

# 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.

## Changes



Things change when you move to a new house.



Things change when you lose a much-loved pet.



Things change when you start a new school.



In all these situations, it is important to talk to someone you trust about how you are feeling and remember, whatever you are feeling is OK.

## What could I do to help myself?

Make a memory book to look back and help me remember.



Take pictures of my old house and work with my family to set up my new room.



Keep in touch with my old friends and write a list of all the exciting things about my new school.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).