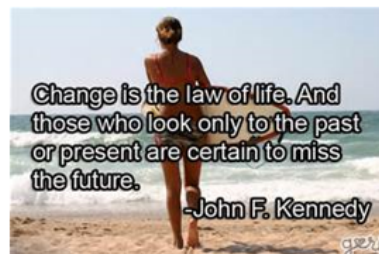
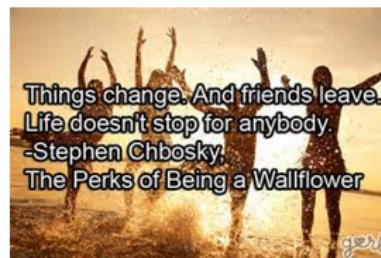


# Changes



Write down what you think the sayings mean in your own words.

**Part 2: Changes this year.**

**How do I cope with change?**

This year you will have already experienced a lot of changes. Sometimes changes can be scary and can cause us a lot of stress. Change is something that we can't avoid as we will have to go through many changes as we go through life. What we can do now is develop all sorts of strategies that will help us deal with change and make the most of every situation.

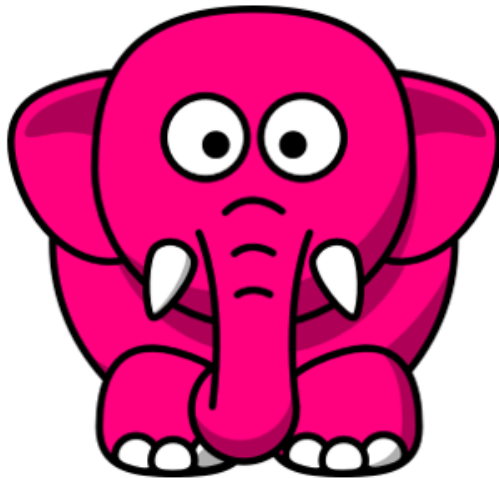
**How have things changed for you?**

In the box below write down all of the different changes that you have experienced **being away from school**. Tick the box that applies to how you feel about change (5 being the most confident and 1 being totally scary) and write a few words to describe how you feel.

Changes	1	2	3	4	5	How I feel

### The Pink Elephant

Take a good look at the PINK Elephant. It is very PINK. Have you noticed how PINK the elephant is? Close your eyes for 10 seconds and whatever you do ~~DO~~ NOT THINK ABOUT THE PINK ELEPHANT.



Did you manage not to think about the pink elephant? One of the first things we tend to do when things are causing us stress it to think about them and worry. When this is extreme it can make us unable to do some of the most basic tasks and in school it can stop us from learning, making friends and enjoying our time here. What we need to do is deal with whatever is worrying us.

The first lesson we need to learn is "A *problem shared is a problem halved*" Very often people are scared to talk about what is bothering them. Make a list of all the possible people who you know in school who would help you if you spoke to them about a problem.

Name of person	How would they help

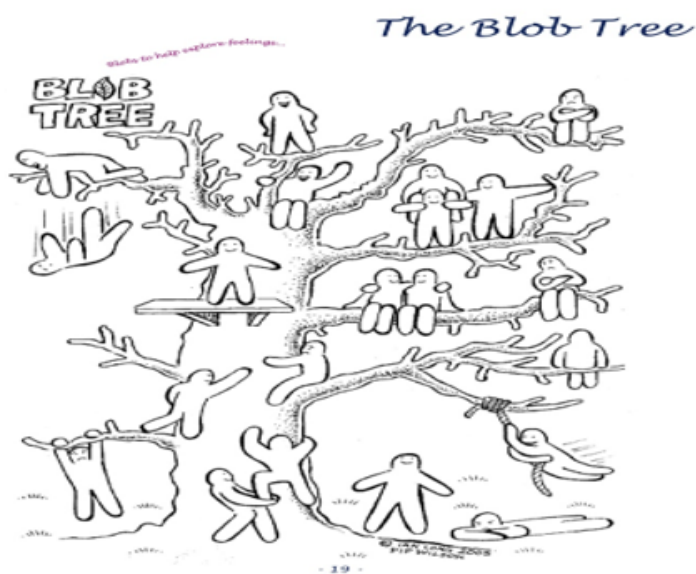
**Part 3: Is it good being me ?**

**How do you fit into groups ?**

Being in a group is really important, but many of us belong to different groups for different activities. For example your groups in sport may be different from those whom you study with or those whom you are close friends with.

Fitting into groups is important and to do that successfully you have to be confident about who you are and be able to pick your close friends wisely.

In the diagram below, circle the blob that best resembles you. Write down why you chose that blob.



I have chosen my blob because :

# Who's who?



Headteacher:.....

What do you think this job involves?.....

.....

Deputy Headteacher:.....

Assistant headteachers:.....

.....

Who is in charge of helping me to learn

.....

Housemistress:.....

Why might you need to see this person?.....

.....

Form tutor:.....

Think of two things that you might ask this

person advice on:.....

.....

School Nurse:.....

How can this person help you?.....

.....

Office staff in charge of money:.....

.....

When might you need to bring money in to school?.....

Caretaker:.....

What other jobs are there in the school?.....

.....

.....

.....

.....

.....

.....

.....

Which job in our school do you think is the most important and why?

.....

.....

.....



My target for today:

"to know if I am stressed and what is causing me to worry.

**To think about ways of helping others and how I can help myself to deal with change"**

Being away from school has made me feel

.....


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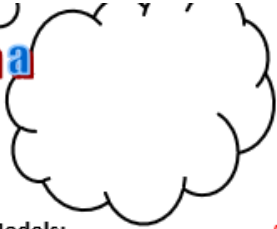
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My  for this week (

.....

What do I need in a friend



Part 4





Role Models:

Are they good for me?

Having a good role model can really help you to deal with change. However, having a bad role model can make us unhappy and feel insecure. Have a look at the photographs of the people below and explain why some people may think they are a hero/heroine.

Heroes or Zeros?



	Why would people look up to this person
	
	
	
	



**What are the qualities I look for in my friends?** Have a look at the words below and cross out all but 5 of the words. The five you choose are the values you most want in your friends.

Humility	Commitment	Honesty	Loving
	Bitchy		
Passion	Dishonest	Moral	Popular
Gossips	Respect	High Standards and Values	
Individuals	Thin	Kind	
Generous	Forgiving	Rich	Pretty
	Prejudice	Racist	Fat
Selflessness	Confident	Posh	Critical
	Peaceful	Beautiful	Fashionable
Loving	Flirty	Clever	Happy

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