

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Preparing for change!

We can prepare ourselves for a change before we even face one!

Think about change. What changes might YOU face?



Imagine a change. What might help?



What can you say to yourself to feel braver?



Who can you go to for help?

**Remember:**  
Learning to accept  
that things change  
helps us deal with  
changes that come  
along.