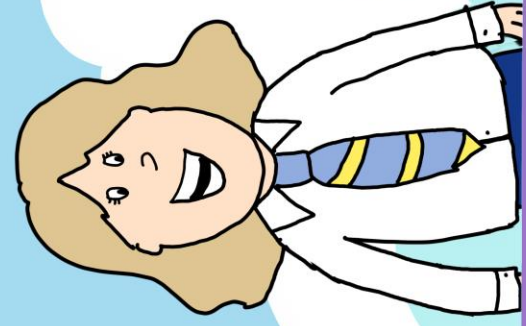


# The Challenge

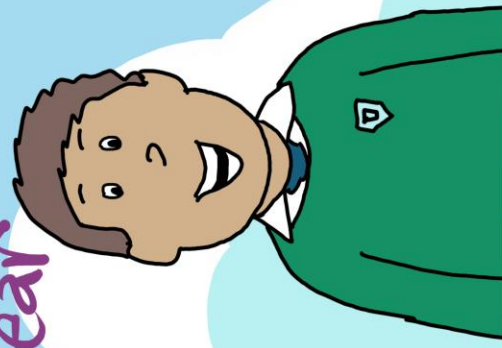
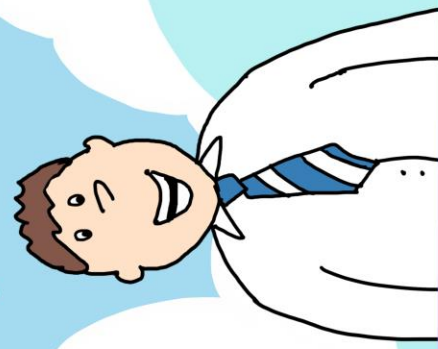
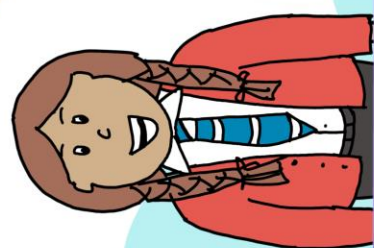
New Class. New School Year



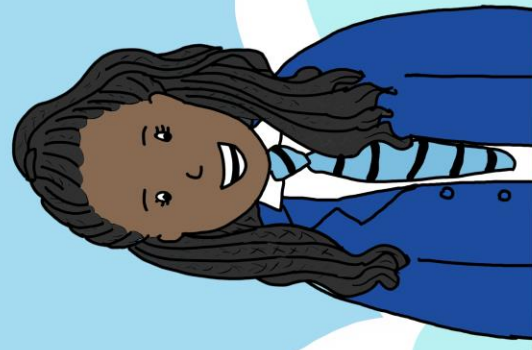
MY  
NEW  
CLASS



MY  
NEW  
TEACHER



MY  
NEW TA/  
HELPER





## Introduction to The Change Challenge booklet

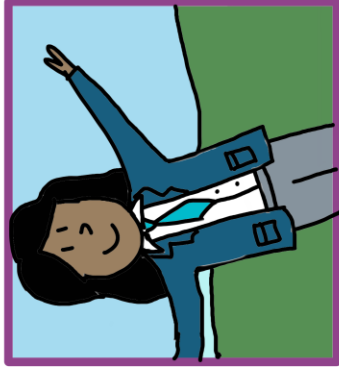
### The aims of this booklet:

- To support children from ages 5-6 up to ages 10-11 at a key time of change for them.
- To promote the importance of developing strategies to cope with change.
- To enable children to identify what also helps (feel-goods) on an individual basis.
- To enable children to identify 'tricky things' which can have a negative impact on their well-being when things change.
- To encourage children to identify who can help them ('helpers').
- To support self-reflection and preparation for change.

### The workbook provides a structure for a child in this situation to:

- Think about all the change they have already dealt in their life so far.
- Identify what they are looking forward to and what they are worried about.
- Develop a plan, identifying the things that promote their wellness (feel-goods); the 'tricky things' that can have a negative impact on their well-being; the people who can help them ('helpers') **AND** what they have done already to **prepare for** this new school year.
- Undertake a short weekly reflective session, highlighting what has helped them that week, what has been tricky and who has helped. There are also some ideas to support them when they come across tricky things in the future.

YOU CAN USE THIS BOOKLET TO HELP YOU GET USED TO YOUR  
NEW CLASS AND KEEP A RECORD OF HOW WELL YOU DO!



WEEKS

1  
2

😊 I'm  
excited  
about

😐 I'm  
not sure  
about



WEEKS

3 4 5 6

★ Weekly  
diary

★ Activities  
at home



WEEKS

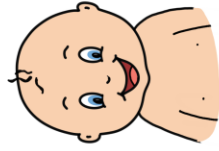
7  
8

♥ Reflect  
♥ Reset

We all have to deal with  
changes in our lives



YOU MAY HAVE A  
NEW **BABY** IN YOUR  
HOME, OR A NEW **PET**!



SOME CHANGES CAN  
BE **BIG** OTHERS CAN  
BE **SMALL**

YOU MAY LIKE SOME CHANGES  
BUT NOT LIKE OTHER ONES

WHAT IS IMPORTANT IS THAT YOU  
LOOK AFTER YOURSELF AND  
NOTICE HOW YOU ARE FEELING

List all the changes you have already  
experienced:

# PREPARING FOR CHANGE CAN ALSO REALLY HELP

Can you list what you did to get ready for this new class?

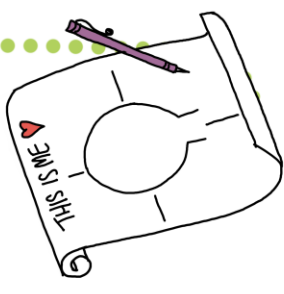
★ THINGS I WAS TOLD



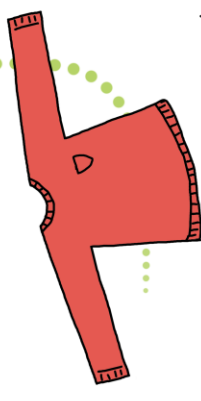
★ THINGS I FOUND OUT



★ THINGS I WAS GIVEN



★ THINGS I NEEDED TO GET

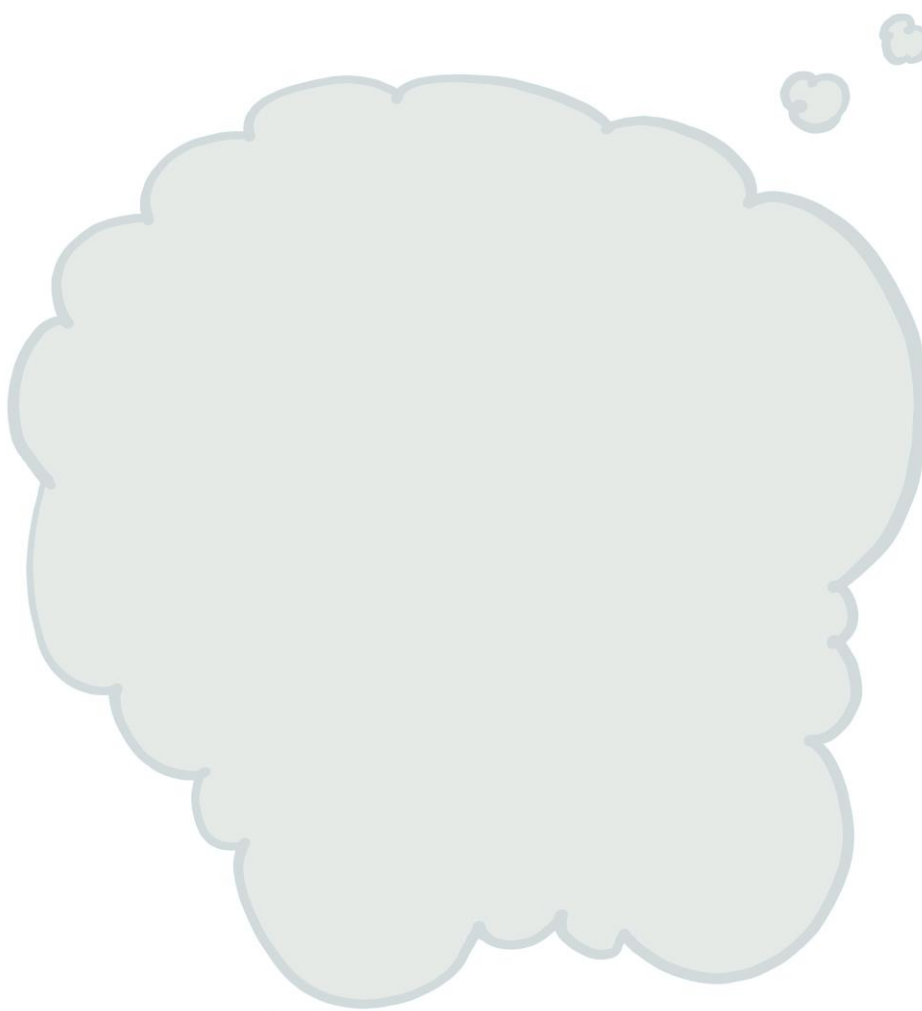
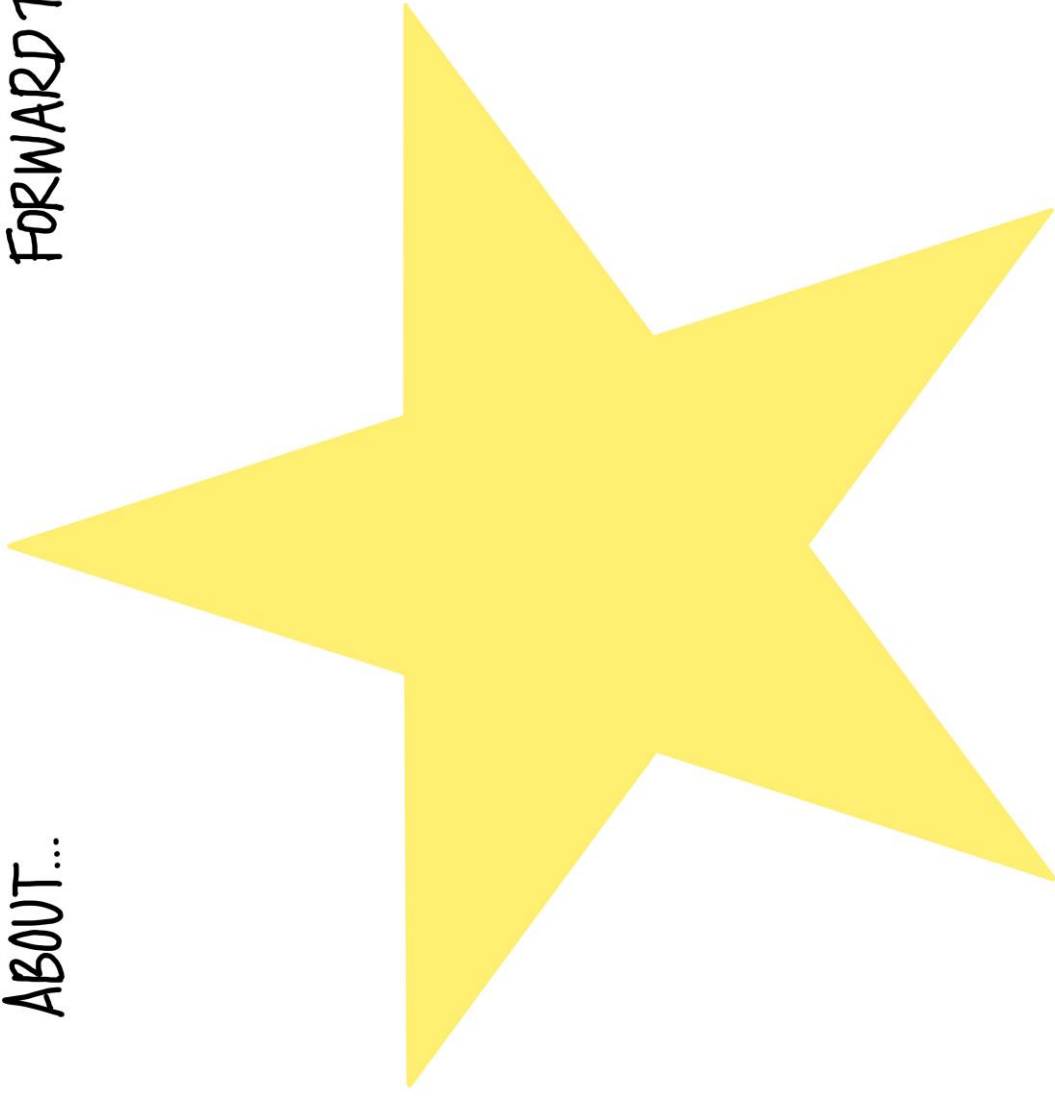




I'M SO EXCITED  
ABOUT...

I'M LOOKING  
FORWARD TO...

I'M A BIT  
WORRIED ABOUT...



I'M HAPPY  
ABOUT...

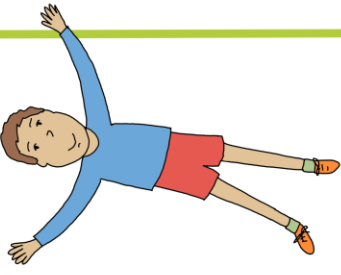
I LIKE THE  
CHANGES TO...

WHAT  
ABOUT...

I'M NOT SURE  
ABOUT THE  
CHANGES IN...

## WHAT ARE YOUR FEEL-GOODS?

Things we do to keep us feeling strong and positive

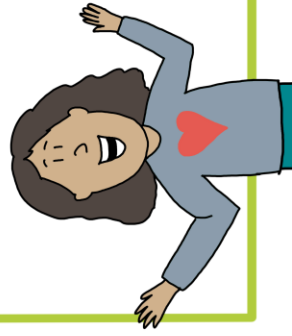


## WHAT ARE YOUR TRICKY THINGS?

We all have tricky things which can make us feel worried or angry or sad

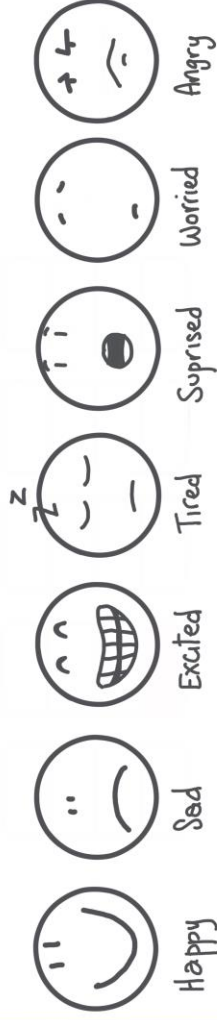


## WHO ARE YOUR HELPERS?



## WEEKS 1 AND 2

COLOUR IN THE FACE THAT MATCHES HOW YOU HAVE BEEN FEELING:



## FEEL-GOODS

### NEED SOME MORE IDEAS?

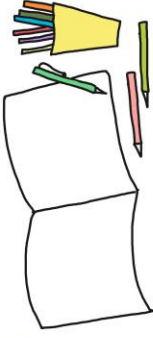
Focus on doing something that makes you HAPPY when you are not at school!

DO SOME COLOURING, PAINTING OR DRAWING

Do things you have to CONCENTRATE on and Pay attention to



PLAY A GAME ONLINE



## TRICKY THINGS

## HELPERS

## NEXT TIME

★ Try doing slower breathing BEFORE you do it



Chill out with a good book

★ Make sure you get enough rest AFTER school

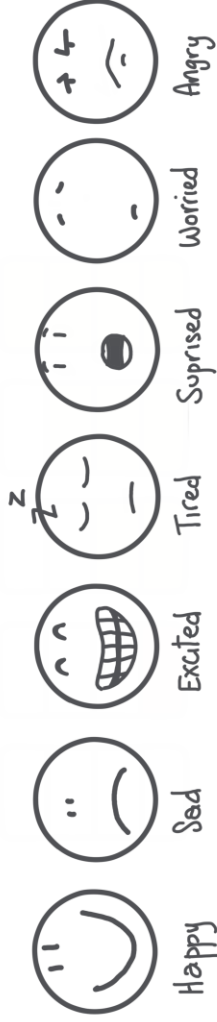


Listen to your favourite Music



## WEEKS 3 AND 4

COLOUR IN THE FACE THAT MATCHES  
HOW YOU HAVE BEEN FEELING:



## FEEL-GOODS

## TRICKY THINGS

## HELPERS

## NEXT TIME

★ Before the **TRICKY THING**  
Say to yourself...

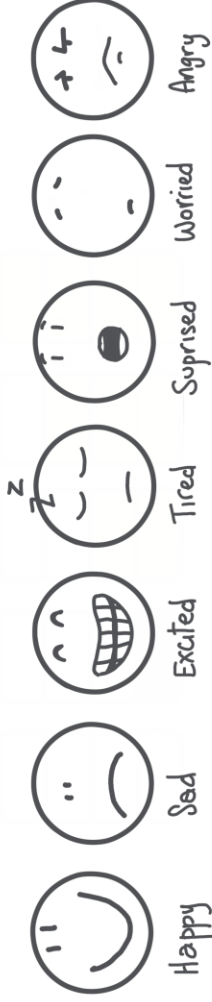
**I CAN  
DO IT!**



★ **AFTER SCHOOL** - get  
moving! It always  
makes you feel better!

## WEEKS 5 AND 6

COLOUR IN THE FACE THAT MATCHES  
HOW YOU HAVE BEEN FEELING:



## FEEL-GOODS

## TRICKY THINGS

## HELPERS

## NEXT TIME

## BEFORE

Breathe  
in

Scrunch  
up your  
fists

Breathe  
out &  
let go

Do it  
5 times!

## AFTER SCHOOL...

★ Think of the  
difficult  
things you  
coped with

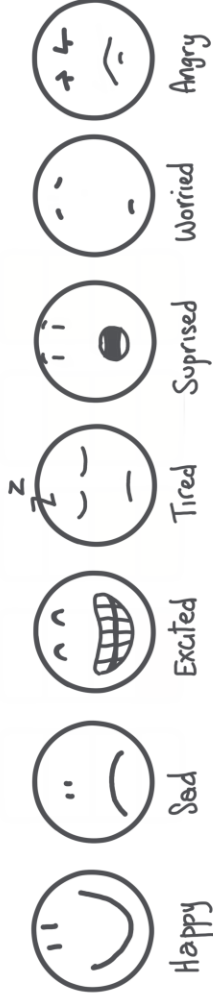


★ Think of  
what you  
did well



## WEEK 7 AND /OR 8

COLOUR IN THE FACE THAT MATCHES  
HOW YOU HAVE BEEN FEELING:

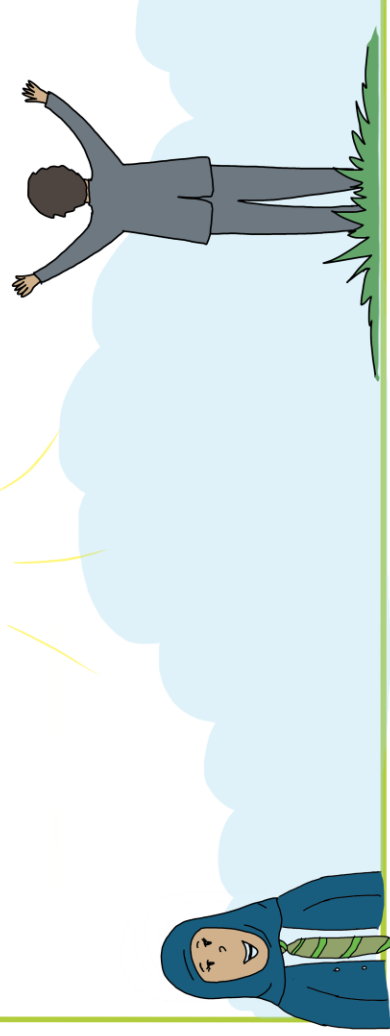


## FEEL-GOODS

## TRICKY THINGS

## HELPERS

WHAT ARE YOU PROUD OF ACHIEVING ?



I COPE  
REALLY  
WELL  
WITH...

I AM BRAVE  
BECAUSE  
I...

I KNOW  
I CAN  
PREPARE  
FOR NEXT  
HALF-TERM  
BY...

I AM  
RESILIENT  
BECAUSE  
I

Change Challenge

Reflection One

# Change Challenge

## Reflection Two

SCORE YOUR 1<sup>ST</sup> HALF-TERM  
IN YOUR NEW CLASS

10 is FANTASTIC! 5 is OK

0

5

10



BEST THING ABOUT YOUR  
NEW CLASS ?



BEST 'FEELGOOD' ?



BEST 'HELPER' ?



Get me to work with .....



HOW CAN SCHOOL HELP YOU IN THE 2<sup>ND</sup> HALF TERM ?

..... Encourage me to...



..... Ask me if...

