

Flow Chart -

Who's Afraid of Making Changes?

A Story: The Retirement Home



**What do you think the main point of
the story is?**



**The Opening Game:
Things We Associate With 'Change'**



**To the class: If you hear that you have to
undergo a change, like moving, starting a
different school, changing classes, changing
your routine, how do you feel?**



What do you think the conclusions from the discussion are?



**“What is Change for Me?”
Worksheet “Simply Me” —
Writing about Myself:
In Passions, Strengths and Self-Esteem!
The Extensive Guide
Surviving Primary School**



Back to the analysis of the exercise on associations: If change was a color, an electrical appliance or an animal...



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What do you think the conclusions are from this exercise?



What things should we consider, and what actions should we take to ensure that changes are made as smoothly as possible?



Hand out the 'Change' cards.



1. The Blindfold Game




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**Write on the 'change' cards: Rule 1:
Try as much as possible to get rid of
uncertainty!**




2. The Observation Game



**Write on the 'Change' cards: Rule 2: In the
short term change means giving something up.
We need to identify what that is.**



**3. A Riddle: What's the difference between
our talents and our skills?**




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**What percentage of us is our talent, and
what percentage is skill?**



**What percentage of our time and energy
do we waste by thinking and worrying about
things which just can't be changed?**



Story: 'Hair!'
In Passions, Strengths and Self-Esteem!
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Write on the 'Change' cards: Rule 3: Don't try to change what can't be changed.



Rule 4: Change those things that can be changed, such as character traits, behavior and acquiring knowledge!



Small Facts about Great People.



What is the conclusion and Rule for Change we learn from this story?



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Rule 5: You have to believe in yourself in order to change.



Rule 6: You have to persist, be determined, and not give up.



Rule 7: Don't be afraid of failure, we all fail sometimes. Nothing ventured, nothing gained.



Finally: 'The Apple Tree's Discovery' - A story by Peninnah Schram and Rachayl Eckstein Davis.



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Homework



**“Changes I Have Made” Worksheet:
“Simply Me” Writing about Myself
In Passions, Strengths and Self-Esteem!
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