

Changes

You're about to start a new school year. You might have a new classroom, a new teacher, new friends or even a new school. Starting a new school year often brings some changes with it. Use the worksheet to help you think about how you're feeling about starting this new term.

Put a tick next to how you're feeling about the new year.

- HAPPY UNSURE SURPRISED IMPATIENT
- ANGRY EXCITED WORRIED CONFIDENT
- OVERWHELMED SCARED NERVOUS SAD

What is going to change for you this school year?

What things are you worried about this year?

What are a few helpful things that you or others can do to help you better cope with the change?