

Coping with Change



5 20-minute
Sessions

Session 1

3 R'S

Aim: To introduce the 3 R's of coping with change.

Activity: Watch the coping with change [video](#).



Once you have watched the video, ask each of the students to reflect on the following questions:

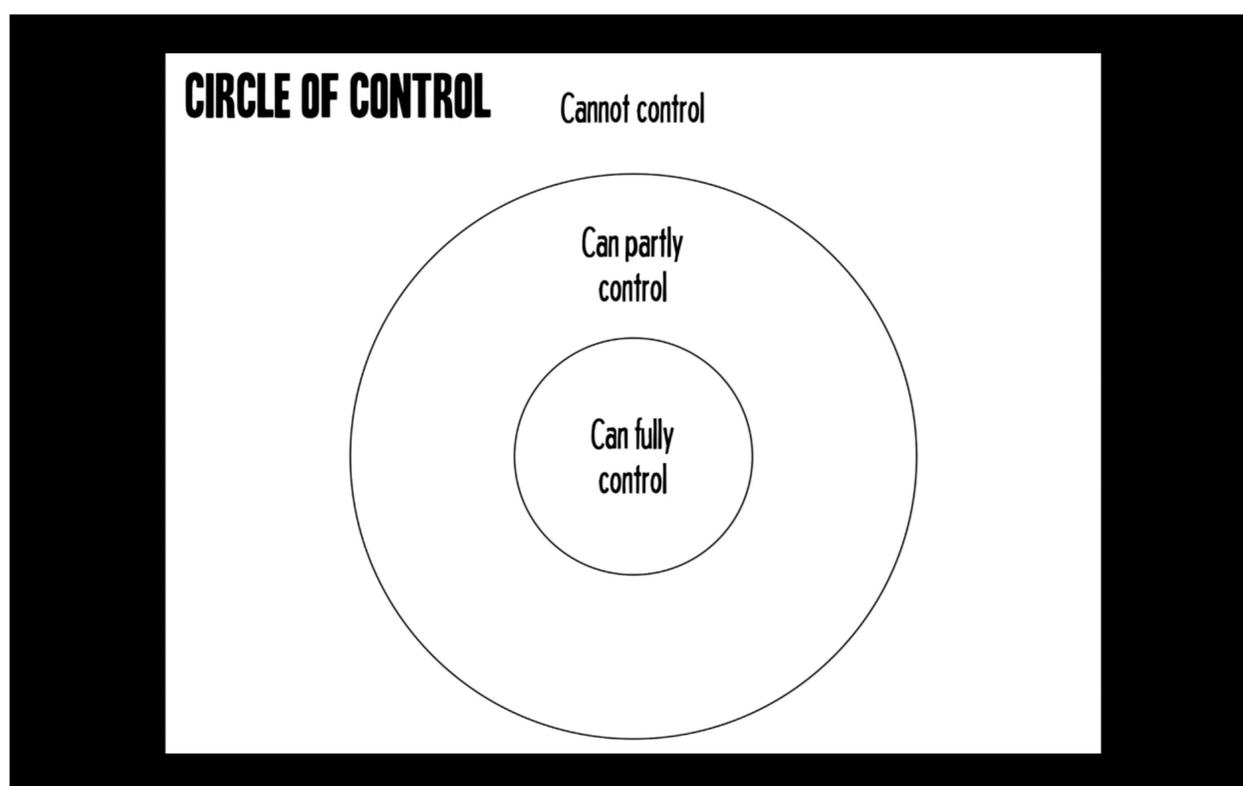
1. What areas in your life feel uncertain at the moment?
2. On a scale of 1 -10 how well do you think you cope with change?
3. Where have you experienced change before, how did you cope with it and what did you learn and would do differently?

Session 2

RECOGNISE (1)

Aim: To recognise what can and cannot be controlled in a situation.

Activity: Watch the circle of control video.



1. Once you have watched the video, ask each of the students to complete their own circle of control.

2. Once the circle of control is completed, get students to recognise what one thing they can do to be in control of the situation they are facing.

Session 3

RECOGNISE (2)

Aim: To recognise the different emotions which are being experienced and ways of being able to manage the different emotions well.

Activity: Watch the trailer of the film inside out [video](#).



Once you have watched the video, ask each of the students to reflect on the following questions:

1. Write down what different emotions you are feeling at the moment?
2. Write down 5 things could you put in a box that would make you smile if you were feeling worried, overwhelmed or just wanted something to bring joy e.g. a photo, a chocolate bar. (Try to include something from each of the 5 senses). When you get home why not create your own wellbeing box.
3. Write down 3 things that bring you Joy.

Session 4

ROUTINE

Aim: To recognise the importance of developing a good routine.

Activity: Developing a routine



1. Write down what some of the key markers are in your day.

2. On an A4 sheet of paper plan your routine for the week, including the things that bring you joy from last session.

3. Show the Top Tips for Sleep up, on a scale of 1-10 how would you rate your sleep routine? 1 being no routine, 10 being a full routine. If below 5 what steps could you take to develop a good sleep routine, if above 5 what can you do to make sure you continue to get a good sleep routine.

Session 5

RESILIENCE

Aim: To recognise that sometimes situations can't be taken away from us, we have to go through it.

Activity: Balancing scales



1. Think of a challenge that you are facing at the moment, which can't be taken away and write it down.

2. What are some of the solutions that you can choose to help balance out the challenge you are facing. Write them down.

3. Commit to choosing one of the solutions and giving it a go.

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