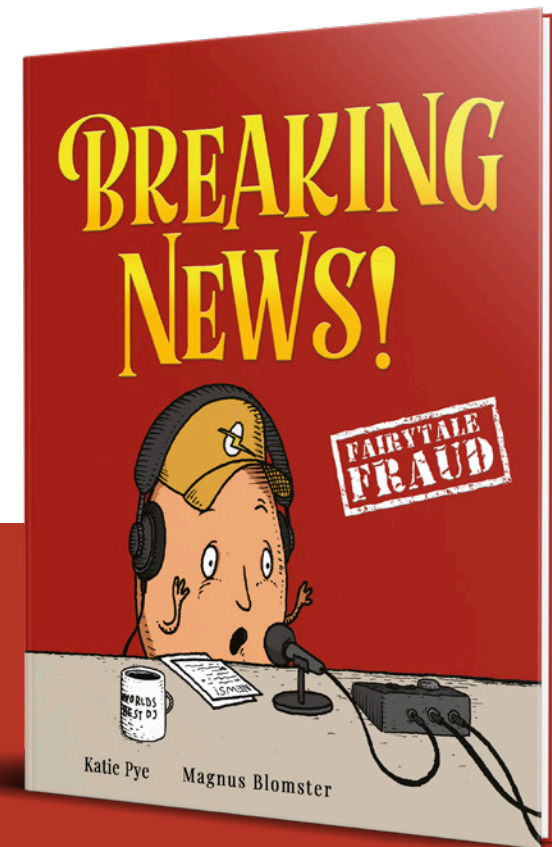


MEAL MATS

COPING WITH CHANGE



MEAL MATS COPING WITH CHANGE



What is your change? _____

DRAW LIFE BEFORE THE CHANGE

DRAW LIFE AFTER THE CHANGE

Facing a change? Circle things that might help and add your ideas!

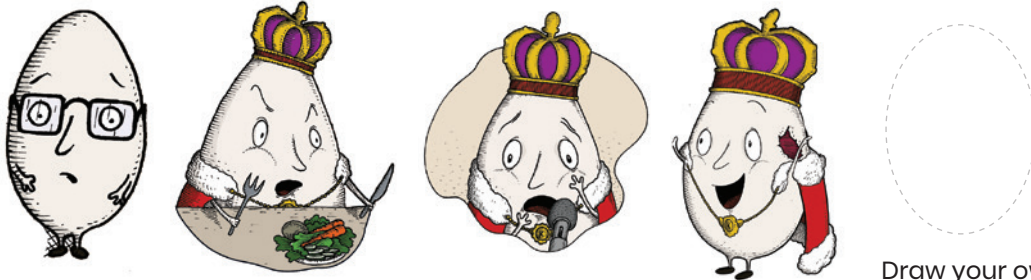
Doing fun stuff.

Taking new opportunities.

Keeping in touch with what I had before.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Which picture best describes how you feel about the change?



Draw your own.

Find out what happens after Humpty Dumpty falls off the wall with 'Breaking News!' and learn more about coping with change.

Get laughing!

Take turns sharing a 2-minute funny story about your change. Do aliens visit? Do you find treasure?

Get more meal mats on different topics. We have created a whole series of twisted fairytales to kick-start hearty conversations with kids. Check out www.headstartthinking.com for the books and free resources.

Question time!

Choose a question! Ask the person on your right...

- What is the **best** thing about the change for you?
- What is the **worst** thing about the change for you?
- What helps **you** cope with changes?