

Navigating Life Changes



When things change in life, sometimes you feel good about it, but other times you don't feel so great. Things like moving to a new school or classroom, parents splitting up, a pet being really sick, or losing a friendship can be a lot to handle. But change is a normal part of life.

When you go through changes, it can cause many different feelings and some of those might be confusing or hard to deal with. Sometimes we feel these things in our body, like your heart beating fast,

sweating, shaking, or feeling sick, tired or angry. All those feelings are okay, but it's important to have positive and healthy ways to deal with them.

Before Video

Prior to watching the video, you may wish to engage in a discussion about what "life changes" are. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *When someone says "life changes" what does that mean to you?*
2. *What changes in life have you and your classmates noticed?*
3. *How do changes feel in your body/make you feel?*

You may also ask students to engage in collaborative activities about things to do in general when they are trying to navigate big life changes. One such activity could be asking them to brainstorm changes that are positive as well as challenging.

After Video

You may wish to discuss healthy ways to cope with change. Reviewing the information with your students may spark deeper reflection. Here are some questions that may prompt further discussion.

1. *What are some positive ways to cope with change?*
2. *How can I help friends cope with change?*
3. *Who is my circle of support? Help students identify individuals or trusted adults they can talk to during big life changes.*
4. *Where else can I go for help? (counsellor, faith-based supports, extended family, crisis support, medical doctor) etc.*

Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Line:** 1.800.668.6868 or text CONNECT to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. www.erase.gov.bc.ca
5. www.foundrybc.ca
6. www.keltymentalhealth.ca