

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?



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

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...



Simply Me
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

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



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

**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?



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

**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!
The Extensive Guide
Surviving Primary School**



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

**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?**



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

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.



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

Homework



**“Changes I Have Made” Worksheet:
“Simply Me” Writing about Myself
In Passions, Strengths and Self-Esteem!
The Extensive Guide
Surviving Primary School**



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved