

# Change

Change is an act in which something becomes different.



Changing schools



Moving house

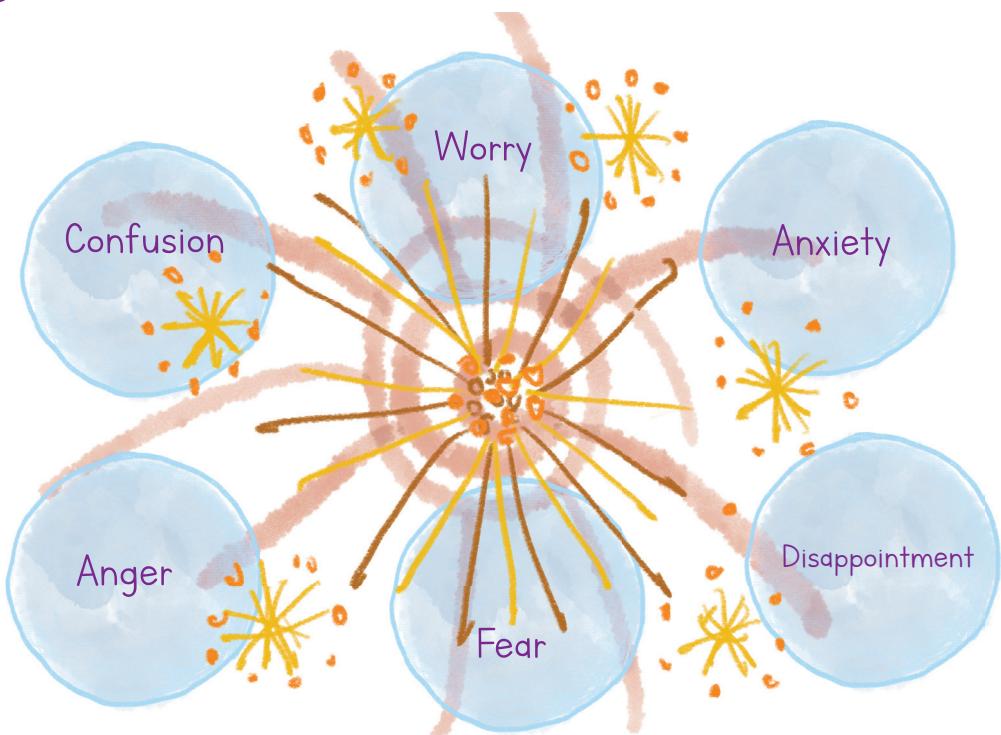


New baby sister

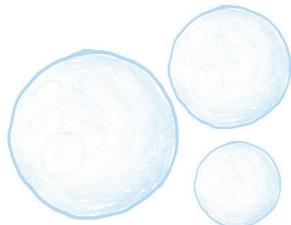


Falling out  
with a friend

Change can sometimes cause an **EMOTION EXPLOSION**



How can you manage change?



Step 1 Recognise the emotion



Step 2 Deep breath



Step 3 Talk to a trusted person