

## Change



What is change?  
What are the different ways people/animals/things can  
Make a list of all of the living things that you can think of  
change?  
Can you identify 10? More?  
Can you think of change in relation to yourself?  
You were a baby and now you are.... ?  
Can you identify some different stages in your life?  
Can you think of something that you did when you were one, then two then three up until the age  
that you are now?



It is pretty amazing to think that every stage of your life means that you changed.  
Do you remember a change that was magic? When you learnt to ride a bike or when you learnt  
to do something that you had really wanted to do?  
Write a little bit about this change.

Can you think about a change that was very tough for you?  
What or who helped you make that change?  
Write a little bit about this change.

Think about the butterfly.  
What would happen if it thought it wanted to stay as a caterpillar? What  
if it was too frightened to change? It wants to refuse to change into a  
butterfly. What could happen?  
Write a little story about 'The caterpillar that refused to change!'



Do you ever have the thought that you are NOT going to adapt or  
change to something you don't feel confident to do? That you don't  
want to do? That you don't think is right for you? Can you think of at  
least one for each of these?



Can you think of a time that you had a tantrum about NOT changing?  
Did you change/adapt?  
What helped you to change?  
What sometimes keeps you resisting change?  
Do you know?  
Is it someone or something that you need to feel confident to take on a change?  
What do you need?  
Can you identify this?

Write down some of the people that help you take on change.

Write them a little note about what they do to help you change / adapt to life.

Let them know how important they are to you as you grow and change.

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Can you draw the life cycle of a butterfly and show the changes that are happening at each stage of the cycle?

Can you draw yourself and show the stages of change that you have gone through within the drawing to get to where you are now?

Can you create something that shows the changes that you have gone through but that shows that the essential YOU has stayed at the heart of yourself?

Draw yourself and now change yourself into something else:  
A singer, a sailor, a princess, a mountaineer, an explorer... anything.

Are you different inside because you have drawn yourself in different clothes?

Think about this for a while. How different does a costume make you feel? Do you change inside to match the costume you wear? Do you change because of the work/role you take on?

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