

- Look at the emotions cards and then read the scenario cards on the next slides.



Frustrated

Angry

Disappointed

Hurt

Jealous

Frightened

Unsure

Uncertain

Confused

Miserable

Scared

Empty

Peaceful

Happy

Sad

Nervous

Proud

Excited

Anxious

Shy

Grumpy

Accepting

Apprehensive

Worried

Move house

Best friend moves away

Start a new school

Have a baby brother

**My body starts to change
in puberty**

My pet dies

**Go on a plane for the
first time on holiday**

**Your best friend says they don't
want to be friends any more**



- Have a look at the pictures on the new few slides.
- Think about:
 - *Why do these changes happen?*
 - *Do humans have complete control over these changes?*











- Humans can have a positive and negative influence on nature, but they do not have complete control over nature.
- How easy is it for you to accept the changes in the planet which seem outside of your control?
- What would you like to do about it?



Activity

- Write a list of six changes that have happened in your lives already that you did not have control over, i.e. you could not stop from happening.
- Next to each of the changes, write two words to describe how you felt when these changes were happening.
- *Changes that are outside of our control often cause us fear or anxiety.*
- Return to your list and write how you managed to cope with these changes.



- Accepting the change is an essential ingredient in being able to cope with it.
- If you resist the change which is out of your control, it makes it harder and scarier.
- Whilst you do not have control over some changes, you do have control over how you approach and handle these.