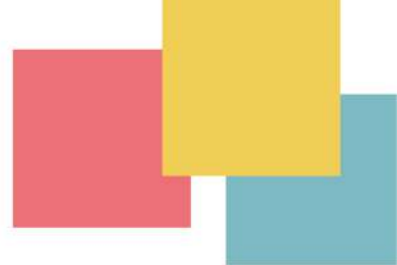




# MY CHANGES

**Have you ever had a big change in your life?**

Draw a picture of your life BEFORE this change...





# MY CHANGES

**My life is different now because of this change!**

Draw a picture of your life AFTER this change...





## the thing about change.

Change is part of life and with change we can lose things and gain things.

Looking at your big change ... what have you lost? and what have you gained since?

**Write down words or draw pictures for your answers.**

What have you **LOST** after a big change in your life?

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What have you **GAINED** after a big change in your life?

--

# FEELINGS

## check-in

During a big change in our life we can have many feelings.  
Let's notice and name any feelings we felt or how we feel now...



sad



curious



forgetful



happy



suspicious



sick



stressed



excited



mind  
~~fog~~  
fog



worried



shy | nervous



angry



mischievous



hungry



content



sleepy