L.O. I can describe things that might change in a person's life and how it might make them feel

What are some changes that might happen in a persons life?

What feelings can these changes cause?

All change Game

Let's play a circle game…

Everyone, sit in a circle. I will call out an instruction, such as "All change if you have a sister."

If that's you, change places with someone else who has a sister.

Remember not to rush or push, as we don't want any accidents!

Lots of things can change in a person's life.
Little things can change and big things can change.

Some changes take a while to get used to.

Some changes make things better, but other changes can make things worse.

Some people like change, or cope with change really well. Other people find some changes really difficult.

Let's find out about some children who have been through some changes.

Lets look at how some things can change.

How are they feeling?

Can we make them feel better?

Why are they feeling like that? What was the change?

Jackson took his favourite teddy to his auntie's house
when he went to see Auntie Sarah's new puppy.
The puppy is still young and likes to play with toys.
When no one was looking, the puppy got Jackson's
favourite teddy and chewed it all up.
The puppy thought it was for him.
Mum said she couldn't mend the teddy
as it was too ripped.

Kyla has started a new school. It's a big change for her.
Her new school is very big, whereas her old school was really small.
She doesn't know anyone at the new school.
She used to take a packed lunch to school, but now she is having school dinners.

Mathilda is moving to a new house.
She has to pack up all her toys. Mum says she has to get rid of all the things she doesn't play with anymore.
The new house is smaller than where they live now.
At the new house, Mathilda is going to have to share a room with her brother, Tom.

We are all different and that change affect people in different ways. It also depends on what has changed, some changes are easy to get used to and others are more difficult.

Can you think of a changed that might make you feel excited?

Can you think of change that might make you feel sad?

Getting Help with Change

What can people do if they are finding change difficult?

Talk to their family.



Talk to their teacher.





Talk to their friends.



Give it time to get used to things.