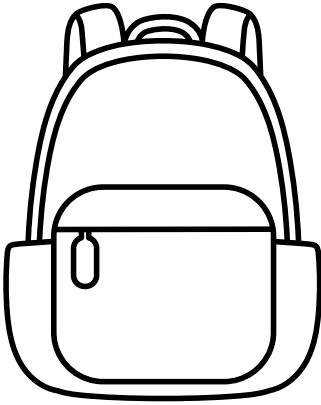




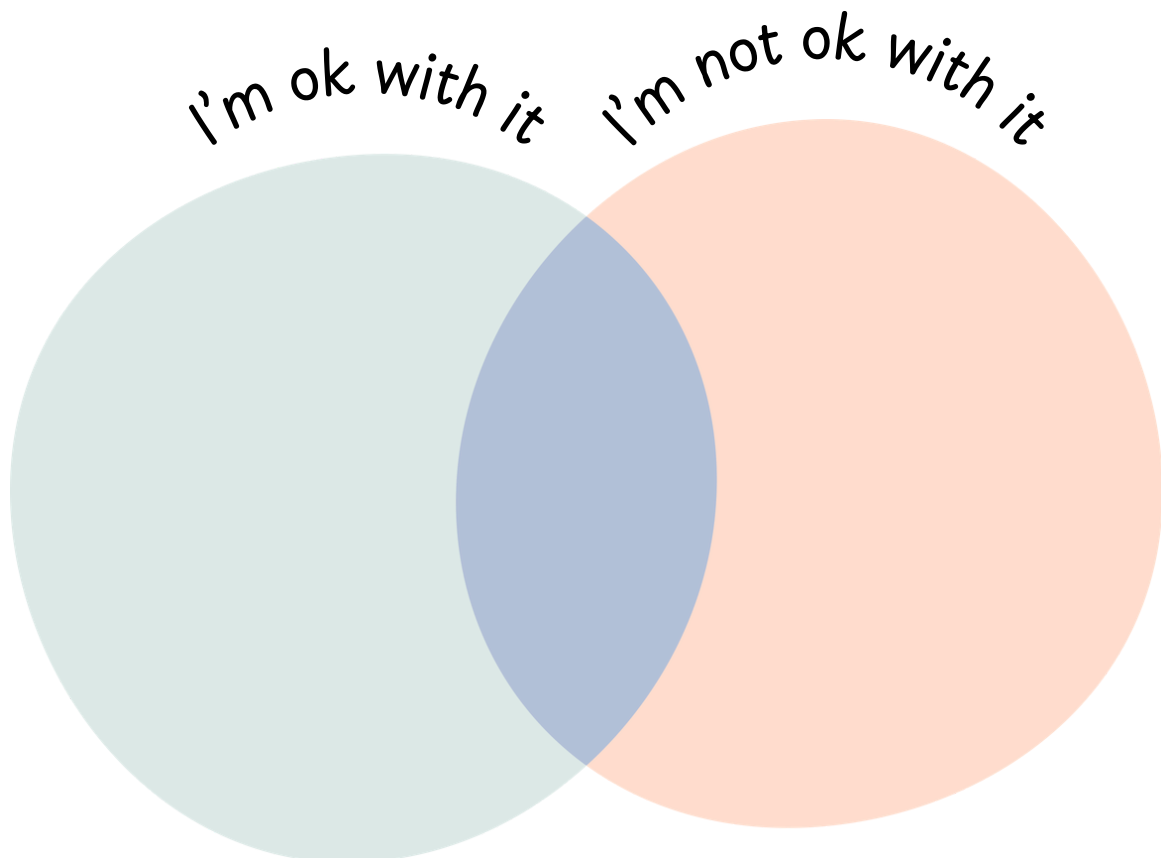
MY CHANGE TOOLKIT



All of the changes happening right now:

Think about: New routine, parent home more, new hobby, different bedtime, seeing old friends, new job for parent, new favourite food, new weekend plans

Add these things in the circles below, depending on how you're feeling about them. If you're not sure or if it feels in the middle, it can go there!



Pack your toolkit! What **5 things** can you do when change feels like a bit too much?

Music Gaming Sports Gaming Drawing
Pets Message a friend Go outside Read
Have a rest Cook or bake Talk to someone I trust
Something else: _____

**Things you can control
(so focus on them!)**

Who I talk to
How I treat people
How I spend my free time
Asking for help

Things you can't control

What other people think
My parents' new job
Everything changing at once

If I need help, I can ask:

At school: _____

At home: _____

Someone else: _____

**Notice it → Try your 5 toolkit items (above) →
Ask for help if you need it**

Remember, change takes time, and there's no right way to feel.