

Managing Change worksheet

In considering how to help your child manage change please watch the 'Managing Change' digital video via the link: <https://www.sitgap.org/understanding-your-child> and complete this sheet.

Do also look in our resources section for further information: <https://www.sitgap.org/useful-resources>

In the video we meet our mental elf and review the framework for looking at Change: Head, Shoulder, Knees and Toes. To help your child work through change fill in the sections below relating to each part of the framework for the change coming up:

The change is: _____



Head

Consider the thoughts and feelings you and your child have about the above change, including whether they are positive or negative:

Thoughts

Feelings

World view:

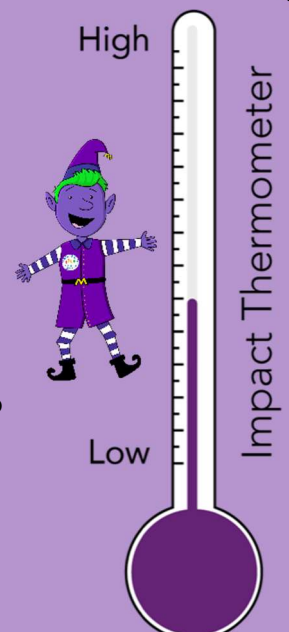
Consider your child's 'World View' and what glasses they are seeing the world through?



Shoulders

What else is going on?

Mental Elf's Impact Thermometer: how big is the impact of the change?





Knees and Toes

Walk through the change with your child using the framework below, write in each section:

5W's and a H:

- What:
- Where:
- When:
- Who:
- Why:
- How:

Managing Change during Covid 19:

From the video remember:

- Big Picture- Small picture: what can you control? (focus on that)
- What hasn't changed? (remind your child what has stayed the same)
- Set up new traditions and new routines
- Practice gratitude and being positive (you can buy the 'Grateful Hearts' from our shop: www.sitgap.org/shop)

When helping children managing change remember that it takes time to adjust, you may need extra help to work through the process. Help can be obtained through school, your GP or through contacting Standing in the Gap.

Do play games like 'Highs and Lows' where you can review the good and bad parts of the day, this will give you a handle on how things are feeling for them.

Do reiterate and repeat the head, shoulders knees and toes framework with your child, taking particular care to reinforce the 5Ws and a H about the change regularly. Answer questions as they arise and try to remain as supportive as you can.

Remember we can all adjust to change, sometimes it just takes time.

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