

# What is Change?

A change is when something different happens in your life. Many times, the change is something you didn't expect. Everyone experiences changes everyday. Change can happen at school, in your home, with your friends or in your family. Change can be easy or difficult to handle.

Read (or have someone read to you) what is written in the boxes below.  
Then draw a picture in each box.



What has changed in your life recently?  
Draw a picture of one of the changes  
below.

How has this change made you feel?  
Draw a picture of how you are feeling  
below.

This change has made me feel:

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# Big Changes

Big changes can be scary, exciting or upsetting. Examples of big changes are: moving to a new city, when a baby brother or sister is born, or when a pet or grandparent passes away. Read (or have someone read to you) what is written in the boxes below. Then draw a picture in each box.

What is a big change that you experienced when you were younger? Draw a picture of that change below.

This change made me feel:

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What is a big change that you are experiencing right now? Draw a picture of that change below.

This change is making me feel:

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# Small Changes

Small changes can be annoying, confusing or interesting. Some examples of small changes are: cancelling a party or appointment, changing the foods you eat or going to bed at a different time. Read (or have someone read to you) what is written in the boxes below. Then draw a picture in each box.



What is a small change that you experienced when you were younger? Draw a picture of that change below.

This change made me feel:

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What is a small change that you are experiencing right now? Draw a picture of that change below.

This change is making me feel:

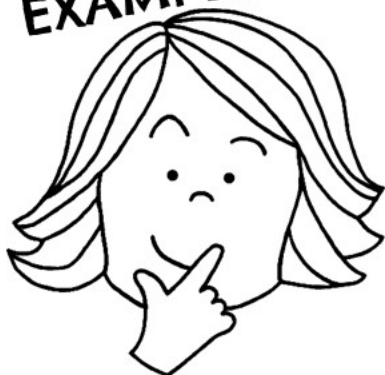
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# How to be a: Flexible Thinker!

When change happens, sometimes our brains can become rigid. It is important that we try to be flexible thinkers! This will make accepting change much easier.

To be a flexible thinker, you should try to think positively about any change that comes your way. Look at the example below, and then you try!

## EXAMPLE



My school is closed because of a dangerous virus. I don't know when I will get to go back to school! I miss my friends.

I can be a flexible thinker by telling myself:

*While I am at home, I am safe with my family and my pets.  
Hopefully, I will get to see my friends in a few weeks.*

The restaurant that I love to eat at is closed! I wanted to have dinner there tonight...

I can be a flexible thinker by telling myself:

## YOU TRY!



# How to be a: Flexible Thinker!

To be a flexible thinker, you should try to think positively about any change that comes your way. Try flexible thinking below!



I am moving to a new city and will be going to a new school. I am feeling nervous about all of the changes.

I can be a flexible thinker by telling myself:

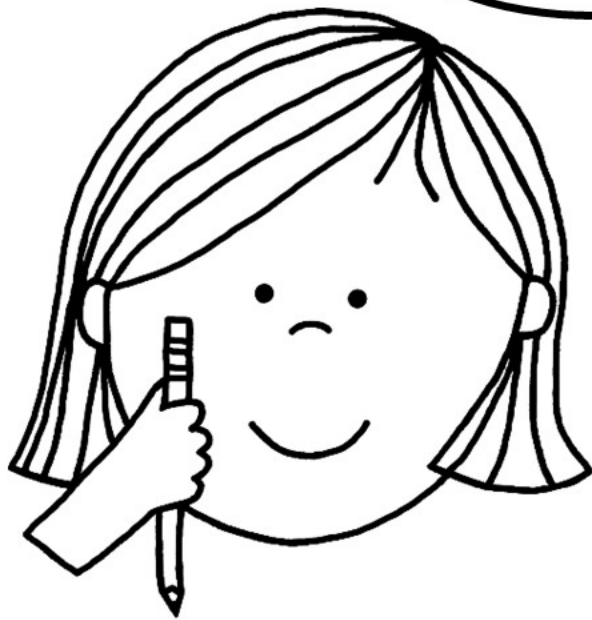
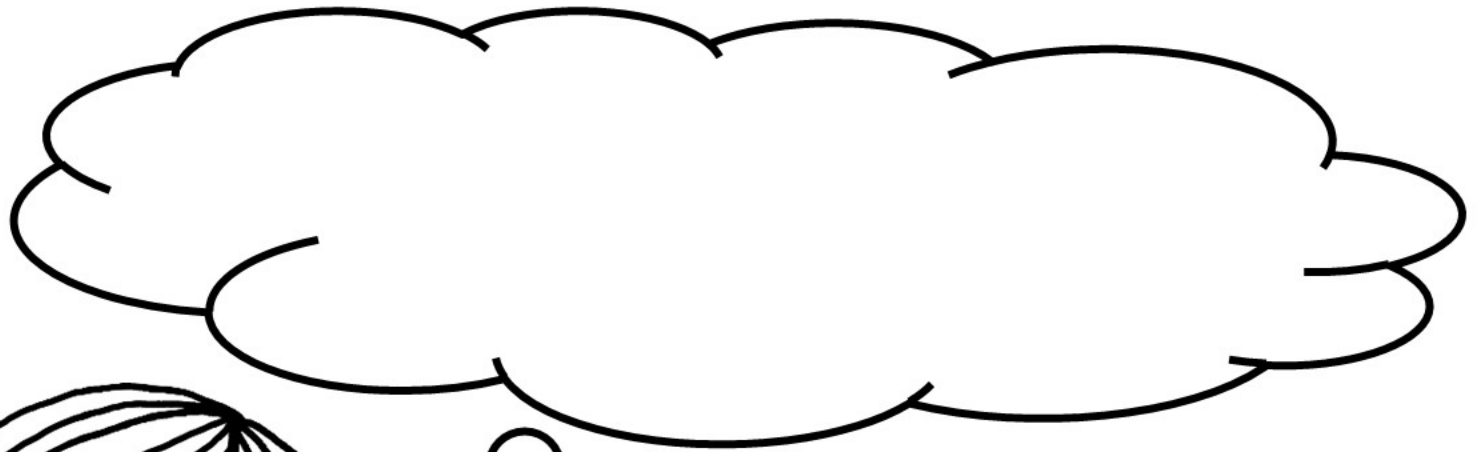
My grandma is sick and in the hospital right now. I am worried about her.

I can be a flexible thinker by telling myself:



# Find the Flexible Thought

Read (or have someone read to you) the two sentences below. Then, decide which sentence is the flexible thought. Which thought tries to think positively about a difficult situation? Cut and glue your choice into the thought bubble.



I'm really sad to hear that our chorus concert has been cancelled. I'm going to ask my mom if we can sing some of the songs together at home instead.

I can't believe that the chorus concert is cancelled! This is so unfair! I am so angry. I want to scream!