

GROW



Dealing with Change



Teacher Guide

Introduction

This is the second workshop in Grow, a series of 3 workshops designed for KS2 children to grow their resilience. This session looks at ways of coping when we are experiencing lots of change and uncertainty.

This video is 25 minutes long, with opportunities to pause the video and complete activities. There are times where students are asked to discuss with the person or people sat next to them, to work as a group on their table, or activities that can be done as a whole class. In preparation for the session, please print for each student the double sided workbook (pages 5-6)

Link to the workshop video: <https://youtu.be/PuOYVI4yH5E>

Activity 1: Emotions Activity

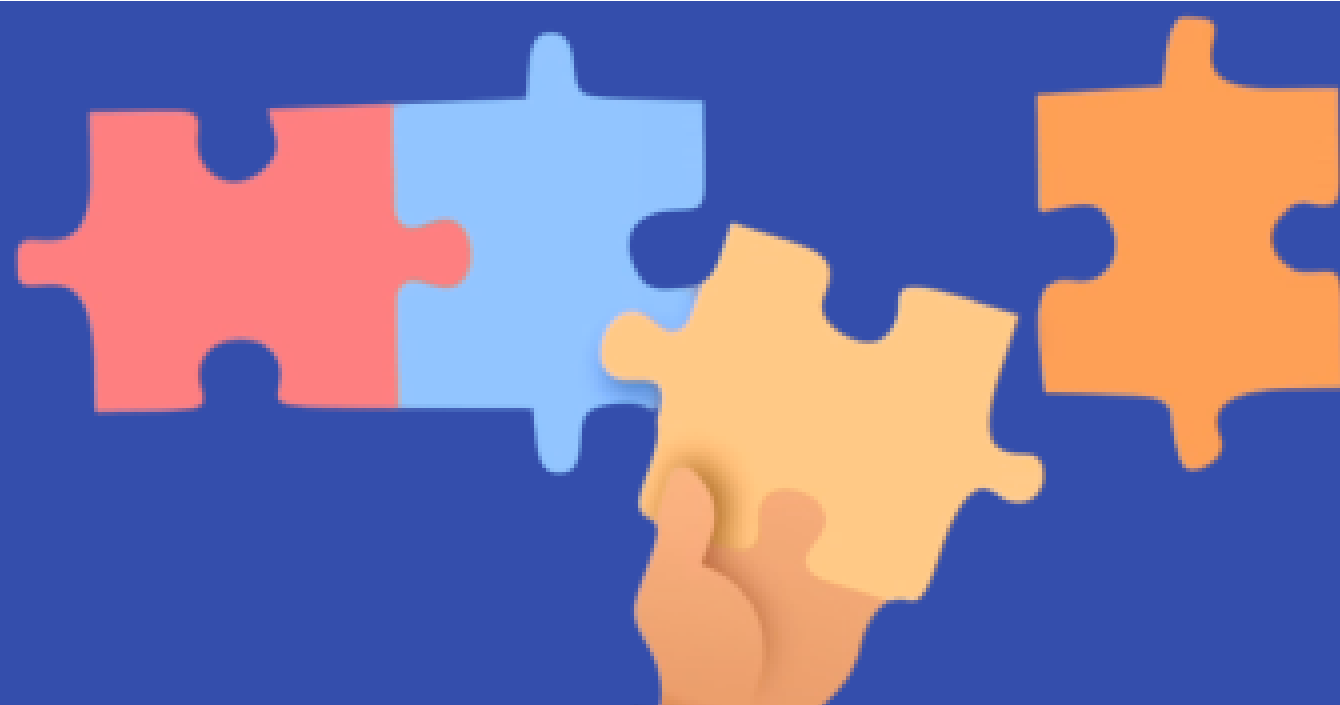
There is a sheet on page 7 with lots of different emotions. These can be cut out to use as cards or kept on the sheet as a list.

Pause the video and have children come up one at a time, and either let them pick a card or show them an emotion from the list. They have to act out the emotion without speaking for the class to guess. For some of the more complex emotions, you can then ask the class what that emotion might feel like or what they could do if they felt like that. Get the volunteer to think of a time someone might feel that emotion. Then have the whole class write the feeling next to the emoji that is the closest match. It doesn't matter if they choose different ones.

Depending on time, you might want to do the whole list or just pick out some of the feelings that are less familiar, or words that children might feel less confident using to express themselves.

Activity 2: Body Scan

Encourage children to find a space and a comfortable position, and to give this activity a go, even if they feel uncomfortable. When they have finished you may want to pause the video and discuss how it made them feel.



Activity 3: Circle of control

Provide each table with an A3 print out of the circle of control sheet (page 8) or an A3 sheet they can draw one onto.

A number of situations will appear on the screen and children can work in groups to write them into the circles. They will have to decide whether each factor is something that Sarah can fully control, partly control or cannot control and place it in the corresponding circle.

If you have time or if some groups finish quickly, they can reflect on situations in their own life that might be changing or that they are worried about, and write in them in the circle of control in their booklet. Remind the children that although it can feel like there are lots of things outside of our control, we can always find small things that are in our control to focus on.

Recap

Ensure that all children have their booklets face down, so that they cannot see the front page of their booklet. Ask a few of the children to name the 4 ways to cope with change that we have discussed in the workshop. and once they have identified them all allow a few more to recite them.

You will also find a poster on page 9, which you can print out and keep in the classroom, to remind them of the 4 points.

Activity 4: Thankfulness

Conclude this session by reflecting on the positives of the past year, by each identifying one thing they are thankful for or that has helped them to get through.

It would be great to display these answers in a creative way, and take a picture, which you can send us at grow@phase-hitchin.org. it could be on sticky notes, or writing on a white board or large sheet of paper etc.





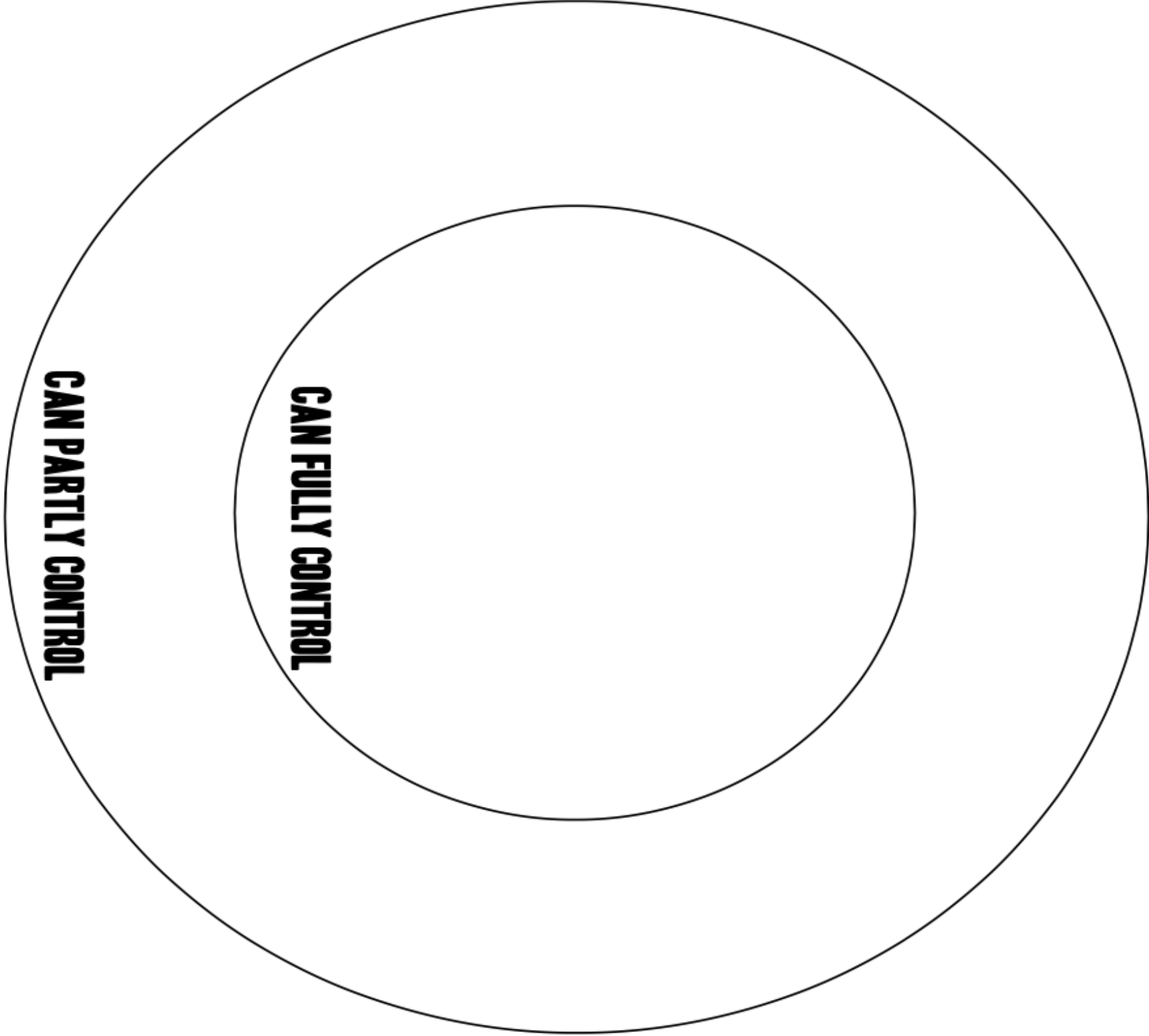
PROMOTE | PREVENT | SUPPORT

**We hope that you enjoyed this workshop,
and found it useful and accessible. We look
forward to seeing you soon!!**

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CIRCLE OF CONTROL



CANNOT CONTROL

@phaseshitchin

DEALING WITH CHANGE

GROW:

NAME _____

H-

O-

P-

E-

WHAT AM I FEELING?

Write the words on the feeling cards next to the face that you think matches that feeling.
You can write more than one word next to each face. Don't worry if other people have a different thought!

