

Name: _____

Handling a Change

A change has come your way! Changes can be upsetting sometimes. Use this chart to help you understand and be more comfortable with the change.

1) Write or draw what the change is:

What I <i>thought</i> was happening: _____	The <i>CHANGE</i> : This is what is happening <u>now</u> : _____
---	---

2) Put an X on one line:

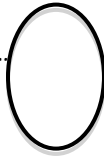
_____ This change was expected - I knew this was coming

_____ This change was Unexpected -


I did not know this was happening.

3) What size change does this feel like for you?

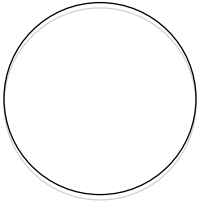
It feels like a number...




5	a <i>HUGE</i> change that you might need a week or two to be comfortable with. Most people spend time thinking about the change, planning, and talking about it
4	a pretty big change that might take you a day or two to be comfortable with. Most people talk about it a few times.
3	A medium change that you might need an hour or so to be comfortable with. Some kids want to talk about it, but most kids are not bothered by it
2	A little change like one thing in your schedule being different, or just a small part of your day is affected. This usually does not bother kids
1	A <i>GLITCH</i> . Not really even a change that other people notice. Kids do not feel bothered by these glitches

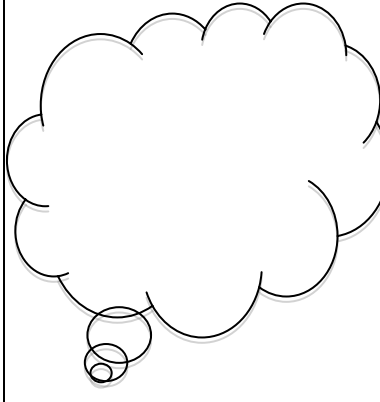
 Here are my **FEELINGS**:


Here is my face:



I feel _____ about the change.

 Here are my **THOUGHTS**:



 Here is my **PLAN** to handle the change:

