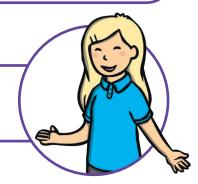
## An Image of Change

Draw a picture of a change that has happened in your life. Around the picture, write words to describe how it made you feel. You can use the word mat to help you.

Remember, when things change in your life, it can help to share your feelings with someone you trust.



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

