

Thursday 21st May 2020

Changing Me

What Are the Positives and Negatives of a Change?

Think about the positives and negatives of some changes that will be happening to you soon, in the next couple of weeks or months (e.g. moving into year 3 in September). Then, think about the positives and negatives of these changes (e.g. having more responsibility, or leaving your teacher).

The change that is going to happen is...



What are the positives?	What are the negatives?

Share this with a family member. Sharing our worries can help us focus on the positives of a change rather than dwelling on the negatives. 'KEEP SMILING THROUGH THE RAIN!'