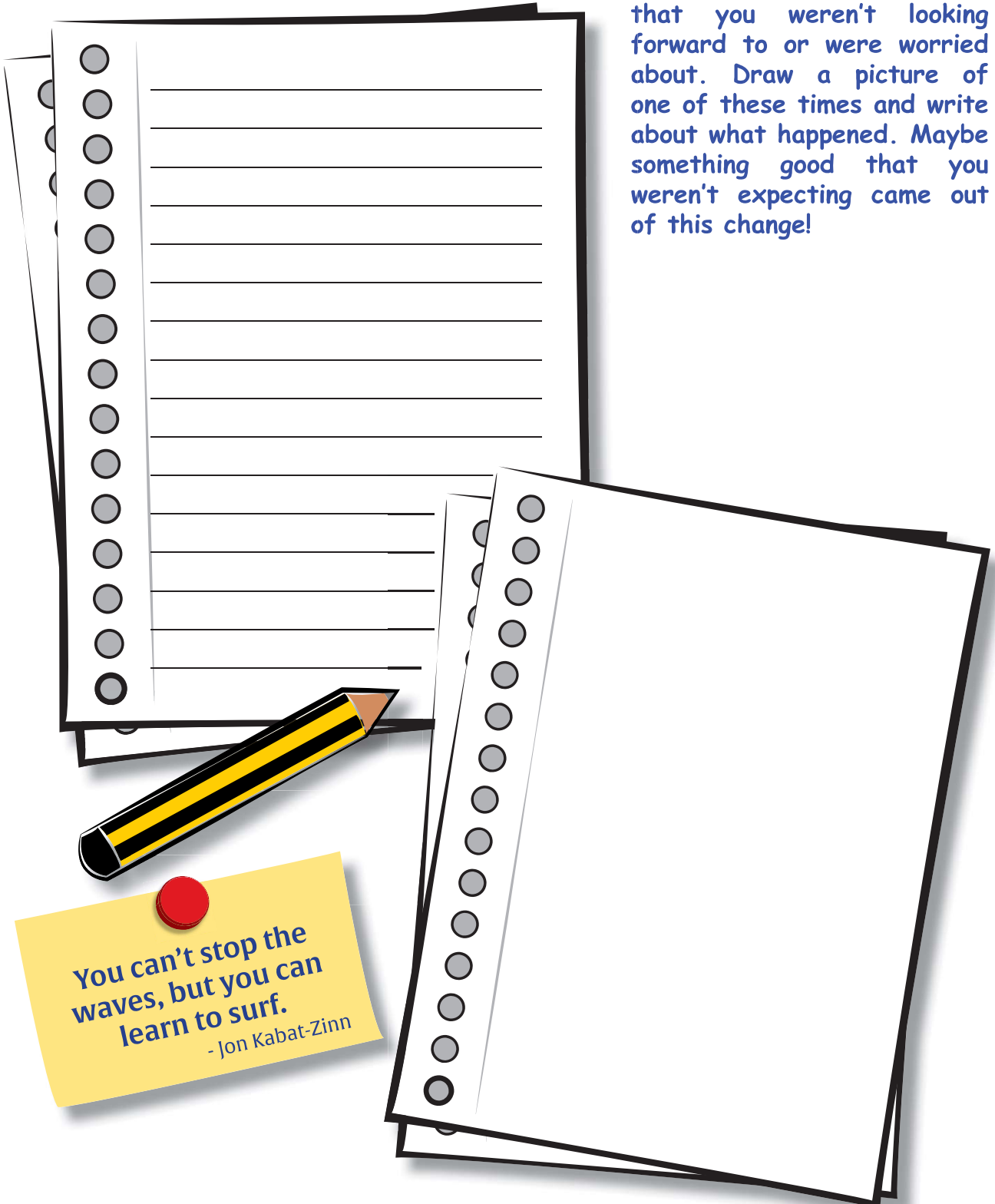


CHANGE IS PART OF LIFE

When there is a lot of change all around us, we can feel upset and worried. Change can be hard. We often want things to stay the same because that makes us feel safe. We need to remember that change is part of life and that we have coped with it before! We can't stop things changing, but we can learn to cope - we can be brave, even if we are afraid!

Now think back on times when you coped well with a change before - something that you weren't looking forward to or were worried about. Draw a picture of one of these times and write about what happened. Maybe something good that you weren't expecting came out of this change!



You can't stop the waves, but you can learn to surf.

- Jon Kabat-Zinn