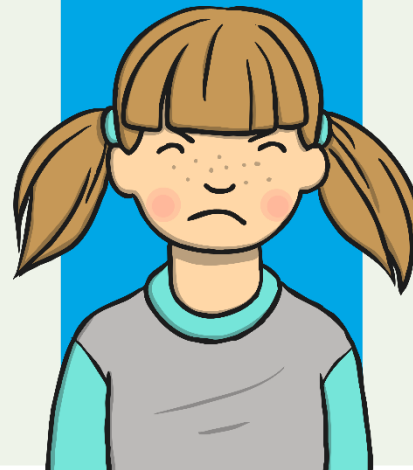
happy



sad



angry



excited



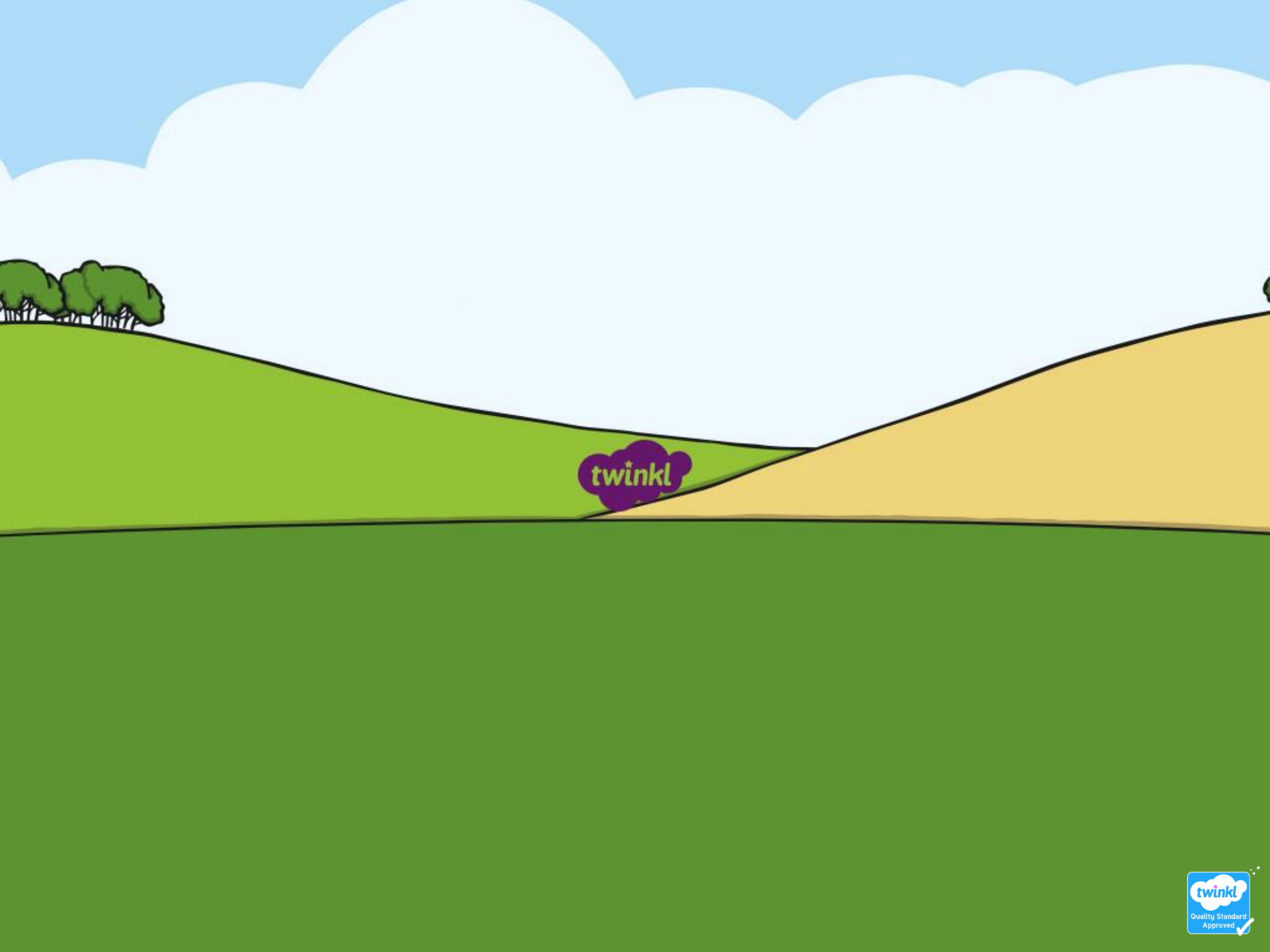
What to Do If the Change Feels Bad

It's important to let someone know if a change feels bad.

You could:

- Tell a person you live with.
- Tell a grown up you trust at school.
- Draw or write about it.
- Do something you like doing.





twinkl