

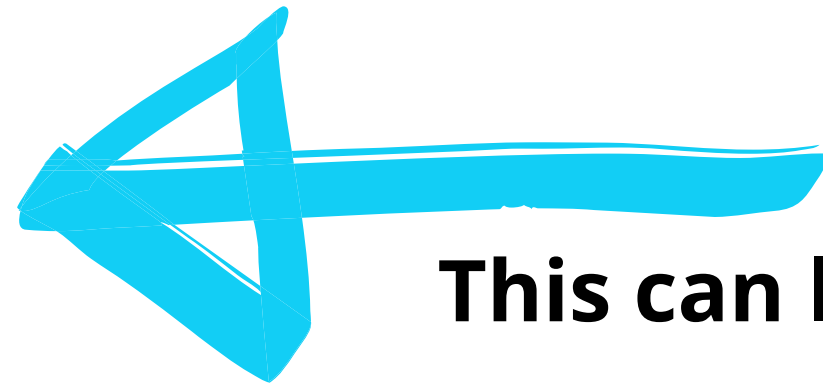
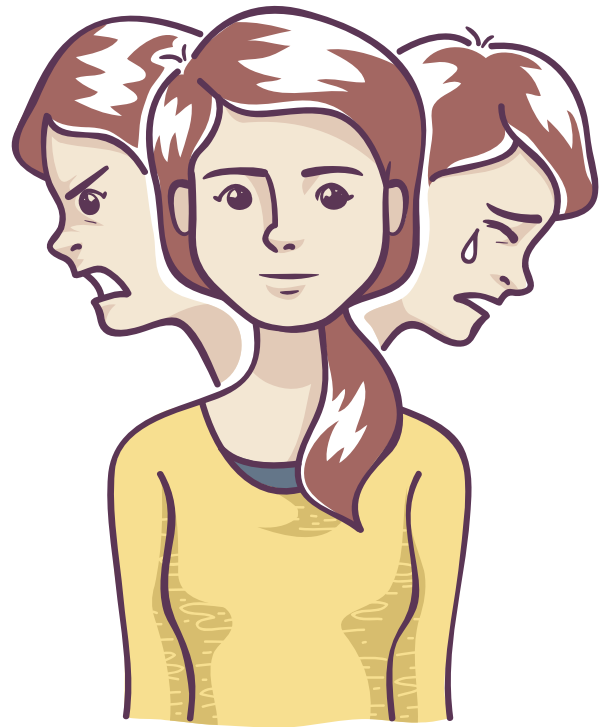
Making friends with changes



What is a change?

What is change?

- Change is when a plan does not go forward.
- Change can be when someone says something but does not do it
- Change can be when someone shows you some rules but does not keep them



This can leave some people very confused

How does change make you feel?

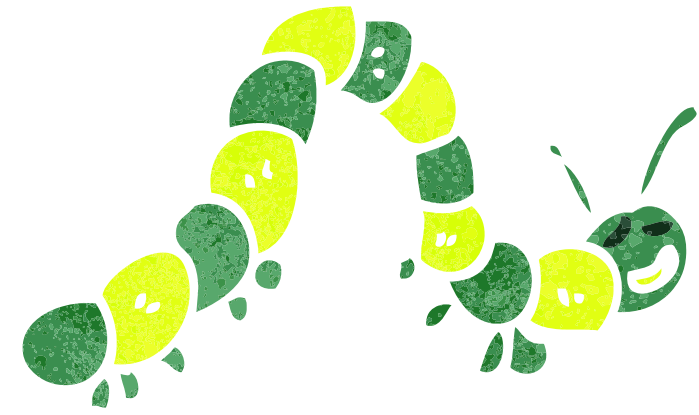
Can you think of a time when an unplanned change has upset you? Made you happy? Or made you angry?







**Not all
change is bad.
Change can
be good**



A good example is the caterpillar

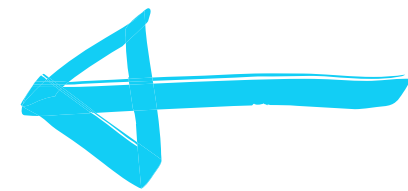


They don't always like the struggle
of the cocoon

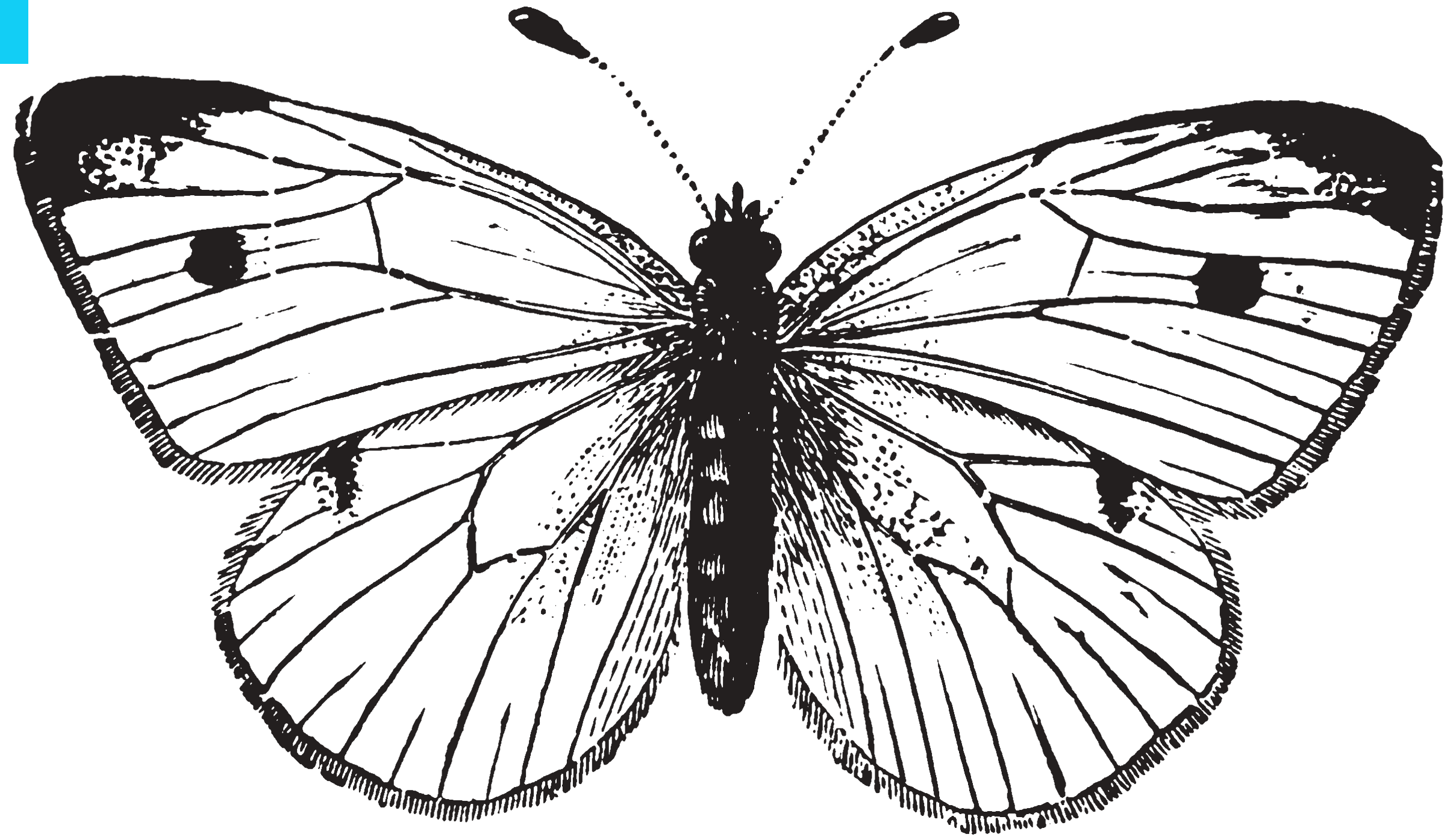
But without the change of the cocoon



They could never become a beautiful butterfly



Colour in your own butterfly



Next time you experience changes



Next time changes come
Remember the butterfly
Remember change can be good

