

Transition: Coping with Change

Finding the Positives

How Can Changes Help Us?

Think about some changes that have happened that have made you do something differently and which have ended up being good.



What have been the positives of these changes? Circle the ones that you agree with and write in your own ideas on the blank shape.

Chance to learn something new.

Practise dealing with changes for the future.

Learn from others in similar situations.

Think about the positive outcomes.

Give you new opportunities.

Chance to show bravery.

Focus on the benefits of the change.

Chance to show resilience.

Share knowledge with others who go through the change after you.

Praise yourself for coping with the change.

Learn what works for you to help changes be positive and happy ones.

Learn to break changes down into small steps so they don't feel as difficult.

Reward yourself when you have achieved each small step so you have the motivation to keep going.

