



Susan Allen

# Coping with change

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

## Coping with change

Moving from primary school to secondary school is a big step, no matter how well students have been prepared.

The purpose of this activity is to be aware of and accept change. Being flexible is a valuable life skill.

You will need:

- ▮ for assembly – flipchart, OHP or interactive white board and maybe a student volunteer to write up suggestions
- ▮ for tutor time – notebooks or paper to write on

Change is an inevitable part of life. When you started life, you did some things for yourself, like breathing, but your parents/carers did most things for you. Make a list of all the things your parents/ carers did for you when you were a baby. (Fed, changed nappy, dressed, carried etc.)

Discuss as a group:

How many of these things do your parents/carers do for you now?

Would you like it if they still did these things for you? Why is it different?

Discuss how you have changed. (You can walk, you know more, control bladder, talk etc.)

With change comes maturity, responsibility and independence.

Can anyone remember specific moments of change? (e.g. The day you learned to ride a bike? Or to swim? Had your tonsils out? New sibling?)

How will you have changed in 10 years time? (Write examples in books/on board. E.g. you will be able to vote/drive a car/ your body will be different, you will know more about different things.)

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Change is inevitable. Our bodies change on a daily basis even though we are not always aware of it. The seasons change, our situations change, our relationships shift and change too.

Sometimes change is exciting, sometimes frightening.

Moving to secondary school can feel uncomfortable. There are so many different things to take in – new people, new buildings, new ways of organising ourselves, our timetable etc.

If we can all help and support each other in this time of change, it will make it much easier for everyone. As a group (whole year group, class or in groups) can we think of ways to support each other through the early months of change in a new school?

Come up with a class or year list and display it for all to see.