

Dealing with Change

You will need



We're dealing with lots of changes right now. Here's an activity to encourage your child to think about the positive and negative sides of change.

We can't change the current situation, but we can look for the good things about it to help ourselves feel better. And you can remind your child that this won't last forever!

We've provided some examples below, and space for your child to draw or write their own ideas.

Positive Changes

I can spend more time playing with mum

I don't have to get up early to go to school

I can spend more time with my family

I don't have to wear school uniform

I don't have to eat school meals

Negative Changes

I can't play football in the park

I miss my teacher

I can't hug my Grandma

I miss my friends

I can't go to school