

Change

For some students change can be seemingly insurmountable, and others appear to take it in stride. For all of us, it requires resiliency and reframing our thinking to cope. If we are lucky enough to have lots of experience, optimism and “Bendy Thinking” change can be easier. Students with unpredictable home lives, or anxiety, even small change can be difficult. In this resource, we look at how to develop “bendy thinking” and how bendy thinking can help us be resilient. These activities could be divided over a number of days.

Activity One

Early Primary

Have students watch the book : [A Year at Maple Hill Farm](#) by Alice and Martin Provensen (available on You tube). Have them draw a picture of their favourite season and make a list about all the good things that are part of that season. Watch the video on Change provided by **M.I. Understanding**.

Later Primary / Junior

Have students read the book: [Last Stop on Market Street](#) by Matt de La Pena (available on You Tube).

Question prompts

- There are people who see the world in different ways. How did the Grandmother in the story see the world?
- Ask a parent what does seeing the glass half full or half empty mean?
- Watch the Video on change provided by **M.I. Understanding**.

Activity Two

Early Primary

What are some of the good things Gully’s Mom told him can happen with change?

Can you practice your bendy thinking? What is your least favourite season? What are some good things about it? Draw a picture or write in your journal the answer.

Later Primary Junior

Provide a list for students of 10 events that are part of their everyday world. What are 2 good things about these changes?

1. We are about to go out for recess and the Principal announces indoor recess. It was our day for the climbers.
2. Your parent says you must go for a haircut.
3. You were supposed to go to a friend's house and now it is canceled. You have to take the bus home instead.
4. Your parents tells you that you are moving.

Change is always happening around us, by using our bendy thinking we can start to see how things can improve with change even though it makes us uncomfortable. For all of us confronted with drastic life changes right now, this is a critical concept. Keep reinforcing “bendy thinking” in other areas of the curriculum when you can.