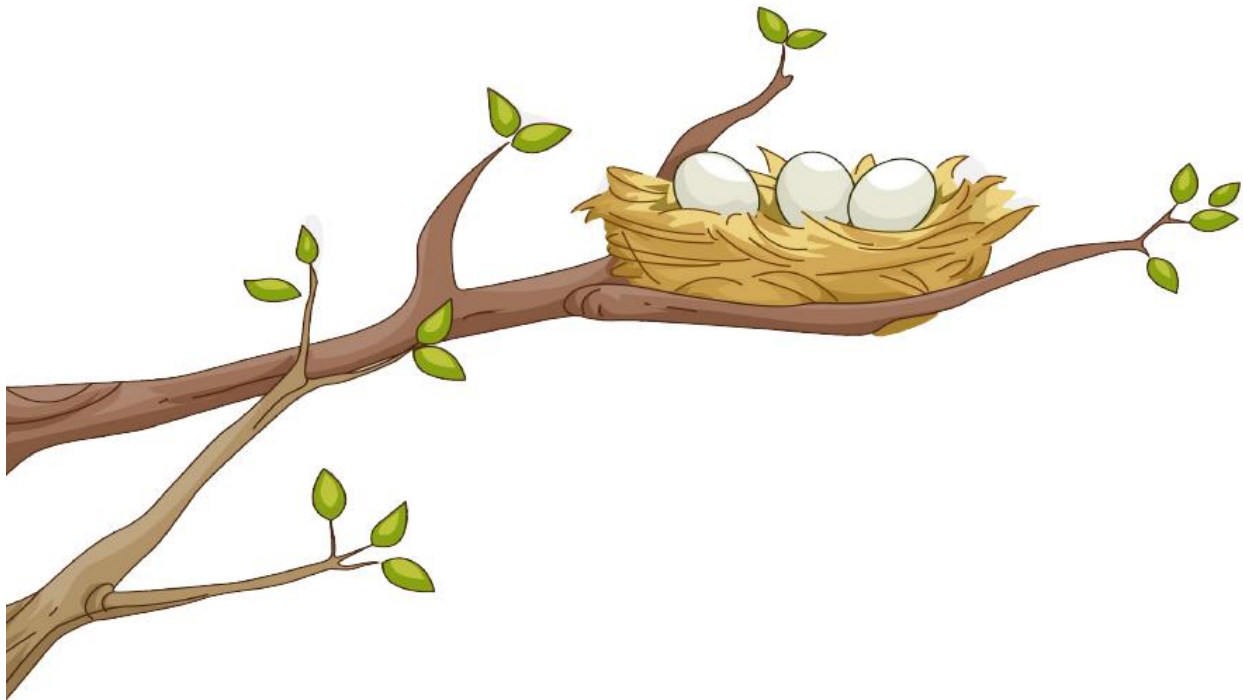


Dealing With Change

A Cosmos Grow Adventure



Dealing with Change: (Anxiety/Self-Acceptance)

There are few words that can generate more anxiety than “CHANGE”. But to be successful and happy, we should embrace change, not fear it and the time to start this is when you are young.

Dealing With Change

A. Main Focus:

Learning that change is something that is necessary can help students to learn to adapt to changes at school and at home more easily. Cosmos points out how change is something that all animals and people have to learn to handle. He identifies that some changes are good or fun, while other changes may be scary or boring or difficult. He tells the students how exciting change can be for them, because they get to decide many of the changes that they make in life such as what to become when they grow up.

B. Teach the Defining Terms to The Students

C. Listen to the Flip Book Story

D. Sample Dialogue with Students after Listening to the Story

In this story, Cosmos is telling us all about change.

What are some examples that he gives about how animals have to change? (The eggs hatching; the birds learning to fly or eat worms; the ducks flying south; and any examples that they may give)

What are some ways that all of you have changed since you were babies? (learning to crawl and then walk, learning to feel themselves, learning to tie shoes, or ride bike, starting to come to school etc.)

Have some of these changes sometimes been hard or scary? (Learning to walk, ride a bike, a new sport, coming to school first day, making new friends, etc.)

Cosmos says that learning to change is necessary. Why do we need to learn to change? (They can give examples such as: If we never learned to walk as a baby what would that be like now? In order to grow up and to do well in school or in sports, we have to make changes.)

Cosmos says that people are lucky in their ability to change. What are some ways that we are luckier than animals in our ability to change? (As people, we get to decide on some of the changes that we make. We can decide to try a new sport and to practice and work hard. We can decide to study and work hard in school to get good grades. We can decide what we want to be when we grow up and then work hard to become whatever that is. He says that we are lucky because he can never just decide to be a duck but we can decide to be what we want to be.)

What do you think that Cosmos is wanting us to learn from this lesson? (He is wanting us to understand that there will be many changes through the rest of our lives and that some of these changes may seem hard or scary. But that these changes are important and we can learn to face and accept change as we grow to be who we want to be. Change is really a great gift that we have.)