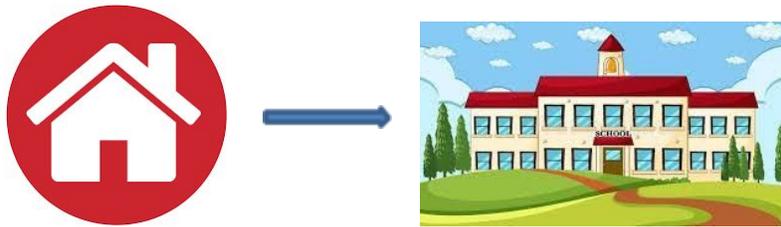




Change is Hard

Narrator: Remember, this situation in which we all have to stay home is not forever. When this is over, we will go back to school. We will be able to see our teachers and friends again. We will be able to learn in a classroom, not just from home.



Narrator: Today we are going to talk about change. Change is hard.

Narrator: Change is hard for adults too.

Most people like to have a routine. Routine is when you do things in the same order every day. People like to know what to expect and what comes next. Routines make us comfortable and feel safe.

Change can make us feel uncomfortable.

You are not alone in how you feel.

It is OK to feel uncomfortable. Uncomfortableness doesn't last forever. The good news is that our goal is to teach you things you can do to change the way you feel in times of change.

There are many times when we experience change such as going to a new school, getting a new teacher each year, moving, starting a new job and meeting new people.



Think of some of the times you have had change in your life. Name a time when you experienced change. How did you feel at first? How did you feel after awhile?

Change

How did the change make you feel?

Did the way you felt ever change?



We have talked about how doing something FOR someone else just to make them feel happy, is called altruism. Studies show that altruism actually lifts our spirits and makes us feel good.

During this time when we have to stay home there are a lot of people who feel uncomfortable, especially older people who may live alone or don't have any family. Who do you know in your neighborhood or community that may be lonely?

Can you call them and ask how they are doing? Would you be willing to email a neighbor and ask them if they need anything? Would you be able to make a card and send it to someone who may need cheering up?

What are you going to do to help someone?

It is exciting to know YOU have the power to make yourself feel good!