



How does change affect you and how can you support yourself and others at this time?



Word	Definition
Evolve	To develop gradually
Manage	To control something
transition	A process of changing from one position, stage, or situation to another

Key Knowledge and Concepts

There are lots of reasons why you might experience loss for example: moving home might involve loss of your bedroom, of seeing particular friends every day, of your neighbours or your school.

There are many reasons why things change such as: change of schools, change in friendships, moving home, new family members, bereavement, parents separating.

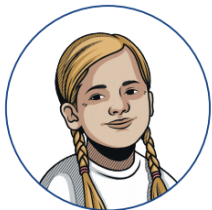
There are many emotions associated with change such as: anger, upset and confusion.

You can try and support someone or yourself with change/through a period of change by trying some of these ideas:

- writing about sadness
- remembering happy times
- keeping healthy
- Trying to do one thing each day that makes you feel happy
- knowing that other people experience these feelings too

You can offer sympathy due to changes to another person including; writing a letter, talking or sending them a picture.

How Do You Feel Today?



Remember that everyone in your year is going through the same thing as you, you're not alone.

Don't be afraid to ask for help.

It's not that different to primary, once you get used to having different teachers.