

Dealing with Change

There has been a lot of change recently and we may be feeling many different emotions. Have a go at the activities below to begin to think about how change makes us feel.

Timeline Activity:

Draw a timeline showing the changes that you have experienced during your life. You could include moving house, new siblings/cousins, loss, separation, new places to go on holiday, people getting married, new step siblings, moving school. Try to put the events into date order and then draw a box around the examples of changes that made you feel a strong emotion (positive or negative). You can draw your timeline in a straight line or even in a spiral, wave or zig-zag. Why not get creative!

Rainbow Feelings Activity:

On a piece of plain paper, draw and lightly colour in a rainbow.

Can you allocate a colour to each emotion using the feelings you

identified in the timeline activity? Write the 'feeling' word in the appropriate band of the rainbow, and add an explanation if you are able to, e.g. Calm is blue because it's like the sea on a calm day; anger is red because my face goes red when I'm angry.

