

# Change

Change is an act in which something becomes different.



Changing schools



Moving house



New baby sister



Falling out with a friend

## Some more examples of change:

New family relationship

Going to a new club

New friendship group

Getting a pet

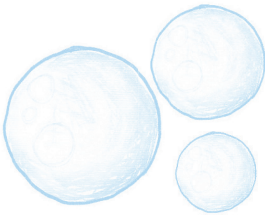
Someone getting ill

Getting a new teacher

Your body changing

Change can sometimes cause an  
EMOTION EXPLOSION

How can you manage change?



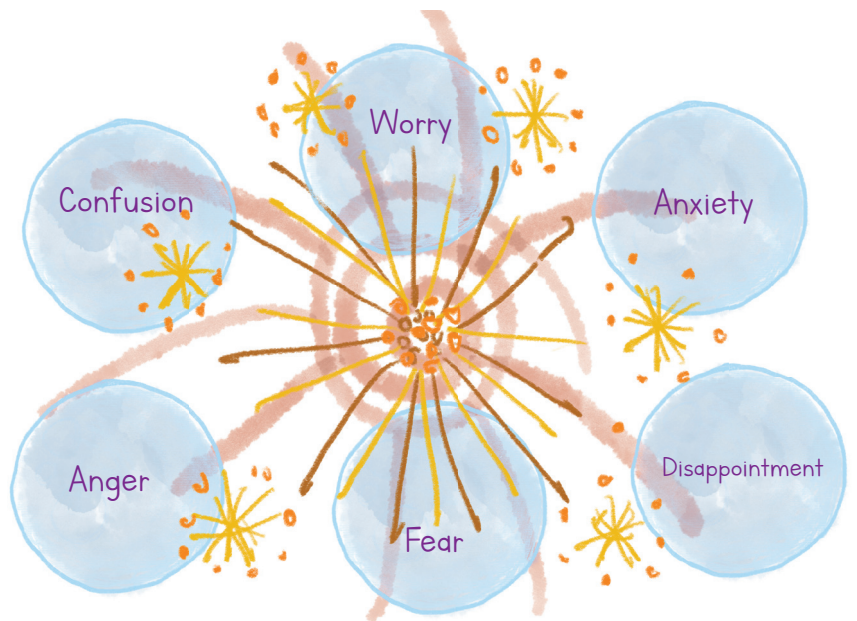
Step 1 Recognise the emotion



Step 2 Deep breath



Step 3 Talk to a trusted person



Change is a constant in life.  
The key is that we accept  
and learn from it rather  
than hide from it.

