

Tuesday 14th July 2020

I can understand emotions linked to change and develop coping strategies.



How does it feel  
when big  
changes happen  
in our lives?



How can  
we cope  
with these  
feelings?

**Today we will be  
answering these two big  
questions.**

Think about the types of change you were looking at yesterday.

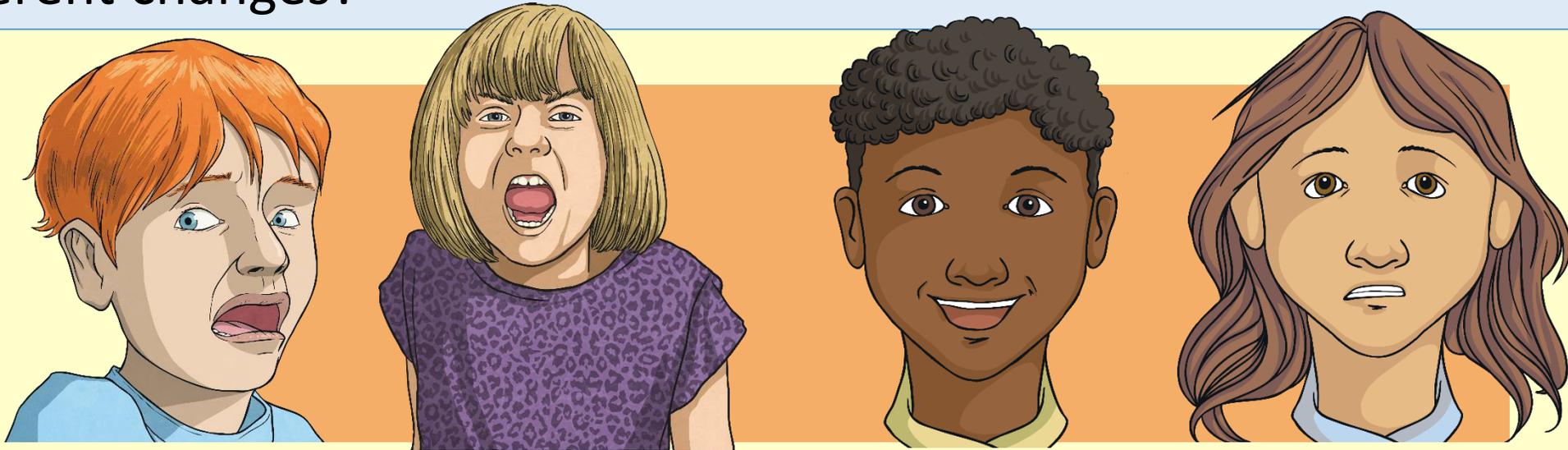
- Write down a list of changes you have faced and decide whether they are:

**a sudden change, difficult change, exciting change or a small change**

**What emotions did you feel when you went through that change in your life?**

# Coping with Change

What emotions did you note down that might be linked to these different changes?



Write down as many different emotions or feelings that people might experience due to a change in their life. It could be a pleasant or an unpleasant emotion.

- Now, let's think about those emotions that are not so nice to feel...
- Sadness, anger, worry, fear, loneliness, jealousy. Some changes can make us feel these emotions and that can be really hard to deal with.
- It's very normal to feel these sorts of emotions and it's OK to feel this way.
- But you wouldn't want to feel like this for long, so it's good to have some strategies for coping with these sorts of emotions.
- Let's see what you can do to help with difficult emotions.

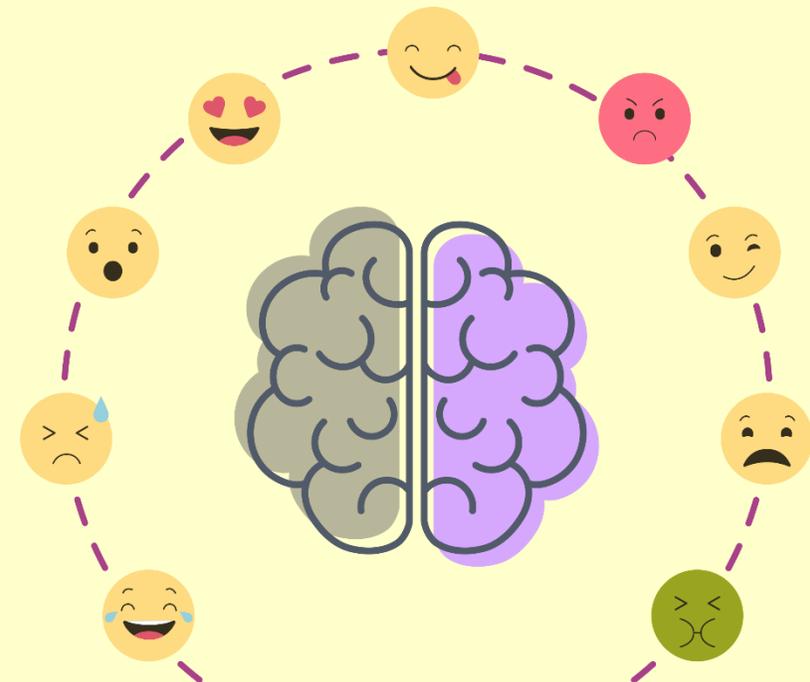


# Emotions Poster:

Create a poster about a change that happened to you or is about to happen (moving to Year 5)

- Write down the change that you have experienced personally –

- how did it make you feel?
- what did it look like?
- Sound like?



# What can I do to cope with change?

The first thing to remember is that whatever is changing now, won't go on forever and you will get used to the change over time.

Friends can often help us out when we're having a tough time. Our friends care about us and are often good listeners.

Thinking about the change that is going to happen and preparing for it can really help. This might mean planning what you are going to do or say in a certain situation, or talking to others to get advice about something.

Sometimes writing your feelings down can help get them out and stop them from getting bottled up inside.

Talking to a trusted adult.

Read the following scenarios about change.

Dennis is starting at a new school, having just moved into the area. The school is really big, unlike the one he used to go to. He is going into Year 4 and doesn't know anyone at the school. Dennis' dad bought his new uniform and it's a bit too big, so he thinks he looks silly and is worried that the other children might make fun of him. He thinks of his old school and misses his friends there. He really liked his old teacher too and wonders what his new one will be like. He's also worried about the work being too hard, having no one to play with at playtime and not knowing where the toilets are. He feels really overwhelmed.



CJ is about to become a big brother. His mum and stepdad are having a baby together and it's due in a few weeks. CJ has had to change bedrooms, to make room for the new baby. His mum and stepdad have been so busy getting things ready that they haven't been spending as much time with him and he feels a bit angry about that. He is jealous that the baby is more important than him and it's not even here yet! He is worried that when the baby is here, he'll get no time at all with his mum and that there will be no one to help him with his homework.



# Task – coping with change

Choose one of the scenarios. Write down:

- How the person in the story feels
- What might they do or say?
- What could they do to help them cope with this change?