

Change



A Kid's Guide
To Understanding,
and
Handling Change

CHANGE means that something different happens

Sometimes the different thing is good,



Sometimes the different thing is bad.



Some changes we know are coming. These are called expected changes.



These might be changes that always happen, or a person has told us the change was coming.

Example:



Move from wearing shorts to pants in the fall



Long break from school



Seasons change (winter to spring)

What are some expected changes in your life?

Expected changes are easier because we know they are coming. We can get ready for the change.



Sometimes we like the expected changes, and sometimes we do not like the expected changes.

Example:

LIKE



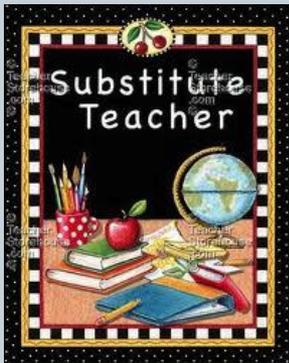
DON'T LIKE



Some changes we do *not* know about. They are surprises. These are called UNexpected changes.



Example:



Your teacher
is gone



Surprise
test



Change in
the schedule



UNexpected changes are harder
because we did not know they
were coming. We are not ready



but...sometimes it turns out that we like the
unexpected changes, but sometimes we do not
like the unexpected changes

Example:

LIKE



DON'T LIKE





An Unexpected change that we LIKE is called a "welcome" change.



What was the last welcome change that came for you?

An Unexpected change that we do not like is called an "unwelcome" change.



UNexpected changes that are unwelcome can make people upset.



People might get crabby, confused, or worried



Unexpected and Unwelcome changes often mean a person has to do something they do not want to do.



Sometimes people get very upset
with the change. A person might
REFUSE the change.



Refusing the change makes **more trouble**. Many times, you do not have a choice.



Everyone has to handle unexpected, unwelcome changes.



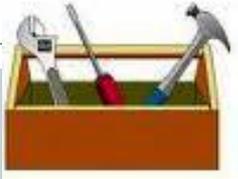
No one likes it. No one wants to change, but you have to.

There will always be changes in life.

Part of growing up is learning how to stay calm and be flexible. This will help you handle unexpected, unwelcome changes.



Tools to Handle Unexpected, Unwelcome Changes



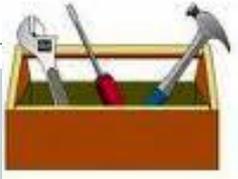
- *ASK! “Are there any changes I should know about today?”*



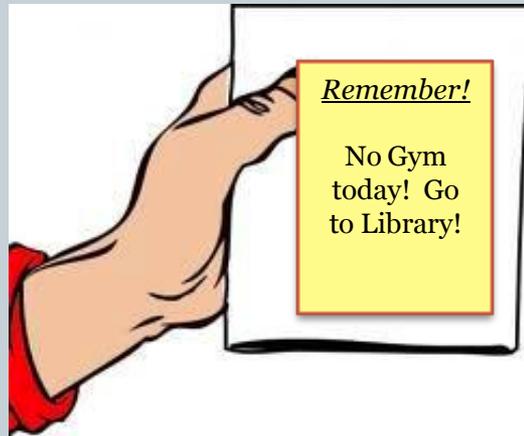
Are there any changes today that I should know about?

You can help yourself by asking teachers and parents if there are any changes. You do not have to **WAIT** and **WONDER** if something unexpected happens.

Tools to Handle Unexpected, Unwelcome Changes

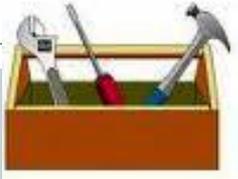


- Make a REMINDER NOTE



You can help yourself by making a reminder picture or note to carry with you. When you are nervous or confused about the change, look at your note to help you feel better.

Tools to Handle Unexpected, Unwelcome Changes



- **Self-Talk:** Say something in your brain to help you feel better about the change.



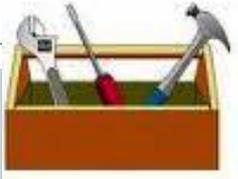
It's
fine...I
can do
this
change.

Usually I
do _____,
but now I
am doing
_____.

I can
deal
with it

It might even help to say the words out loud, or write them down and read them over and over until you feel better.

Tools to Handle Unexpected, Unwelcome Changes

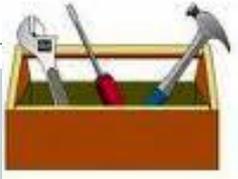


- Talk to a grown-up if you are nervous or worried.



You can help yourself feel better by telling a parent or teacher how you feel about the change. You might be feeling very nervous or worried about the change. It can help to talk about it.

Tools to Handle Unexpected, Unwelcome Changes

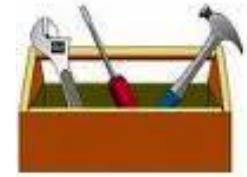


- Take a Break -



If you are *really* having a hard time handling change – ask if you can take a break away from the situation. Going to a calm place, and having some quiet time to draw, look at a book, or even exercise can help your brain feel calmer about the change.

Tool Choices to Handle Change



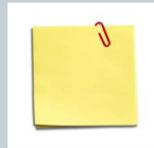
ASK!



Talk to a Grown-Up



Reminder Note



Take a Break



Self-Talk

