

PICTURE BOOK RESOURCES-

EVERYTHING CHANGES



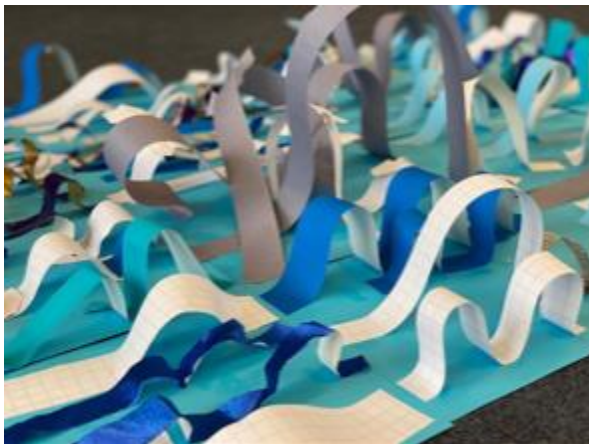
Conversation starters:

- *Name some changes that have happened to you.*
- *How does change make you feel?*
- *Do you know anyone whose parents have broken up?*
- *Can you think of some good changes?*

A letter to older you: Life is full of lots of ups and downs, challenges and changes. We all change all the time; your hair might grow. You might learn new things. Friendships can change. The world around us changes, like animals and seasons.

Ask a grown up to help you write a letter to yourself – talk about the things that are happening to you right now; what is easy? What is hard? What do you like? Put your letter in a sealed envelope to open ten years in the future!

Haiku – Try and write a haiku poem about change – a good change, a bad change, or one that felt difficult at first but ended up being OK. A haiku is a Japanese poem of three lines; five syllables in the first, seven in the second and five again in the third. You could write your haikus on strips of paper with your friends and make a display – *a sea of change!* (Photo used with permission from Adele Darlington)



Autumn Haiku

Orange leaves are falling.
Crunchy and crisp under foot.
Winter is coming.

Naming Emotions: The main character in *Everything Changes* goes through a lot of different feelings when they are told that their parents are splitting up. Can you name some of these feelings? Make a face that suggests one of these emotions in the mirror. What you notice about the shape of your eyes, eyebrows, lips? Using playdough try and recreate the emotions of the child in the story. You can use the illustrations in the book to help you.

(Photo used with permission from
Mrs Piper at Knightbridge Primary School)



Sun Catchers: Try making a sun catcher with these instructions from Jamie at *HandsOnAsWeGrow*. Could you make a sun catcher for each season; autumn spring, summer and winter? <http://handsonaswegrow.com/craft-for-toddlers-nature-collage-suncatcher/>



Clay Leaves: There are lots of beautiful leaf illustrations in Asa Gilland's artwork, which change depending on the seasons. Some people find colouring a mindful, calming activity. Using Posca pens or similar, decorate some leaves that you've found on the ground. You could turn them into some bunting or maybe a leaf mobile. You might be inspired to make clay leaves like Miss Doreen and her Year One class. They pierced holes in theirs and threaded them with string, turning them into hanging decorations.



(Photo used with permission from Miss Doreen)

Well-being Jars: Using environmentally friendly glitters and food dye, make a well-being glitter jar. Each coloured glitter can be a different feeling. What makes you feel this way? Do you feel this way a lot or a little? Add glitter to your jar and top with a glue and warm water mix. Glitter jars can do two things. 1) They can remind us that whilst big feels can twist and spin inside us, with time they settle. 2) Watching glitter swirl around inside a glitter can be calming, especially if you take yourself somewhere quiet and take deep breaths as you watch.

You will need:

A jar

Clear glue

Warm water

Food colouring

Eco-friendly coloured glitter



Well-Being Bunting: Think about the things that help you when you feel upset, worried and overwhelmed; perhaps singing a song, listening to music, cuddling a pet, being outside or talking to someone special. Make some bunting as a class or with friends to remind you of all the things that help.

