



Week 1:

Managing and adapting to change



Help With Bullying

Guidance:

The scenario section should last 10 minutes. Start by explaining the importance of being able to adapt to change, particular during the challenging times we're in currently. Introduce the situation to students and encourage them to suggest reasons why the friend may have struggled during lockdown. Then look at the questions together – you may want to role play this with one child or the teacher playing the friend, and the other child offering advice. In the children's answers you'd be hoping to see a real empathy with others who may have struggled during lockdown, an understanding of how each child will have experienced lockdown differently, and an ability to come up with actionable ideas to help them adapt eg. asking them what they're looking forward to about returning, or remembering to actively include them in the playground if they look sad.

The activity section should last 30 minutes. Start with a brainstorm, listing as many adaptable characteristics of superheroes as you can. Children then use these ideas to create their own superhero – they can draw the whole thing or just jot down ideas, dependent on time. Bring the class back to brainstorm again about characteristics needed to adapt successfully back to school – create two columns, one titled '**'what do I need to do at school'** and one titled '**'what superpower would help with this'**' then complete together. Children then use the brainstorm to create and draw a superhero with several of these powers.

The further thoughts section should last 15 minutes. You may want to begin with children talking to their partner, before encouraging pairs to summarise their discussion to the class. In their answers, you'd be hoping to see an active process of reflection regarding the last few months and the return to school, and an understanding of how past experiences can give them a starting point to prepare them for challenges to come.

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After this activity I will be able to:

1. Understand how change helps us develop as people.
2. Recognise ways that we have become more resilient through experiences in the last 6 months.
3. Identify times I have managed change in the past.



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Scenario:

You're catching up with a friend at school, and they open up to you about several things that have made lockdown challenging for them eg not seeing friends, not getting to play football, having concerns about returning to school.

Questions:

1. What advice would you give?
2. What could you do to help your friend?



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Activity:

Plan and draw your own superhero – one that can adapt to any situation eg skin that can withstand fire, ability to breathe underwater, mind-reading to understand an enemy's evil plans. Then use same the approach to design a superhero to survive all the change associated with going back to school eg perfect memory to remember what you need to bring to school, ability to think of the best joke in any situation to cheer up friends, ability to freeze time to be able to do all the after-school clubs at once.



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Further thoughts:

- 1.What has changed for you, both at home and at school, since lockdown?
- 2.What one thing do you want to know about the new school year you are just beginning?
- 3.When have you experienced another big change in your life, and how did you adapt?

