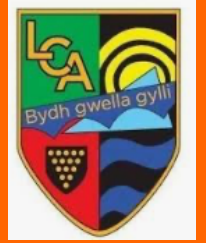




Thinking about changes that are coming up

# My little book of changes

## NOTE FOR PARENTS:



Before using this booklet:

- Select the pages that are suitable for your child, you may not feel that all pages are suitable for them at this time.
- Some pages require adult guidance to explain or children may need to talk through issues that arise after completing pages.
- Issues and ideas may arise that some children may have not yet considered..
- Things are constantly changing at this time and some wording may need altering to reflect this.
- The booklet can be printed as a PDF. The slides can be used by adults to focus on sharing thoughts and feelings and create 'togetherness.'

# About this book

This activity book will help you think about the changes that are happening at the minute (being away from school) as well as changes ahead, like moving year group or school to Year 7.

This book will help you to reflect about now and the future. It will let you explore your thoughts and feelings around change.

**Remember:** the aim of this book is to help, you do not have to do it and you do not have to do all if you choose not to.



# Contact details



If you have any questions or need any help completing this book, then please contact your school's SEMH Teacher or Practitioner.

Email: [enquiries@looe.cornwall.sch.uk](mailto:enquiries@looe.cornwall.sch.uk)

# Rules about this book



1. This is book belongs to \_\_\_\_\_ (me)
2. I can choose who sees my book
3. I can get people to help me with my book
4. I can **write** or **draw** my ideas in this book – I can change things if I want
5. I will keep my book safe

# About me:

## These are a few of my favourite things



- ❖ At the time of covid-19, we were off school. These are things that are important to me (write in the boxes)...

A toy or belonging I like

Best friends/ people I care about

A hobby

Something I'm good at

Games I like to play

Favourite meal

# Being off school



- ❖ At the minute, being off school or returning to school is very different to how it was before.
- ❖ Some people find this fun, others find it difficult.
- ❖ Sometimes, it can be hard not knowing the future.
- ❖ This can makes us feel unsettled, anxious, worried or nervous – it may not

*Circle words that describe what you think and feel*

Worried	Excited	Strange	Confused	Fun
Happy	Weird	Fearful	Lonely	Overjoyed
Nervous	Anxious	Unsettled	Angry	Fed up
Overwhelmed	Free	Lost	Together	bored

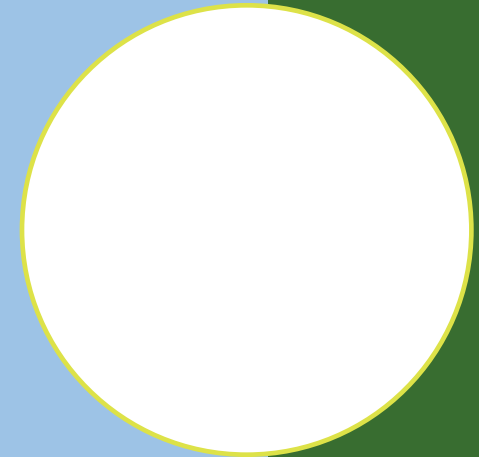
# Being off school - What it means to me -



❖ What does/did being off school mean to me?

*Write a sentence about what being away from school and friends means to you.*

.....  
.....  
.....  
.....  
.....  
.....

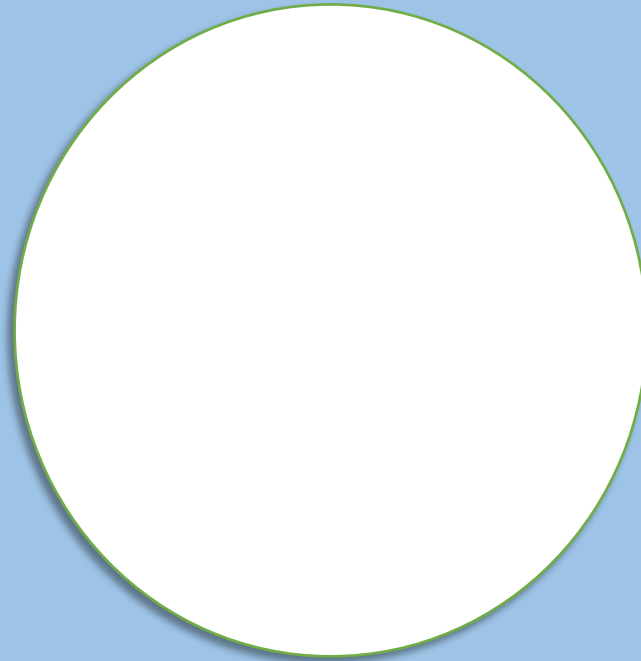




# My thoughts & feelings



3 things I **think** about being away from friends



Space to draw myself

3 things I **feel** about being away from friends

# Think about things you liked to do before and during lock down

What I enjoyed  
doing

What I like  
doing now

Things I miss doing

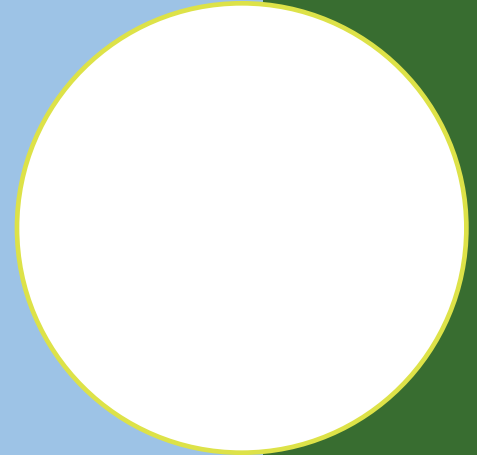
Things I am  
looking forward



# How I might feel in times of change?



- ❖ During change, we do not always know what will happen
- ❖ This can make us, or people around us, feel worried. This may be seen as anger, sadness or being irritated. It can also make us feel excited and full of energy
- ❖ It is **normal** to feel these things. It is ok that we don't know what is going to happen
- ❖ It is important that you and people you care about stay safe.





# List things that you think about and worry you...

Today



Tomorrow



Next week



Next month



In a year



# Thinking time

- ❖ Did your worries get more or less from 'Today' to 'Next Year'?
- ❖ When do worries feel better?
- ❖ Who can help with your worries?
- ❖ Are there any things you do to have fun that make worries seem smaller?

# The worry ladder

- ❖ If you have worries, write them on scraps of paper. (1 worry per piece)
- ❖ Place the worries the ladder (left) and think about how 'big' they are
- ❖ The top of the ladder are our biggest worries, things we think about a lot or make us feel sad
- ❖ The bottom of the ladder is for worries that are small. We may think about them, but they don't really bother us
- ❖ The higher up the ladder, the more worried we may be

**Some thing really terrible happens**

I think about this a lot

I think about this sometimes, it isn't a big problem

**Something I think, but doesn't upset me**



# Feeling better about our worries

Sometimes, talking to people or being with people can make our worries feel much better.



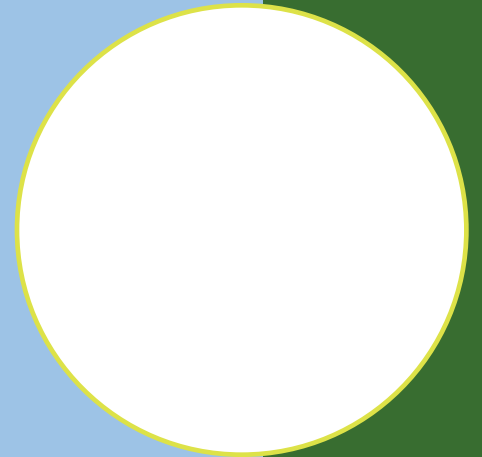
Draw fun things you do, or people you to be with, that help your worries to feel better.

A large, empty white rounded rectangle with a thin green border, intended for drawing.



# Moving on

- At the minute, no body knows what will happen
- This can be frustrating and confusing for us
- Other children will feel the same way
- Soon, things will start to change, and be similar to the way they were, though things might be different.
- **Look on the next page to see what might happen...**





# Moving on: When and How?



We may go back to a new class with some friends in others

Some friends may not come back and stay home

We may have another lock down

Some teachers and staff may stay away too

The school day may get shortened

We may go back and see different teachers or staff

**BUT... WE DON'T ACTUALLY KNOW YET!!!!**



# Same or Different

Thinking ahead to next year (your new class or school).

Make a list of things that will be the same and different

Same

Different

Challenge:

How many did you think of?

0-5 – Cool

5-8 Amazing

8-12 Wow!!!

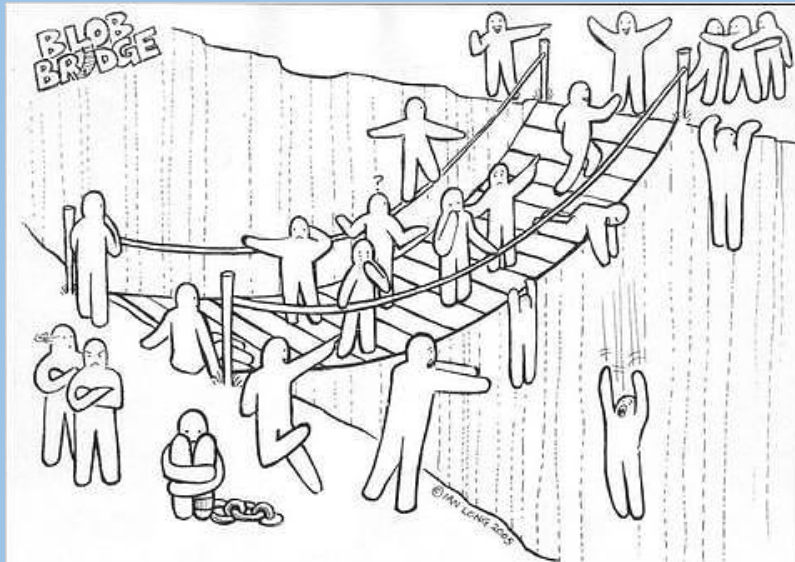
12+ Incredible!



Look at this picture... imagine it is the journey from your current year group, to your new one.

The different people in the picture show different feelings.

**You may feel 'mixed' about the changes ahead.**



Can you identify yourself (and colour in) as:

- ❖ Someone on the bridge?
- ❖ Someone who has either crossed or not?
- ❖ Someone you'd get help from
- ❖ Someone who looks like they need help



# 5...4...3...2...1

Take a moment to think about:

- ❖ 5 things you're good at/ enjoy in school
- ❖ 4 things you're good at out of school
- ❖ 3 things that have been successes for you
- ❖ 2 things you find tricky in school
- ❖ 1 thing you want to improve next year

**Jot them in the boxes below**



5

4

3

2

1

# People and things I shall miss/ look forward to

In the space below: draw pictures or people and things that you will miss about next year.

For every picture, draw something that you're looking forward to.





# My hopes and dreams

- ❖ On the next few pages there are pages to think about and respond to
- ❖ You will need to think about things that will happen in your future
- ❖ These may be near to now, or far away
- ❖ They should be important to you.



Somewhere I would like to go...



A large, empty white rectangular area with a thin green border, intended for a drawing or response.

Something I would like to learn...



A large, empty white rectangular box with a thin green border, intended for writing a response to the prompt above.



Something I would like to be able to do...



A large, empty white rectangular box with a thin green border, intended for writing a response to the prompt above.

Something I would like to see happen...



A large, empty white rectangular box with a thin green border, intended for writing a response to the prompt above.



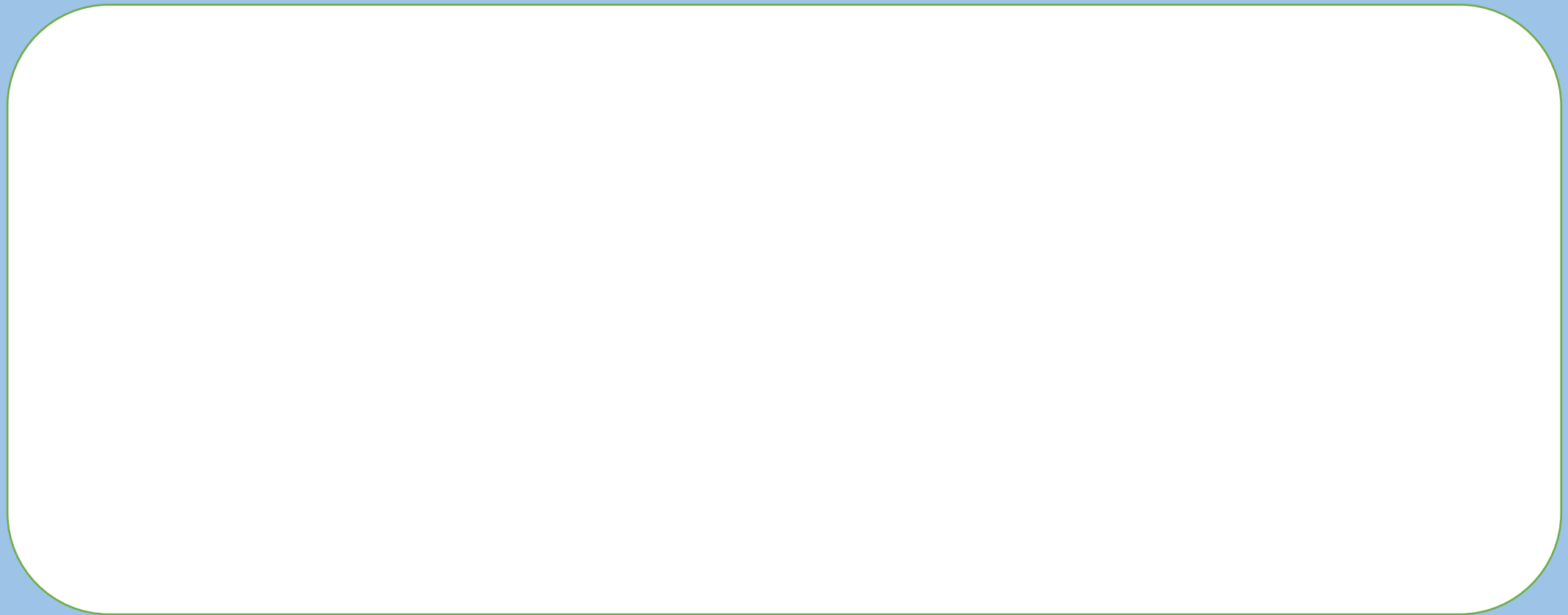
# My 'animal me'

- ❖ When faced with tricky, different and unusual times we need **resilience**
- ❖ Resilience is like **an inner strength**, like a magic power in our bodies
- ❖ In this section you will need to think about an animal you are like
- ❖ What qualities does the animal have that make it strong / happy / able to cope?

e.g. Dog = fast, loyal, caring, playful, strong, friendly, clever...



My animal me: draw your 'animal you' and label the characteristics that make it special



# 'Acrostic Me'



- ❖ Write your name down the page (left). E.g. If you're called Peter, write;

P  
e  
t  
e  
r

- ❖ For each letter of your name, write something about you that makes you special, amazing or different.

**P**lays guitar

**E**nthusiastic

**T**urn taker

s**E**rious

f**R**iendly

# Saying good bye



- ❖ We may leave school without getting to say good bye to our friends or teachers and other people that are important to us.
- ❖ This may make us feel sad – other people will feel this way too!





1. Draw pictures of people who you would like to say good bye to
2. What would you say to them?



What would they say to/about me?

My teachers/ adults

My friends



# What next?

Remember to keep this book safe.

You can share it with your new teacher next year, or your teacher if you return to school this year. You can keep it to yourself and share it when you're ready to.



# 😊 Good luck 😊

Remember, when things are tough...

- ❖ Think about your 'animal you' and what makes you special – how can you use these 'skills' to help you and others?
- ❖ Think about the things that you like doing that make you happy
- ❖ Think about the people who can help – let them share your problem
- ❖ Is your problem/ worry 'big' or 'small'; where would it go on your ladder?

