

The Change Challenge

New Class,
New School Year



MY
NEW
CLASS

MY
NEW
TEACHER

MY
NEW TA/
HELPER

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 WAS GIVEN

★ THINGS I FOUND OUT

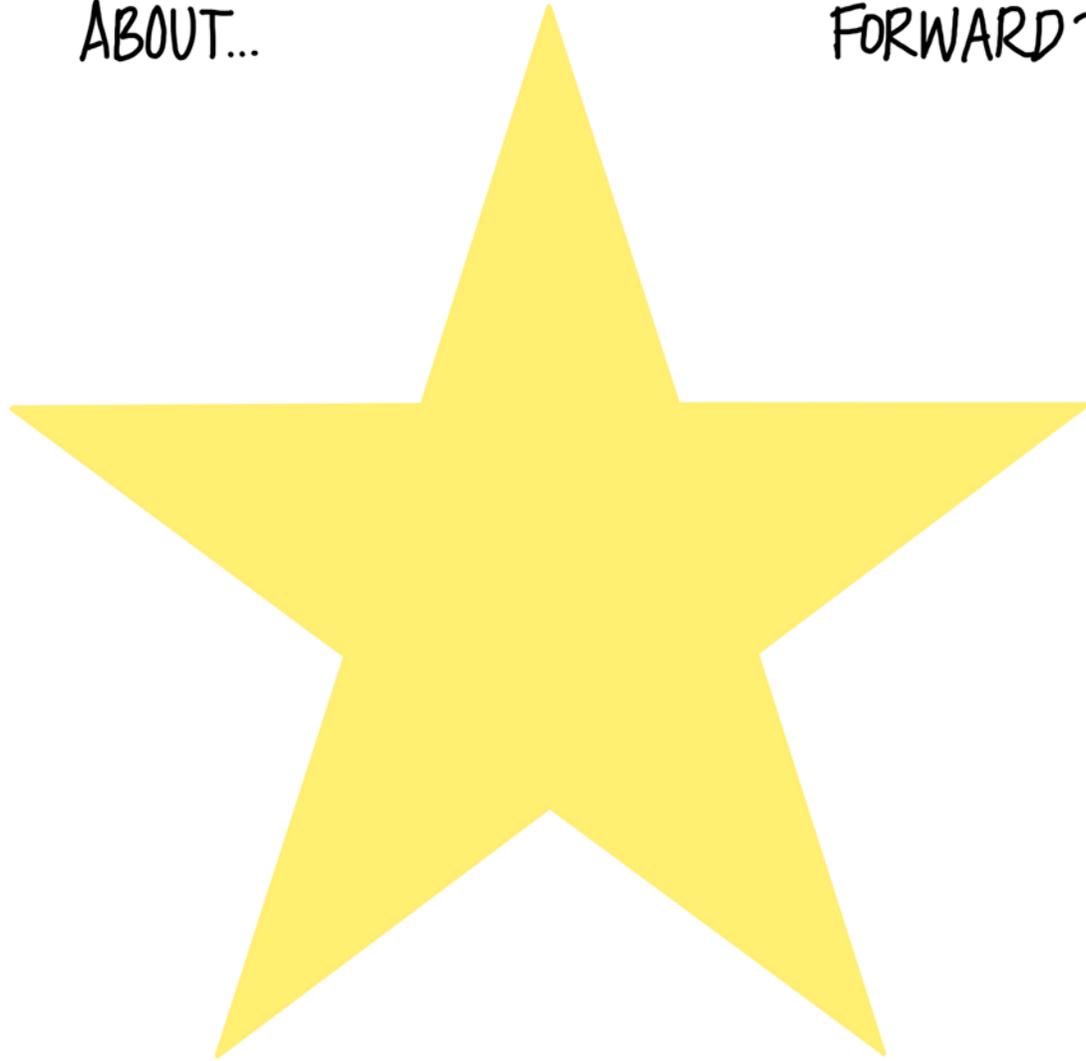
★ THINGS I NEEDED TO GET



I'M SO EXCITED
ABOUT...

I'M LOOKING
FORWARD TO...

I'M A BIT
WORRIED ABOUT...



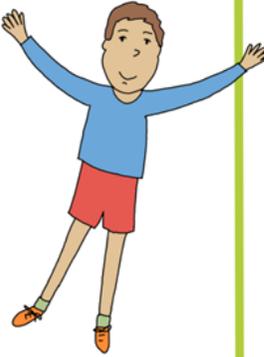
I'M HAPPY
ABOUT...

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



FIGHTING



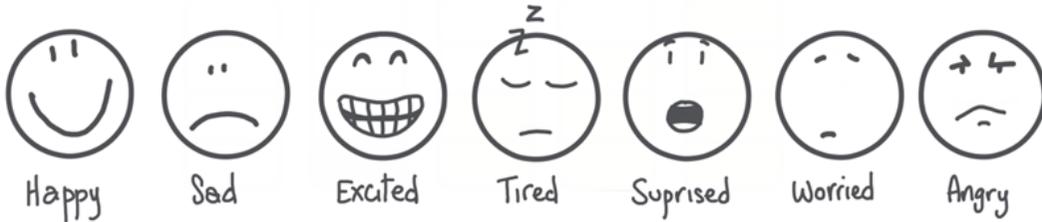
BEING LEFT OUT

WHO ARE YOUR **HELPERS?** These are people or groups who help you to feel good



WEEKS 1 AND 2

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



FEEL-GOODS

NEED SOME MORE IDEAS?

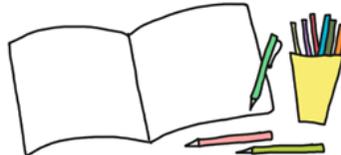
Focus on doing something that makes you **HAPPY** when you are not at school!

Do things you have to **CONCENTRATE** on and Pay attention to



PLAY A **GAME** ONLINE

DO SOME **COLOURING, PAINTING OR DRAWING**



TRICKY THINGS

HELPERS

NEXT TIME

★ Try doing slower breathing **BEFORE** you do it



Chill out with a good book

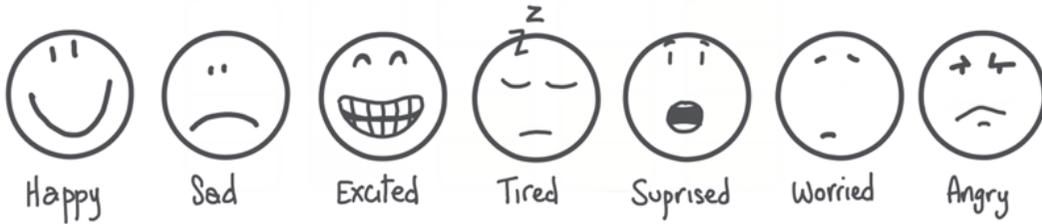
★ Make sure you get enough rest **AFTER** school



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

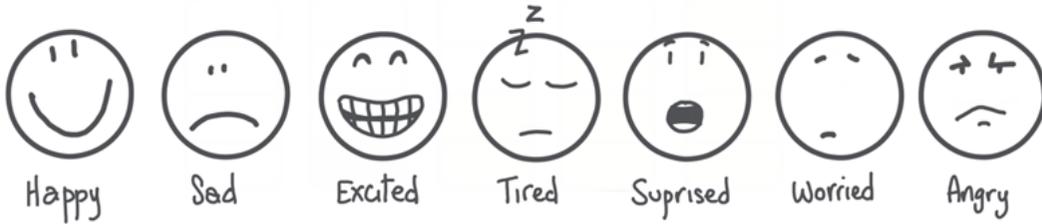
★ Before the **TRICKY THING**
Say to yourself...



★ **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



AFTER school...

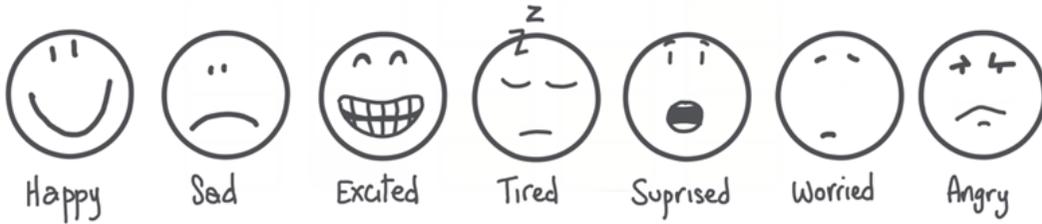
★ Think of the difficult things you Coped with



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

I AM BRAVE
BECAUSE
I...

I AM
RESILIENT
BECAUSE
I

Change Challenge

Reflection One

Change Challenge

Reflection two

SCORE YOUR 1ST 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' ?



HOW CAN SCHOOL HELP YOU IN THE 2ND HALF TERM?

Get me to work with



Encourage me to...

Ask me if...



Introduction to The Change Challenge booklet



EDUCATORS - BARNARDOS.ORG.UK

The aims of this booklet:

- To support children in KS1 and KS2 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 wellbeing 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.