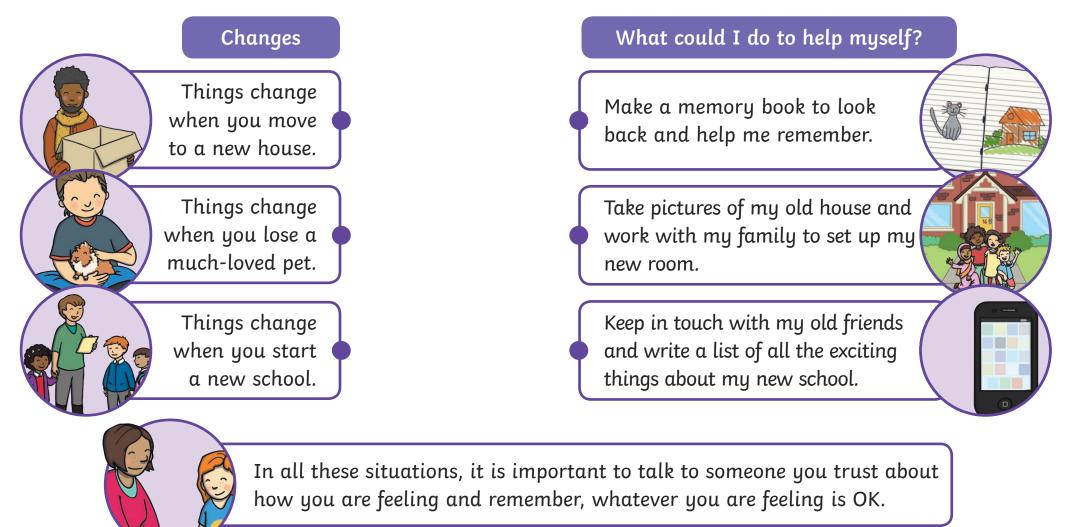
Helping Ourselves

Draw a line to match the change to something that you could do to help you cope with that change. Talk about your ideas in your group.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study



