



Change charts

Module: Teacher Professional Development – Change and uncertainty
Resource: Why doesn't stress feel the same for everyone?

In this activity, you will design a "change chart" that can also be adapted to use with students and families. This chart can allow you to reflect on your own experiences of change, but also be the basis for a lesson, or a homework activity that students can work on with their parents and carers.

Change charts allows for exploration of significant changes in our lives, including a description of the change, the emotions that we experienced, the actions we took to cope, and the support they accessed during the time of transition.

Your change chart should include the following columns: (1) change, (2) emotions, (3) actions, and (4) support, as below. You may also wish to adapt the chart.

Change	Emotions	Actions	Support

1. Reflect on an example of change from your own life.
2. What change did you experience? What emotions did you feel? What actions did you take? What support did you seek or receive?
3. If you feel comfortable to do so, share your insights with a friend, colleague, or family member.

Consider how you could use this activity with students. Reflecting on the level of support your students need, you may wish to discuss the four chart categories with students, or model completing the chart with your own example. The following questions may be useful to help your planning.

1. How can you provide time for students to consider big and small changes they've experienced?
2. What additional change categories could you add?
3. How can you encourage students to include positive changes on their list, as these can also be stressful experiences?
4. Will this be a private activity, or a classroom activity?