

Good and Bad

Changes can have both positive and negative aspects.

Explain to your child that change has two sides like a coin.

Think about moving schools and write down all of the positive sides of the change.

For example: more independence, get to try new subjects, new friends.

Then think about the negative sides.

For example: leaving old friends, more homework.

Look at the negative sides and discuss how they could cope with those things. How could they plan for them? Who could they ask for help? It might not be possible to change the situation but how could they feel better about the situation?

The Golden Rules for a Choosing a Good Solution!



It improves the situation or makes me feel better (or both)

When we cannot improve or change the situation, we can use coping strategies that help us feel better.



It doesn't hurt me or anyone else

Good and Bad

Change is a part of life. It's normal that we can feel different emotions about the same change- for example something can be both scary and exciting. Like a coin, there are two sides to change.

Think about moving schools and what might happen and decide whether you think they will be good or bad things, or both.

Good

Bad

Let's talk...

What could you do about the bad sides of change?
Who could you ask for help? How could you feel better?