

# Dealing with change

To help your child understand that change can be positive and negative

You will need:



Ask your child to write or draw a change in their lives. Take it in turns to suggest what might happen, and decide whether they will be good or bad things.

**Change**

**Bad**

**Good**

**Let's talk...**

Talk to your child about what they could do about the bad changes.

Use this activity when your child is about to face a major change - having a new brother or sister, moving home, going to a new school etc.