

Name: _____

How can I cope with change?

LI – I am learning about how to cope with change.

This activity will ask you how you are feeling about COVID-19 and what you are worried about. You can talk through your examples with an adult.

Once you have completed your worries, please look at the activity of how to cope with and feel better about the changes that might happen because of covid-19.

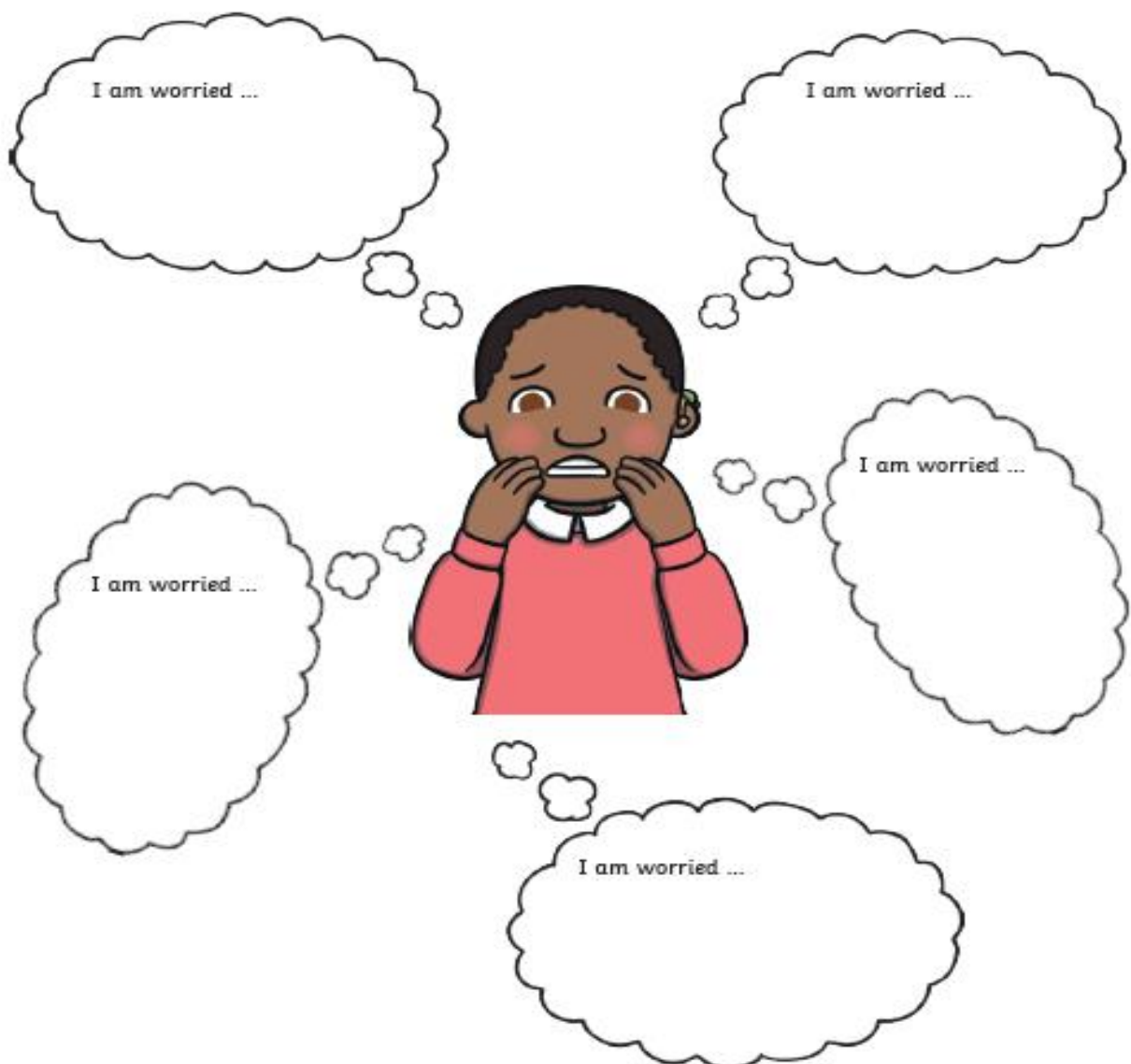
Remember we are facing changes together!

Here is an example of my worry:

'I am worried about not seeing my friends during lockdown.'

Don't forget to send me your worries!

What are your worries?



How will I cope?

Here is an example of how I will cope with my worry:

'I can cope with this change by calling my friends daily to check up on them.'

I would love to hear about how you will cope during these difficult times!

