

Learning Objective: To teach children to accept change in their lives, whether good or bad

Skill: Coping, emotional control

Ask whether anyone in the group has ever experienced a major change in life, involving family, friends, school, or something else. Have the children who respond share how they reacted to these changes. As children offer their answers, write them on the blackboard or a large sheet of paper.

Tell them:

Change is hard to accept. Just when you think things are going great, your parents decide to move, or get divorced, or have a new baby. Things like that happen in life, and they can make you feel happiness, sadness, or many other feelings. It's frustrating sometimes, because you can't control many changes in life.


If you can learn to accept change, you'll be better prepared for the changes that will come throughout your life. You can decide what's good or bad about each change, and eventually you will adjust to it.

Activity Sheet 44 deals with small changes of plan. Although changes like these may not have great impact on a child's life, they are disturbing nevertheless. As children learn to deal with such small changes, they also develop the coping skills to deal with changes that have a more significant impact. Have the children tell how they would feel in each situation, and how they would adjust to the change of plans.

Name _____ Date _____

How would you feel in each situation? How could you handle the change in a way that would help?

Our class trip has been cancelled because we have so much work to get done.



I would feel _____.

I could _____.

_____.

You'll have to wear your old jacket because your new one is dirty.

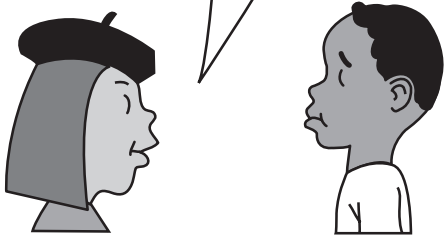


I would feel _____.

I could _____.

_____.

I know I said I'd go to the movies with you, but I forgot I told Matt I'd do something with him today.

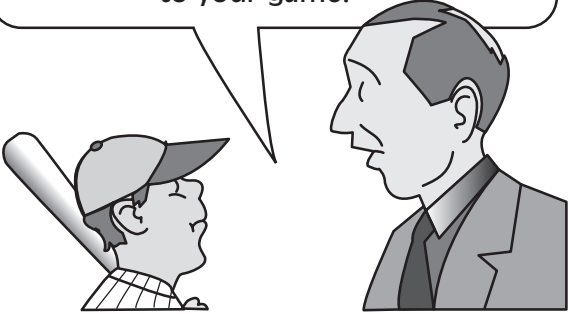


I would feel _____.

I could _____.

_____.

I have to work late today so I won't be able to come to your game.



I would feel _____.

I could _____.

_____.