



# Dealing with Life's Changes

## ✓ Student Steps:

**1. Vocabulary:**

**Read each word and its definition.  
Complete the rating scale.**

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**2. Video:**

**Watch the video.**

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**3. Reflect and write:**

**Complete the chart.**

1

a

# Vocabulary

Read each word and its definition.

***energizing:***

*causing lively activity  
or emotion*

***situation:***

*the facts, conditions,  
and events that affect  
someone or something  
at a certain time and  
place*

***stressful:***

*something that makes  
you feel worried or  
anxious*

***alter:***

*to change something*

***control:***

*the power to change  
what happens or  
people's behavior*

# 1

# b

# Vocabulary

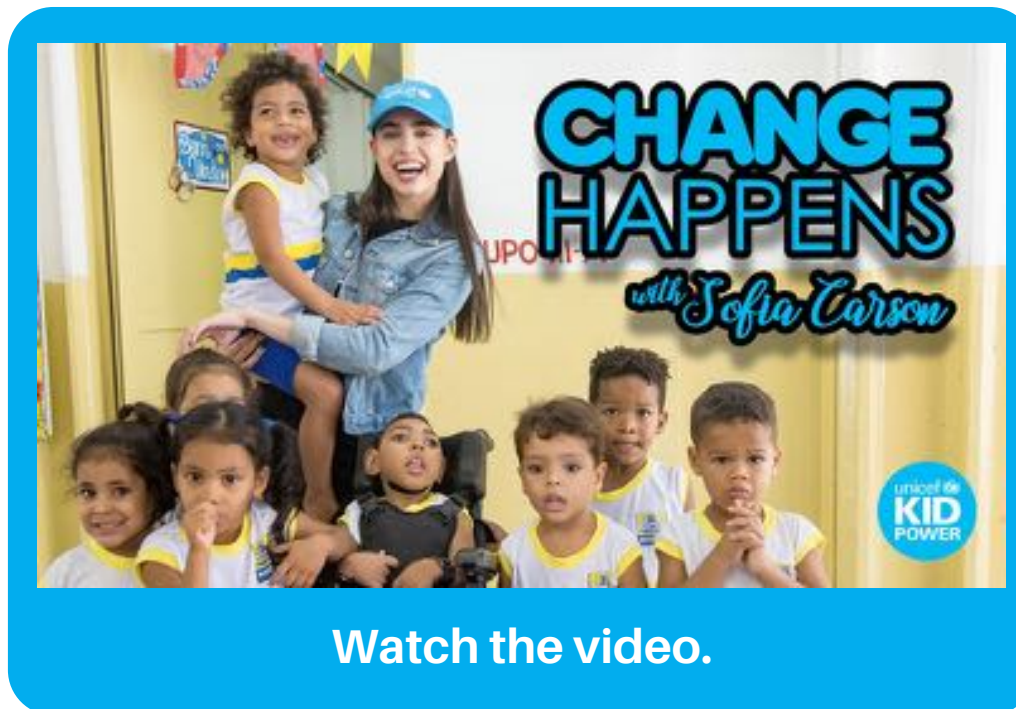
Put check marks in the boxes to explain how well you know each vocabulary word.

Knowledge Rating Scale				
Word	Never Heard of It	Heard of It	Have Some Idea What It Means	Know It Well
energizing				
situation				
stressful				
alter				
control				

# 2

# Video

Life is full of changes, both good and...not so good. Even during difficult times, there are positive ways you can handle change that may make your life a little easier.



Watch the video.

# 3

# Reflect and Write

Think of a time in your life when you were going through a difficult change. Fill in the t-chart with the things you could control about the situation and the things you could not control.

What I Could Control

What I Could Not Control

Done