



# Dealing with Life's Changes

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.



## ✓ Student Steps:

1. Learn vocabulary.
2. Watch video.
3. Reflect and write.



# Teacher's Notes

## ! Important:

Sign up at [unicefkidpower.org](https://unicefkidpower.org) in order for your class to earn impact (for children in need) by watching the video.

Then, scroll down to the "SOCIAL - EMOTIONAL" category to find the "Change Happens" video.

Next, click the "Assign" button (hover over the video image).

For your class to complete this activity, copy and share that assign link with your students.



# Teacher's Notes

## Extend the learning:

It is recommended that a Step 4 be added at the end of the lesson to discuss students' responses to the writing reflection activity. Ask students who are comfortable doing so to share about the difficult times in their life and what they could and could not control. Ask other students to share their own (different) difficult experiences, how they handled the experiences, and how they might handle things differently if they went through the same kind of change again.

## Vocabulary tips for differentiated instruction and virtual learning:

Depending on the child's reading level and developmental understanding, the definitions can be provided to the child to read his/herself (and to add to his/her personal dictionary) or discussed with the child for more support.

## Writing reflection tips:

If a child is unable to write the responses, he/she may record oral responses.

## Discussion tips for differentiated instruction and virtual learning:

If a child is unable to participate verbally in a group setting, he/she can write, draw, record a verbal response, or discuss/role play with a teacher, aide or parent volunteer. Be aware that some children in your class may have experienced very difficult times in their lives, with related trauma, and therefore, may be sensitive to this topic.

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