

CHAPTER 13. CHANGE

(verb) to make something different from what it is or from what it would be if left alone.

ACTIVITY 1

Read our Get Inspired poem below. What is it saying to you, today?

GET INSPIRED? SOMETHING TO READ:

The Guest House by Jalaluddin Rumi

ACTIVITY 2

A. WHAT DO YOU SEE?

Prompt: Get comfy and have a look at our picture (right). Now have a look, and listen, to what's going on around you.

- What is different from yesterday?

GET INSPIRED? SOMETHING TO LOOK AT:

Photo credit: Linus Nylund

B. WHAT DO YOU THINK?

Prompt: Have a listen to the song below.

- What is one thing you know today that you didn't know last week?

- From school, from home, from friends.



GET INSPIRED? SOMETHING TO LISTEN TO:

Changes by David Bowie

C. WHAT DO YOU WONDER?

Prompt: Think about your responses to A&B. What do you wonder now?

ACTIVITY 3

Give yourself some time to just think and jot down whatever comes to mind.

If you're in need of some support, visit youngminds.org.uk