

Changes

Read the different examples of change that a child might experience and choose one to represent on your storyboard. You will need to imagine how the character in the story feels and think about what they will say and do. Consider what they will do to get help with coping with this change.

Dennis is starting at a new school, having just moved into the area. The school is really big, unlike the one he used to go to. He is going into Year 4 and doesn't know anyone at the school. Dennis' dad bought his new uniform and it's a bit too big, so he thinks he looks silly and is worried that the other children might make fun of him. He thinks of his old school and misses his friends there. He really liked his old teacher too and wonders what his new one will be like. He's also worried about the work being too hard, having no one to play with at playtime and not knowing where the toilets are. He feels really overwhelmed.



Sophia has been very poorly and has missed a lot of school. She has had some medical treatment that has made her lose her hair, so she looks very different. It is time for Sophia to go back to school, but she has mixed feelings. She is pleased to be getting back to normal and didn't like being in the hospital. She is looking forward to seeing all her friends, too. But she is worried about all the school work she has missed and is nervous about how people will react to the way she looks.



CJ is about to become a big brother. His mum and stepdad are having a baby together and it's due in a few weeks. CJ has had to change bedrooms, to make room for the new baby. His mum and stepdad have been so busy getting things ready that they haven't been spending as much time with him and he feels a bit angry about that. He is jealous that the baby is more important than him and it's not even here yet! He is worried that when the baby is here, he'll get no time at all with his mum and that there will be no one to help him with his homework.



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

Carly is feeling extremely sad. Her dog, Delilah, has had to be put down at the vets. Delilah was very old and the vet said she was very poorly. Delilah had been around for Carly's whole life and the two of them were like best friends. Delilah always slept on Carly's bed, played games with Carly and they loved going for walks together – whatever the weather. The house feels empty and strange now that Delilah isn't around. Carly can't imagine ever feeling happy again.



Toni's mum has got a new job. She is pleased for her mum, as it's the job she really wanted. Lots of things are going to change now though and Toni is a bit nervous. Toni has to start going to a childminder before and after school. She is going to miss Mum picking her up. She is worried that the other children the childminder looks after won't like her. She's also a really fussy eater and now she is going to have to have her tea at the childminder's house. Toni will have to get up earlier in the morning, so Mum can get to work and that means going to bed earlier. Going to bed earlier means less time reading with Mum and that's one of her favourite times.



Harrison's older brother is moving out to go to college. It is going to feel really different without him around. His brother did a lot of the work around the house to help Mum and used to take him to football at the weekends. Harrison loved spending time with his big brother after school. They often played on the Xbox or kicked a ball around in the garden. They were like best friends and he's going to really miss him when he moves out.

