

Dealing with change

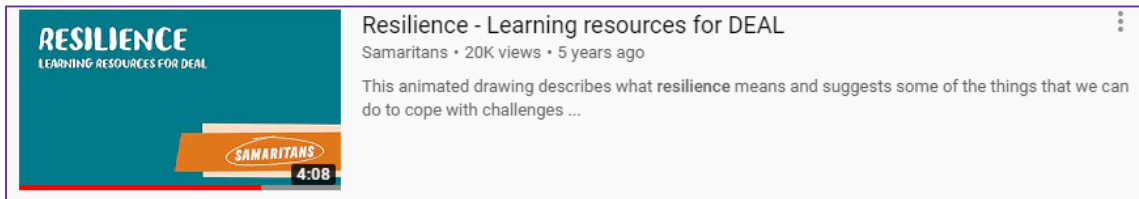
Changes are inevitable; nothing stays the same forever. Change can be big like moving house or changing school or change may be small such as being given extra homework or having a cold. Sometimes what may seem like no big deal to one person can really affect someone else, **we all react differently to changes in our lives**. Some changes are harder to cope with than others, **this is normal**.

Because of coronavirus, we have all experienced change and the purpose of this session is to help you reflect on this change and how we can deal with it.

Everyone faces challenges from time to time and we can't feel happy all the time. **When we cannot control the change itself, the key to coping is focusing on how we respond to it**. Asking an adult for help if we cannot cope is important.

Task 1: Some changes in our lives are positive. Make a list of five positive changes that have happened to you over your lifetime. Examples could include making a new friend, learning a new skill or growing in confidence with something.

Task 2: Type into Youtube "**Resilience learning resources for deal**" and watch the below video. Answer this question... What is the key message from the video? Write down 3 things you learnt from it.



We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to CW2020@bishopchalloner.bham.sch.uk

Tips for Dealing with Change...



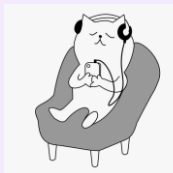
1. **Remember to stay positive:** When there is a lot of change make list of what remains the same or remains positive in your life. Try to add one thing each day to this list



2. **Learn from change and embrace it.** Try to find the benefits of change by thinking about what new skills or lessons you can learn from it e.g. lockdown might mean you have more time to practice a hobby



3. **Take care of yourself.** Getting enough sleep, exercise and a balanced diet is incredibly important. Our bodies are designed to function best when we do this. If you lack any of these things your brain chemistry will actually change and it will impact on your emotions.



4. **Learn to relax.** Relaxing is hard for some people but there is usually something that you can do to help you relax, find that activity and schedule it into your week. It could be yoga, speaking to friends, going on a bike ride etc.



5. **Talk.** A problem shared is a problem halved. Dealing with change is an emotional process, speak to friends, family (preferably an adult) or teachers about how you feel. If you can't speak to someone you know then call Childline or talk to them on their online chat

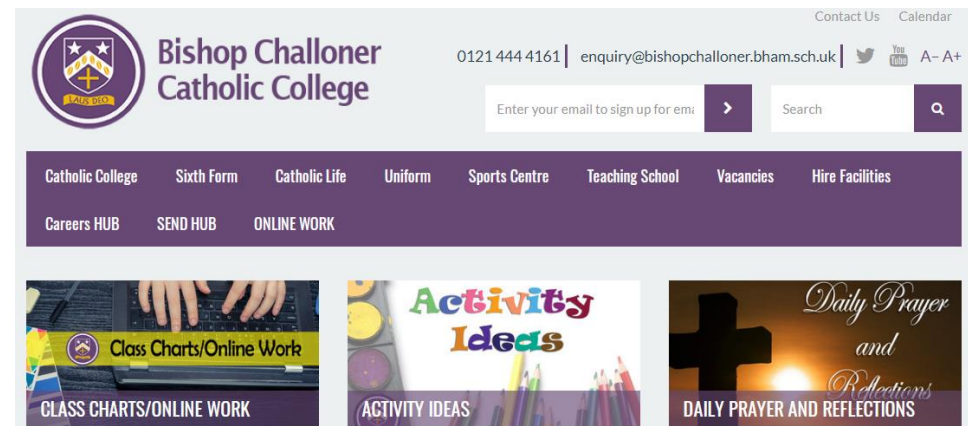


Task 3: Take a fresh sheet of A4 paper and complete these questions. Expand and explain your answers to make sure you have really reflected on each question.

1. What has changed since lockdown?
2. How do you feel about it?
3. What worries or upsets you about it?
4. What is positive about it? E.g. more time for practicing a musical instrument or family time
5. What can you control despite the change? E.g. how much sleep you get
6. Where can we get support and advice from during the change? Think both physically and online
7. How can I make the change easier? E.g. keeping a routine and speaking openly about your feelings



Share these questions with someone at home, ask them if they have felt the same.



Task 4: Create a Summer Holiday Action Plan

Write down a list of things you think you should do each day and week which are important. Now add to the list things you enjoy that help you cope with change. Put a star next to the three most important things you must do each day or week. [There are lots of ideas on the Bishop Challoner website or you may use Wednesday's 'keep busy' lesson as inspiration.](#)

Create a very engaging and beautifully illustrated reminder to do these things each week during the summer holidays. Put this plan up on the wall or fridge, somewhere you will see it every day, so that you remember to take time for fun and important things each day.

You could do this as a timetable or a visual reminder poster. If you would like to share this with us, please email it to CW2020@bishopchalloner.bham.sch.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Target: Go for a 30 minute bike ride 	Target: Read for at least 30 minutes 	Target: Call or write to a friend/family member I haven't seen recently 	Target: Bake something new 	Target: Add to my online blog

Summer Fun!
Our family's schedule

Make Something Monday	Thoughtful Tuesday	Wet & Wild Wednesday	Trip Thursday	Figure it Out Friday
8am Wake-up, eat breakfast, get dressed, make bed	8am Wake-up, eat breakfast, get dressed, make bed	8am Wake-up, eat breakfast, get dressed, make bed	8am Wake-up, eat breakfast, get dressed, make bed	8am Wake-up, eat breakfast, get dressed, make bed
9am Play outside	9am Play outside	9am Play outside	9am Pack cooler with snacks, lunch, dinner and drinks	9am Play outside
10am Snack	10am Snack	10am Snack	10am Drive to Des Moines	10am Snack
11am Crafts-ke something	11am Reading and Writing	11am Play in the water	11am go to zoo, run errands	11am Figure something out
12pm Lunch	12pm Lunch	12pm Lunch	12pm Lunch	12pm Lunch
1pm Chores	1pm Chores	1pm Chores	1pm Chores	1pm Chores
3:30-5pm TV	3:30-5pm TV	3:30-5pm TV	5pm Gymnastics	3:30-5pm TV
6pm Dinner	6pm Dinner	6pm Dinner	6:30pm go home	6pm Dinner
8pm Bedtime	8pm Bedtime	8pm Bedtime	8pm Bedtime	8pm Bedtime



For more information: <https://www.crisisnetwork.org/find-help/behavioral-health-conditions/managing-change/>
Still not sure how to cope with change? Speak to an adult at home or speak to childline