

What impact does change have on people and how can I deal with it?

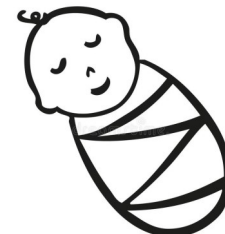
Word	Definition
coping	To handle or deal with something a successful way
change	Something that is no longer the same
hinderance	Stopping you from doing something
bereavement	The loss or taking away of something or somebody
positive	Something that is good
negative	Something that is not good

Key Knowledge and Concepts

There are lots of things or events that can cause change in our lives. This might be moving house or school, changing classes, a new baby sibling, family or friends getting married or visiting new places.



Changes can make us feel different ways. There are positive and negative feelings related to change.



Sometimes change can mean something or someone is taking away. Bereavement is the feeling attached to the loss of something or someone.



Someone who is experiencing bereavement might feel sad, lonely, upset or angry.

