

Coping with transition/change

A change is when something different happens. Changes can be positive or negative

Positive changes



Getting a McDonalds for dinner



Getting a new phone



Extra time in bed

Negative changes



Doing a class test



Going somewhere new



Things taking longer

Some changes are **expected**. We know they are going to happen.

End of School Term



Summer time



Lunch at school



Some **expected changes** we like and some we don't like. What expected changes do you like and not like?



Like



Don't like

Some changes are **unexpected**. We don't know they are going to happen

The weather



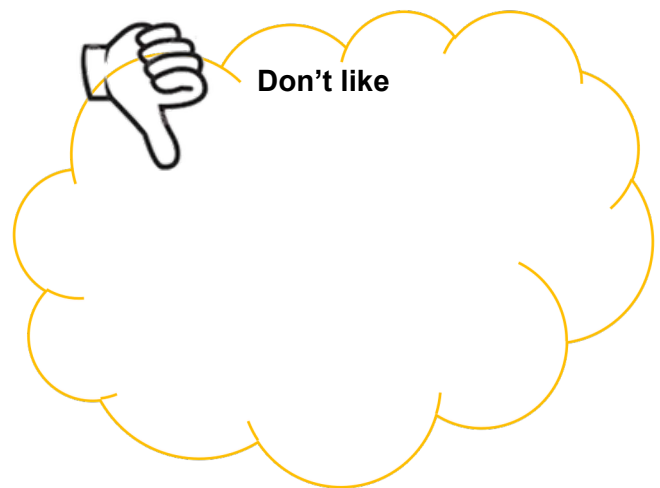
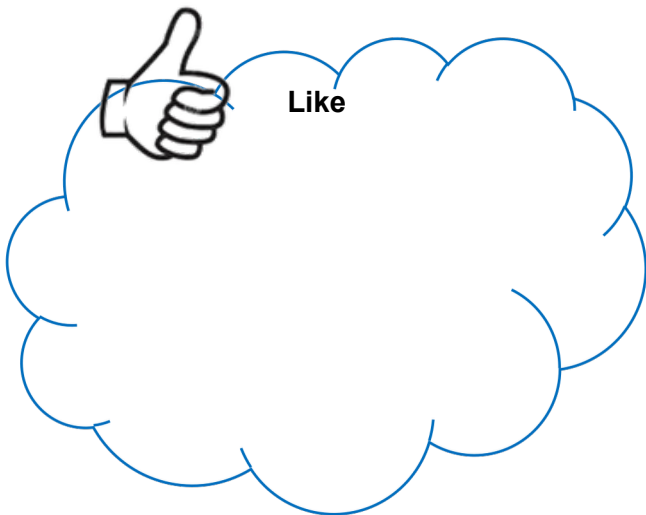
Wi-Fi going off



A substitute teacher



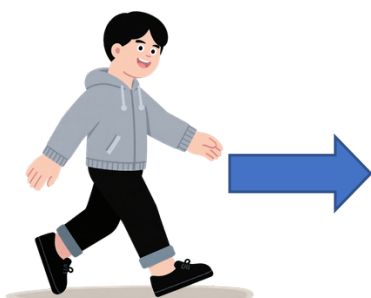
Unexpected changes are harder to cope with. We don't know they are going to happen, and we might not be ready for a change. What unexpected changes do you like and not like?



Dealing with any change can be hard. It might make you upset and confused. It might make you worried because you don't know what will happen next

When a change or transition happens, it means you might have to

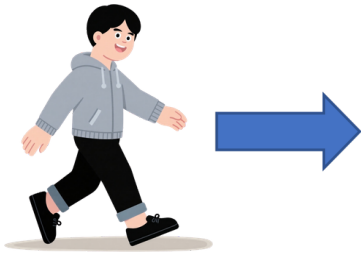
Move your body to another place or activity.



Move your brain to think about something else.



Moving your **body** and **brain** to a different place or activity can be hard.



Sometimes change means moving your **body** from

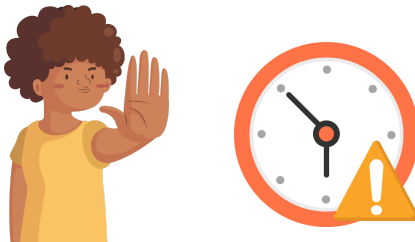
_____ to _____



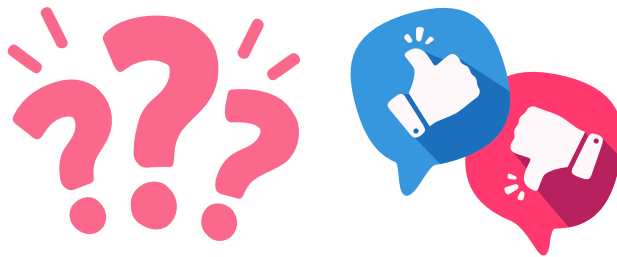
Sometimes change means moving your **brain** from

_____ to _____

When you try and refuse changes sometimes this creates more trouble for you and other people around you. Lots of times there won't be a choice when change happens. It must happen.



Most people don't enjoy change, but most people know change just happens and there will always be changes. Some changes are big or small, some changes are ones we like and ones we don't like.

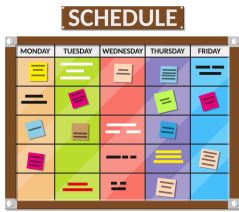


Coping with change is part of growing up



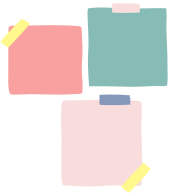
Things that can help you cope with changes are

Practice!



Use a daily planner/schedule and get a parent to put a ? mark on it sometimes, this means what will happen will be a surprise or change. This will help you to start practising coping with small changes first.

Write/draw



If your brain finds it hard to move to the next activity because you think you might forget what you were doing, use coloured post it notes. Or the note section in your phone, another option is to take a picture.

Think Positive



Remember not all change is negative or something you won't like, just focus on moving your body and brain to the next thing or place. If it helps use positive statements. 'I can deal with this' or 'change is only for a short time'

Use Calming strategies



Breathing in and out helps to stop your brain thinking everything is so scary. It helps to relax you. You can use other things that help to calm you as well.

Every time you deal with a change you are helping to retrain your brain to become better at coping with change. Reward yourself, this is hard work you are doing! It could be something small like a break when you have time or listening to your favourite song.

