

EMBRACE CHANGE



Sometimes it can help when you're feeling anxious about change to look at all the changes you've already been through in life, starting right from the beginning.

The purpose of the list is to help you look at all the major changes you've been through already, before you became aware of them.

A few examples to get you started ...

- Being separated from your family to go to nursery for the first time.
- Making friends and playing together.
- Moving house

Continue the list, and write down all the changes you can think of to this point.

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