

Name: _____

I Can Deal with Change By...

Brainstorm some ideas that can help you deal with changes when they arise. Fill in the blanks below the pictures with how they are choosing to help themselves deal with changes, and then come up with a few ideas of your own.



Breathing



Ask questions about the change



Talk to an adult about how you are feeling about the change

Come up with your own ideas on how you can deal with change, then draw and/or write them in the spaces below.
