

Changes



Big Changes

Our lives, like the seasons, can change in big ways.



But some changes are really hard and very strange!



The way we live has changed!

Our home lives have changed

Our school lives have changed

Being able to go outside has changed

Changes Make Us Have Feelings

Changes might make us feel happy, sad, angry, excited...



What to Do If the Changes Make You Feel Upset

It's important to let someone know if these changes in your life make you feel worried or anxious

You could:

- Tell a person you trust
- Draw or write about it
- Do something you like doing



Boris Johnson Prime Minister



Family



Teachers



During these changes in our lives we must listen to people who are going to help us and look after us

Good things will also come out of these changes. We will become more:

resourceful

resilient

inspirational

compassionate

understanding

helpful

caring

kind

considerate

It's important to remember that our lives will go back to normal.

